**OCB Frederick Fitness Classic**

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Promoted by: Matt Shepley

I write general comments and reviews for all my shows. I was judging this show alongside an awesome panel of OCB judges and my business partner Mo, who was expediting and MC-ing the show for the first time, helped to translate the scribble and “Medina” English into something hopefully you all understand in the notes below. 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](mailto: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 coaching so please do not be shy or hesitate to contact for further assistance or clarification. Also I will be judging more shows and promoting the first annual “Historic Fredericksburg” next October which is a pro-qualifer and two shows in one which is 2X the opportunity to gain pro cards. Visit our website to register and facebook page: [www.mandmxtreme.com](http://www.mandmxtreme.com).

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 Novice**

#1- I placed third but you have great potential! I would like you to be a little tighter as I explain in general comments above on how to do that. Keep working hard as I look forward to seeing you again in future shows as you change your diet approach or stay on it longer you will be even tighter and better for next time!

#2- I placed you second. You have a great smile and physique! To improve I would like to also see you bring more confidence and prepare for next show with a physique that is a little fuller. This means working to increase your muscle size through a very heavy off season lifting regiment and having your nutrition plan coincide with this to make your muscles more full and round for next time on stage. Great job and keep going!

#4- I placed first. You have a great body and good class and I would like to see more confidence for you in future shows.

**Men’s Physique Open**

#2- See comments from Men’s Physique Novice. I placed fifth.

#3- I placed fourth. You have great potential and to improve I recommend a darker color for stage next time and to practice your presentation so you bring more confidence and better posing to judges. Keep working! You have a great physique and potential to really grow in this sport!

#4- I placed second. You have a great physique and I want you to bring more confidence and smile next time to match!

#5- I placed first. Loved you on stage, especially your smile and confidence. Look forward to seeing you in future.

#6- I placed third. You were in a great class and would like to have you just a little leaner next time so you would change your diet approach or stay on it a little longer. Also, I think your color could be a little darker next time. Overall, you have a great body and physique, keep going!

**Men’s Bodybuilding Novice**

#10- I placed you second. You have a great body and I would like you to improve your posing for future shows. Your off season homework is also build bigger glutes and quads to match your great upper body. Keep working hard and look forward to seeing you in the future.

#12- I placed first. You had great symmetry and nice posing. To improve for future shows, I would like to see you a little fuller and leaner for future shows. By building more muscle overall and getting just a little tighter on stage you would bring an even better physique.

#14- I placed third but you have great potential!! To improve, I would like to see you build your glutes and hamstring and quads. So to lift really heavy and build more muscle in your legs is my best recommendation for you.

**Men’s Bodybuilding Age 50+**

#8- I placed you second but you really have potential if you work to prepare your next show with your legs a little tighter and just change diet or stay on it longer to be leaner, your look will be improved and you already have accomplished so much by your performance and physique now on stage. Each time you compete it is about bringing a better personal physique than last show and your potential to continue to bring a better physique each time is definitely there.

Keep going!

#11- I placed first for you do a great job every time I judge you. You look even better and that is what it is all about to improve your body for stage each time you step on stage. So, for next time, I would recommend now that you practice your posing a little more to present that amazing body better and to come with darker color. Again, great job!

**Men’s Bodybuilding Age 40+**

#8- I placed third. See comments from Age 50+

#9- I placed first. You have great symmetry and your posing and smile was great! To improve I would recommend staying on diet longer or changing your approach a little to get leaner for stage. Your off season homework as well is to build your abs so I look forward to seeing you again just a little leaner and with those abs popping even more!

#11- I placed second. See comments from Age 50+.

**Men’s Bodybuilding Open**

#7- I placed sixth. This was a great class and you had a great body with the other competitors so to help you for next show, I recommend practicing and focusing on your posing a little more and to prepare with a different diet or longer time on diet to get tighter glutes for stage.

#8- I placed seventh. Again, you were in a great class and your biggest area of improvement would be to improve your conditioning for next show and you may read more above on my general comments about conditioning.

#9- I placed fifth. You have a great body and potential! To improve, I recommend working on your diet approach to be on it a little longer or slightly changed up to come a little tighter and leaner to stage next time! Do not let this placing detract from another round of disciplined training and contest preparation. I hope to see you again!

#10- I placed second. I feel you really have great potential and would like to see bigger quads and tighter glutes for stage next time. I want you to work on this lower body as you prep in the off season. I loved your presentation and body on stage and look forward to seeing you again!

#12- I placed first. Loved, loved seeing you on stage to judge and as I look forward to you in the future I want to see your body a little leaner next time.

#13- I placed third. Your body looked a little harder in prejudging than in evening portion. You have great body especially upper so to improve I would like to see your quads a little bigger and your legs tighter so you would lift heavy for your legs in off season to build those quads and prepare your diet a little longer or slightly different approach to be tighter for next time.

#14- I placed fourth. You have a great upper body! So to match, I would like to see you build more muscle size in your legs and to help your presentation your color I feel should be a little darker.

**Women’s Physique Open**

#15- I just loved your presence and posing on stage and to improve your physique, I recommend staying on your diet a few weeks longer or slightly changing your approach to be a little leaner for stage and to prepare and come with your glutes a little tighter and build your abs. Again, I just want to say you were so cute and I wish you luck in future.

#16- I really liked your posing and loved your side chest pose. You were great on stage! I want to see even more confidence next time and to improve your physique you need to build your glutes in the off season.

**Figure Novice A**

#20- I placed second. You have such great potential and the biggest recommendation I can give you is to come a little tighter overall next time so please read my general comments on this at beginning of review.

#21- I placed fourth. You will do even better in future shows if you build more muscle overall so that your physique looks fuller for stage. You have great potential; keep going!

#23- I placed first. Great job! To improve, I want you to practice opening your back even more in your posing and to build overall more muscle. Your smile and beautiful body is rocking it so keep going and that posing will bring an even better total package next time!

#24- I placed third. You have great muscle size! To improve , I would recommend building more glutes. Practice very heavy lifting in that glute area off season and your beautiful muscle size will be accentuated with more glutes to help your symmetry and overall look.

**Figure Novice B**

#25- I placed second. You have a great body but I feel you were a little too lean for stage and would look even better a little fuller. I think you would do even better if you change your diet a little to give your muscles a more full look. This means the day of or before show your food choices can make huge impact or even how much you are depleting before show to be very careful. You overall have such a beautiful look and I look forward to seeing you again!

#26- I placed fifth. See comments from Figure Open B.

#27- I placed fourth. See comments from Figure Open B.

#28- I placed first. You have such great potential and I would just like to see a little leaner for stage next time.

#29- I placed third. See notes from Figure Age 40+

**Figure Age 40+**

#17- I placed third. This was a great class and for you to improve I recommend practicing your posing a little more. I also recommend building more muscle in your middle delts to help with your symmetry.

#19- I placed 1st. Great body and great job! Especially loved your posing!! Congratulations!

#29- I placed second. You had great posing and potential! I loved your side pose! To improve your physique I recommend building bigger shoulders and preparing for next show with slightly different diet to get tighter glutes.

**Figure Open A**

#17- I placed sixth. You are such a beautiful lady! I loved your presentation and your song in your evening portion of show matched you well with your gorgeous smile and posing, you have so much going for you to improve. Focus on changing your approach with diet to get diet glutes next time for stage and this will help you! Keep working hard and I look forward to seeing you again!

#18- I placed first. Just loved judging you and seeing you on stage! To improve your posing, I’d like your arms to be a little closer to your body in the front pose. But your side pose looked great! To improve your physique, I’d like to see your

#19- I placed fourth. You are so gorgeous!! I would have placed you higher if your posing had been different because you closed your back in the back pose. Open that back and I can’t wait to have you on stage again! Keep going!

#20- I placed third. You have really great symmetry and I just love your curvy body! To improve for stage next time, you would just need to get leaner overall so a longer period of staying on your diet or slightly changing that approach will bring you to a leaner look and when that happens I would tell the other competitors to watch out for you!!

#21- I placed fifth. This was a great class and for you to improve I would recommend that you lift really heavy in the off season and eat a high calorie diet to build more muscle. You were holding a little water today but you really have great potential! You have a great frame and bone symmetry for competitions; let’s just put more muscle on it! Keep working and really look forward to seeing you again!

#22- I placed second. You are so gorgeous!! You have a beautiful body and great posing and smile! I really just loved the glutes too! And to improve those glutes, I would like to see them just a little tighter so this would mean staying on your diet just a little longer or changing that diet approach just a little. You were one of my favorite bodies to see on stage today!

**Figure Open B**

#23- I placed you second, as you had such a gorgeous body and great symmetry and conditioning. To improve, I recommend that you practice opening your beautiful back and build overall more muscle by lifting heavy in your off season.

#24- I placed you sixth but would really commend your great muscle size! I feel you would actually do even better in physique and to improve there I recommend that you build bigger glutes in your off season and to prep for stage by coming just a little tighter with a slightly different diet approach or longer on your diet as you have a wide waist but gorgeous body and would do very well if you prepare for next show by building your glutes, coming a little tighter, and I do suggest physique for you. I really wanted to place you higher because you have such quality muscle but your symmetry really would be suited better for physique with the posing in physique it would suit your body even better as well. Keep going! I would love to see you on that physique stage!

#25- I placed you first and you are just gorgeous! You showed beautiful posing and I loved your presentation! To improve for next show, I would like to see you a little fuller because I feel you were a little too lean for stage this show. I give your coach, Tina, lots of credit because you brought beautiful presentation to stage and look forward to seeing you again!

#26- I placed you fourth and love your curves but to improve I want your legs to get tighter/smaller for next show. So you would need to change diet approach slightly or stay on it a little longer. You have great potential; I look forward to seeing you in the future.

#27- I placed you fifth but I just love your body and especially loved your shoulders. I would like you in off season to build your glutes and quads bigger by lifting very heavy there to match your upper body. Also, if you stay on your diet just a little longer, this would get you a little tighter for stage so you would look even better.

#28- I placed you third but I loved your symmetry and your posing; it was just beautiful. For the next show, my biggest recommendation is to just prepare diet a little longer or change approach just slightly to come a little tighter to stage.

**Bikini Novice A**

#29- I placed you third and feel you have such a great upper body! My recommendation to you is to build bigger glutes in the off season by lifting heavy and to bring tighter abs to stage. Your areas to focus on are bigger glutes and tighter abs. Please read my general comments before these specific competitor feedback on this as I talk more about getting tighter or building muscle in off season. Look forward to seeing you again!

#30- Though I placed you fifth, you truly are so gorgeous and just have the perfect bikini look! Your legs just need to get leaner for the next show. You have such great potential and I am excited for you in the future! You would win if you were just a little leaner; you were a favorite of mine!

#31- I placed you sixth but you were very cute and loved seeing you on stage. I feel you were just a little too lean so I would recommend building more muscle on you by lifting really heavy in the off season. You have great potential and just need a little more muscle size. I need you to have just a little more confidence, you can do this!

#32- I placed you first and just loved your gorgeous body and your beautiful posing! To improve I recommend just a little tighter glutes for stage next time so you would do well to stay on diet a little longer or change up that approach just a little.

#33- I placed you fourth. You have such a great body and conditioning! I loved your posing and your smile! To improve I recommend a darker color on your skin to help your presentation. Great job and look forward to seeing you again.

#34- This was a great class and I placed you second. You had such beautiful posing it was a tough choice. Your presence and symmetry was great on stage but would recommend building bigger shoulder and tighter hamstring and glutes. Great potential and great job!

**Bikini Novice B**

#35- Wow, I really saw you in open and you have an amazing body but in this class I placed you fifth. I did not realize your body in this class.

#36- I placed you third but you have such a gorgeous body and loved your posing. So to improve I recommend more muscle overall and bigger shoulder particularly. And as you prepare next time, your glutes should be just a little tighter. Please read my general comments on getting tighter for shows and building more muscle overall. Keep going you have great potential.

#37- I placed you first. You have great conditioning! Your posing was beautiful! I loved your glutes too! To improve for future shows, I would also like to see you with bigger shoulders so lift heavy there in off season and congrats on a great show today!

#38- You are absolutely gorgeous and I want you to continue to compete you will continue to do well. I placed you fourth because you just need to be a little leaner. I would like your glutes to be a little tighter and I recommend that you please read my general comments on getting tighter for shows as you have such great potential!

#39- I placed you second but had a very difficult time between first and second. Your posing was perfect and you are absolutely gorgeous! My biggest recommendation for you is to build those beautiful glutes and get them a little tighter for future so you would lift really heavy in your glutes and change your diet approach just a little bit or stay on the diet a few weeks longer to get tighter. Look forward to seeing you compete again….so gorgeous!

**Bikini Age 40+**

#36- See comments from Bikini Novice B

**Bikini Open A**

#30- I loved seeing you on stage! You are beautiful! I placed you fourth. You just need to get a little tighter especially in the glutes and hamstring. I feel that if you were a little leaner you would have won the whole show!

#31- I placed you third. See comments from Bikini Novice A.

#32- I placed you first. You had such a gorgeous figure! Your posing and presentation are major strengths! My only recommendation for you would be to come next time to stage with tighter glutes so to achieve this your diet approach needs to be manipulated a little through slightly different approach or stay on same one longer. Congrats and look forward to seeing you again!

#33- I placed you second. See Bikini Novice A feedback.

#34- I placed you first. See Bikini Novice A feedback.

**Bikini Open B**

#35- I placed you fourth. I loved your presentation. I want to write specifically that #35 is placed over #38. In the novice class #35 was not posing well and did not have confidence like she did in this open class. She completely changed between the two classes prejudging thus the scores/placements are different as a result. If the posing and confidence was right from the start, she probably would have placed third.

#36- I placed you third. See Bikini Novice B notes.

#37- I placed you first. You were beautiful on stage but I’d like to see your shoulder bigger for future shows and just a little bigger overall. Look forward to seeing you!

#38- I placed you fifth. You had a great smile and presence on stage but I need you to work on your conditioning to be a little leaner for next show. Keep going!

#39- I placed you second. This was a beautiful class you were in and you looked great! My recommendation for you is to work on getting your glutes a little tighter.