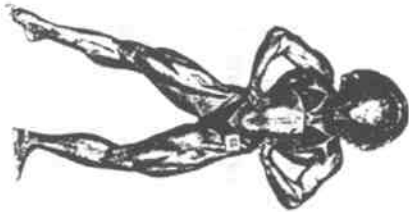


The official comparative displays for the Ms. Figure® are: (1) Hands on Hips (front), (2) Side Chest, (3) Side Triceps, (4) Back (hands overhead), (5) Abdominals / Serratus, and (6) Abdominals and Legs (from the front).

1. HANDS ON HIPS  
(FRONT DISPLAY)



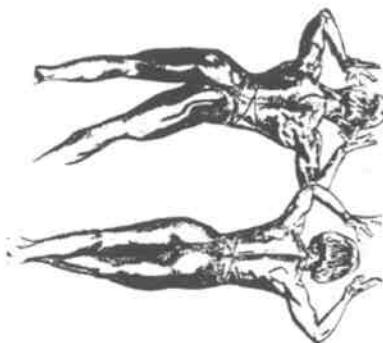
2. SIDE CHEST  
(ANY SIDE)



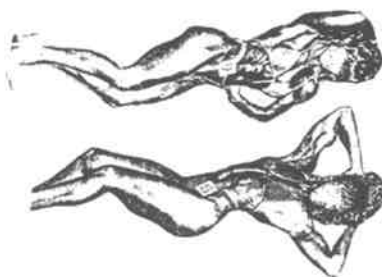
3. SIDE TRICEPS  
(ANY SIDE)



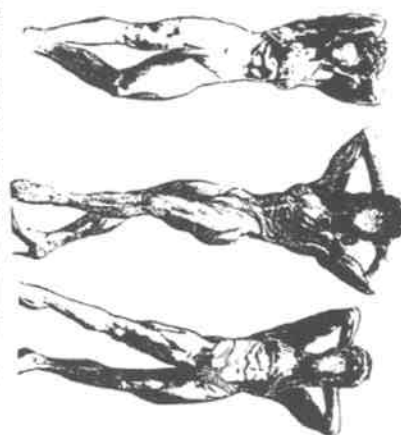
4. BACK DISPLAY  
with HANDS OVERHEAD



5. ABDOMINAL/SERRATUS  
(any side)



6. ABDOMINALS and LEGS (front)



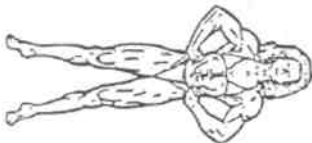
Hands to remain open during displays - No clenched fists permitted! High heels and jewelry can be worn.

### WOMEN'S PHYSIQUE - THE POSES

1. DOUBLE BICEPS



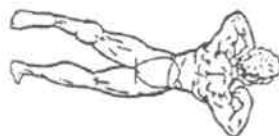
2. FRONT LAT SPREAD:



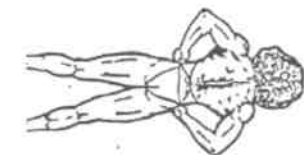
3. SIDE CHEST:



4. DOUBLE BICEPS FROM BACK:



5. FULL LAT SPREAD FROM BACK  
SHOWING CALF: Like the counter-pose!



6. SIDE TRICEPS:



7. ABDOMINALS AND THIGHS:



1. DOUBLE BICEPS

2. FRONT LAT SPREAD

3. SIDE CHEST

4. REAR DOUBLE BICEPS

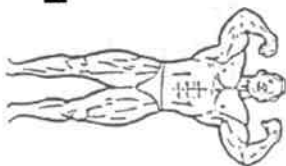
5. REAR LAT SPREAD

6. SIDE TRICEPS

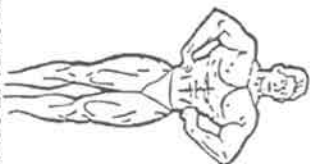
7. ABDOMINALS AND THIGH

### MEN'S PHYSIQUE - THE POSES

1. DOUBLE BICEPS



2. FRONT LAT SPREAD



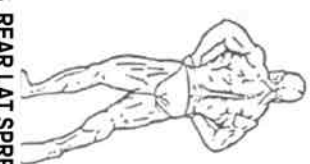
3. SIDE CHEST



4. REAR DOUBLE BICEPS



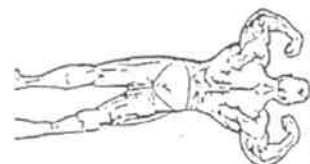
5. REAR LAT SPREAD



6. SIDE TRICEPS



7. ABDOMINALS AND THIGH



8. MOST MUSCULAR



1. DOUBLE BICEPS

2. FRONT LAT SPREAD

3. SIDE CHEST

4. SIDE TRICEPS

5. REAR DOUBLE BICEPS

6. REAR LAT SPREAD

7. ABDOMINALS AND THIGH

8. MOST MUSCULAR

# ORDER OF CLASSES



NAME OF CONTEST: \_\_\_\_\_

DATE: \_\_\_\_\_

**GrandMasters - 50+**

**Masters - 40+**

**Juniors**

**Ms. FIGURE ®  
Comparisons / Awards**

**Ms. FIGURE ®  
Comparisons / Awards**

**Novice - SHORT**

**Novice - MEDIUM**

**Novice - TALL**

**Ms. FIGURE ® Routines**

**Ms. FIGURE ® Routines**

**Mr. West Virginia**

**Mr. West Virginia**

**Women's Physique**

**MEN'S OPEN - SHORT**

**MEN'S OPEN - MEDIUM**

**MEN'S OPEN - TALL**











Pro Performance Rx PRESENTS:  
**2008 NABBA EASTERN USA  
 BODYBUILDING & Ms. FIGURE® CHAMPIONSHIPS**  
**MR. WEST VIRGINIA BODYBUILDING CHAMPION**  
**OFFICIAL CONTEST ENTRY FORM AND EMCEE SHEET**  
 Saturday, April 19, 2008



**OFFICIAL ENTRY FORM 2008 NABBA EASTERN USA BODYBUILDING & Ms. FIGURE® CHAMPIONSHIPS**

Please check box for each class you will be entering (this can change upon check-ins)

**EASTERN USA BODYBUILDING & Ms. FIGURE® EASTERN USA CHAMPIONSHIPS**

**Men's Open: (3 classes)**

- Short - under 5' 7"
- Medium - 5' 7" to under 5' 10"
- Tall - 5' 10" and over

**Women:**

- One class

**Men's Masters:**

- One class - 40 yrs. and older - proof of age required

**Men's Juniors: (up to 23 yrs.)**

- One class - proof of age required

**Men's Grand Masters:**

- One class - 50 yrs. and older - proof of age required

**Ms. Figure® Eastern USA (2 classes):**

- Short - under 5' 4"
- Tall - 5' 4" and over

**Men's Novice: (3 classes)**

- Short - under 5' 7"
- Medium - 5' 7" to under 5' 10"
- Tall - 5' 10" and over



**MR. WEST VIRGINIA - BODYBUILDING CHAMPION** WV athletes - proof of residence required (copy of driver's license, etc. mailed with entry)

- Short - under 5' 8"
- Tall - 5' 8" and over

Name: \_\_\_\_\_  
First Middle Initial Last

Email \_\_\_\_\_

Complete Address: \_\_\_\_\_  
Street

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Amount Included (Fee):\$ \_\_\_\_\_

City State Zip Code

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ T-Shirt size: \_\_\_\_\_

In consideration of acceptance of this entry, I hereby waive and release all rights and claims for damages against Mylan Park, ProPerformanceRx, Dustin Vincent, Mike Burkhart, the NABBA USA, their sponsors and associated bodies, officials, agents, employees or assigns by reason of injuries or damages which I may incur while traveling to or from, or participating in this event. I certify that I am an amateur in good standing and eligible to compete in this event. I further agree to abide by all decisions of the competition director, NABBA, the judges and declare that all the information contained herein is to the best of my knowledge true, correct and complete. I agree to hold harmless and release all photo and video rights for magazines, newspapers, television, video distribution, and other media of my participation in this competition.

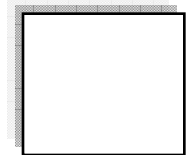
Competitor's Signature \_\_\_\_\_

Parent/Guardian (if under 18 yrs. old) \_\_\_\_\_

**INFO SHEET** (Please complete for emcee and return with your entry form, must fill in name and city & state)

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

USE PHONETIC SPELLING



City & State: \_\_\_\_\_

Occupation: \_\_\_\_\_ Gym / Location \_\_\_\_\_ Years Training \_\_\_\_\_

Past Placings / Accomplishments \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## HEAD JUDGE (CHEAT SHEET)



NAME OF CONTEST: \_\_\_\_\_

DATE: \_\_\_\_\_

GrandMasters - 50+| \_\_\_\_\_

Masters - 40+| \_\_\_\_\_

Juniors| \_\_\_\_\_

Ms. FIGURE ® Comparisons / Awards| \_\_\_\_\_

Ms. FIGURE ® Comparisons / Awards| \_\_\_\_\_

Novice - SHORT| \_\_\_\_\_

Novice - MEDIUM| \_\_\_\_\_

Novice - TALL| \_\_\_\_\_

Ms. FIGURE ® Routines| \_\_\_\_\_

Ms. FIGURE ® Routines| \_\_\_\_\_

Mr. West Virginia| \_\_\_\_\_

Mr. West Virginia| \_\_\_\_\_

Women's Physique| \_\_\_\_\_

MEN'S OPEN - SHORT| \_\_\_\_\_

MEN'S OPEN - MEDIUM| \_\_\_\_\_

MEN'S OPEN - TALL| \_\_\_\_\_

### MEN'S POSES

Women's Physique NO MOST MUSCULAR

QUARTER TURN TO THE RIGHT	about 10-15 seconds
QUARTER TURN TO THE RIGHT (face the curtain)	about 10-15 seconds
QUARTER TURN TO THE RIGHT	about 10-15 seconds
QUARTER TURN TO THE RIGHT (face the judges)	about 10-15 seconds

1. FRONT DOUBLE BICEPS	about 8-10 seconds then RELAX
2. FRONT LAT SPREAD	about 8-10 seconds then RELAX
3. SIDE CHEST (Favorite Side)	about 8-10 seconds then RELAX
4. SIDE TRICEPS (any side)	about 8-10 seconds then RELAX
5. REAR DOUBLE BICEPS (one leg extended)	about 8-10 seconds then RELAX
6. REAR LAT SPREAD (one leg extended)	about 8-10 seconds then RELAX
7. ABDOMINALS AND THIGH	about 8-10 seconds then RELAX
8. (FAVORITE) MOST MUSCULAR	about 8-10 seconds then RELAX

### Ms. FIGURE® POSES

QUARTER TURN TO THE RIGHT	about 10-15 seconds
QUARTER TURN TO THE RIGHT (face the curtain)	about 10-15 seconds
QUARTER TURN TO THE RIGHT	about 10-15 seconds
QUARTER TURN TO THE RIGHT (face the judges)	about 10-15 seconds

1. HANDS ON HIPS (front display)	about 8-10 seconds then RELAX
2. SIDE CHEST (any side)	about 8-10 seconds then RELAX
3. SIDE TRICEPS (any side)	about 8-10 seconds then RELAX
4. BACK DISPLAY with HANDS OVERHEAD	about 8-10 seconds then RELAX
5. ABDOMINAL/SERRATUS (any side)	about 8-10 seconds then RELAX
6. ABDOMINALS and LEGS (front)	about 8-10 seconds then RELAX