



**Saturday  
September 24<sup>th</sup>, 2016  
@ 6pm**

Oconee County Civic Center  
2661 Hog Mountain Rd.  
Watkinsville, GA 30677  
(706) 769-3902

The Athens Bodybuilding and Natural Physique Competition (ABNPC) is an amateur event designed to challenge contestants to strive to be the best they can. This is not a sanctioned event, but more of a fun challenging event. It is a stepping stone for getting your “feet wet” for another contest.

The competition starts at 6:00 pm and lasts about 2-3 hours (depending on the number of contestants). Contestants will need to arrive for check-in/registration no later than 4:00 pm. Guests and family members will need to wait in the lobby until the auditorium doors open. Everyone except contestants must pay admission. Contestants ONLY are allowed backstage. Competition and individual contestant pictures will be available the day of the contest.

To enter: Register online @ [www.athensbodybuilding.com](http://www.athensbodybuilding.com) or fill out this form and return with registration fee (Early registration: \$35, after August 24, 2016: \$50) to Hardison Family Chiropractic 1020 Barber Creek Rd. Suite 310 Watkinsville Ga. 30677 – If making payment by credit card, please call the office at (706) 850-5595.

#### **Competition Categories:**

##### **Male Physique**

Men will be judged on a natural look, “beach look,” and not necessarily muscularity. All contestants must wear “board shorts.” You will be called out individually and have 30-45 seconds on stage – you can pose if you want. Search on internet “Natural Physique Competitions” to get ideas. After all contestants perform you will be called out as a group and the MC will instruct you to Face Front/ Rt. Side/ Back / Left Side/ Front.

##### **Male Bodybuilding**

In this category, male contestants will be judged more on muscularity and definition. Individual contestants will be called up and have up to 90 seconds to perform. Please have posing music queued up (have on a flash drive for the MC with your name on it). If you need help with ideas on routines or posing, Google/YouTube it. After all contestants pose individually, you will all be called out as a group and have a 90 second pose-down.

### **Female Figure**

This category is the beach body or “bikini” portion. Judges will be looking for an overall natural physique and not as much muscularity or definition. Contestants will pose individually, when called, for 30-45 seconds. You may walk around the stage and pose (look up examples of bikini/figure competition on the internet to get ideas on posing). After all contestants have posed individually, you will be called out as a group. In Group, you will be instructed by the MC to make your turns (Front, Rt. Side, Back, Left Side, then Front again).

### **Female Physique**

In this category, female contestants will be judged more on muscularity and definition. Individual contestants will be called up and have up to 90 seconds to perform. Please have posing music queued up (have on a flash drive for the MC with your name on it). If you need help with ideas on routines or posing, Google/YouTube it. After all contestants pose individually, you will all be called out as a group and have a 90 second pose-down.

Remove Form Below

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## **4<sup>th</sup> Annual ABNPC Registration Form**

**4<sup>th</sup> Annual Athens  
Bodybuilding & Natural Physique  
Competition (ABNPC)  
Sept 24<sup>th</sup>, 2016**



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone(s): \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: **M F** Paid: \_\_\_\_\_ cash/check/credit card

Categories Competing In:      **Male Physique**      **Male Bodybuilding**  
   **Female Figure**      **Female Physique**

**Please return  
registration form to:**

Hardison Family Chiropractic & Wellness  
1020 Barber Creek Drive Suite 310  
Watkinsville, GA 30677  
Phone: (706) 850-5595 Fax: (706) 850-5883

## **Q & A:**

### **Why only 4 categories?**

There are only 4 categories due to the average number of registered contestants. If the number of registered contestants increases enough, then we will open it up to more categories. Ex: weight classes, age groups, etc. If any changes to categories are made, we will attempt to notify all registered contestants immediately.

### **Are dressing rooms available?**

The Oconee County Civic Center has 2 dressing rooms (men and women) to get ready in.

### **What should I bring with me?**

All contestants should come prepared with competition outfit(s), street clothes, Routine/Posing music and any personal necessities. Contestants may also like to bring items such as small weights or exercise equipment in order to “pump up” before going on stage.

### **What prizes are awarded?**

Judges will decide the final results and trophies for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each competition category will be awarded. A **\$200 cash prize** will be awarded to the contestant who gets the most applause. So bring a huge crowd to cheer you on!

### **Will competition pictures and/or video be made available?**

A professional photographer will be taking both individual and competition pictures before, during and after the competition. You may order them at the time of the competition. Video of the competition may also be available.

## **\*\* Special CONTESTANT ONLY Promotions \*\***

### **Chiropractic**

Competition preparation can take a real toll on your body. Hardison Family Chiropractic will be giving a special discount to all registered contestants for chiropractic care leading up to the date of the competition. A discounted, cash only, rate of \$25/adjustment will be honored, for as many treatments as you like, until the completion of the competition.

### **Body Fat Reduction**

No matter how hard you train, sometimes you may have an area of the body where the “bulge” just will not disappear. Hardison Family Chiropractic has an awesome body sculpting machine designed to help rid you of some of these problem areas. HFC will be offering a 20% discount, on 6 or more purchased sessions, for our **Lipo-Light** treatment. This promotion is only available until the completion of the competition.

### **Tanning**

Silver Sun Tan in Watkinsville (1973 Hog Mountain Rd #101, Watkinsville, GA 30677 706-769-0090) will be offering all contestants a discount on competition tans. When you call, please be sure to let them know you are a registered contestant for the ABNPC. This offer is only good until the completion of the competition.