

Transformation Challenge

Studies have shown that sharing your goals by doing a transformation challenge is a strong motivator for success due to people's reluctance not to fail in front of others. Oh, and they can be fun to do!

Challenge Duration	2 Months
Start Date	January 1 st 2020
End Date	March 31 st 2020
Results Announcement	On stage at the East Coast Bodybuilding Championships – April 4 th , 2020

Competition winners will be decided by group vote from NSABBA panel of judges

Competition Rules and Etiquette

- Keep it civil! This is intended as a positive competition to inspire healthy and sustainable lifestyle changes. No trash talk or bullying allowed.
- Help and encourage your fellow competitors.

Everyone must submit their initial stats like the following within 24 hours of the competition starting -

Name:

Age:

Gender:

Height:

Weight:

Progress Pictures: Attach 3 or 4 progress pictures (front, back and side shot of the whole body) while holding a note with the date and your competition name written on. See progress picture guidelines below.

Progress Pictures Guidelines

- Take photos in an unflexed and relaxed state with arms by your side (no posing allowed!)
- Ensure the whole body is in shot
- Take clear photos in good lighting with no Photoshop trickery! (although basic editing such as cropping, resizing or applying changes to hide your identity are fine).
- Wear close fitting clothes, underwear or a bathing suit and avoid baggy clothes
- **BEFORE PHOTO** (jpeg format)
-There is no time frame for the Before Photo. Just send in a photo that best represents your overall Transformation journey.

FORMAT

- **300 Word Story** (in a Word Document or sent in the body of your email and sent to nsabba@nsabba.com)
- We will read your **300 Word Story** and at that time your **BEFORE PHOTO** will be on the big screen. After your story is read we will introduce you on to the stage. You are the **AFTER**.
- When you come on to stage as the **AFTER** you will have your time on stage to present your self to the audience and judges. Have fun with it. This is your moment to show off all of your Hard Work! Most athletes (women) do a T-walk similar to that in the other [divisions](#). And the men typically come out and do some poses for the audience. Don't rush your time on stage. Enjoy every second of it!

ATTIRE

WOMEN

A bikini style suit of your choice, or a typical bikini or posing suit used in the other [divisions](#).

NOTE: For this division we are very flexible to the type and coverage of the bikini or posing suit you choose to wear. However the suit must be tasteful and cover at least 40% of the glutes.

MEN

A bodybuilding posing suit, swim trunks, or board shorts are the desired attire.

Please note – close or tight fitting work out wear (spandex shorts and bra top for women) tanks and close fitting work out shorts) are acceptable there is no pressure to wear a posing/bathing suit.