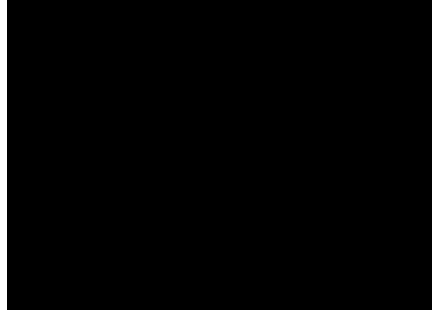


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**30<sup>th</sup> ANNUAL NPC SOUTHERN STATES FITNESS, FIGURE, BIKINI & BODYBUILDING  
CHAMPIONSHIPS TO HEAT UP THIS SUMMER IN SOUTH FLORIDA**

*April 15<sup>th</sup>, FT. LAUDERDALE, Florida* – On Friday, July 9<sup>th</sup> 2010 and Saturday, July 10<sup>th</sup>, the **30<sup>th</sup> Annual NPC Southern States Championships** will heat up this summer in South Florida when the two-day fitness, figure, bikini and bodybuilding championships gets underway at the **War Memorial Auditorium** in Ft. Lauderdale, Florida. The NPC Southern States Championships is the largest, regional national qualifier east of the Mississippi and will consist of over 200 of the nation's top sanctioned NPC (National Physique Committee) amateurs competing for a spot into the nationals later this summer. Age divisions of entrants include teenage, adult and senior competitors (both men and women) from eighteen different states and Puerto Rico which shows that you can commit to be fit at any age.

Kicking things off on Friday night will be the **Maria Bellando Women's Fitness, Figure & Bikini Championships** and the **Manuel Mair Men's Fitness Championships**. The Women's Fitness competitors perform an exciting two-minute routine choreographed to music with dance, theater and gymnastic elements and the Women's Figure & Bikini competitors will display their best physique poses in their two-piece swimsuit to the judges. The Men's Fitness competitors have timed exercises to determine the number of push-ups and pull-ups each entrant can do in sixty seconds along with an obstacle course competition to determine this year's winner.

Special guests who will perform Friday night include IFBB Fitness Pro **Tanji Johnson** and IFBB Figure PRo **Kristal Richardson**. Tanji is from Washington State and is well known as "Stealth" on the TV series "American Gladiator". In 2009, she was runner-up in the IFBB Olympia Fitness

and recently won the 2010 IFBB New York Pro Fitness event. Kristal is a home town hero residing in Ft. Lauderdale who won the overall division at the 2009 IFBB Ft. Lauderdale Pro Cup.

On Saturday night, the line-up of events will really heat up the stage at the War Memorial Auditorium when the different bodybuilding divisions from teen to Grand Masters (Men Over 70) show-off their best sculptured muscles to the audience and judges in a choreographed routine to music. Guest Posers for this event will be a cavalcade of IFBB Pro stars including: **Victor Martinez** (two-time Arnold Classic winner hailing from New Jersey), **Fouad Abiad** (IFBB Canadian National Champion from Ontario, Canada), **Zack Khan** (IFBB British Champion from England), **Manuel Romero** (IFBB Pro and 2007 NPC Southern States overall champion from Caracas, Venezuela), and IFBB Pro & USA Champion **Mark Alvisi** from Boca Raton, Florida.

“As promoter, I feel a bit like the ring leader at the circus as we have so much going on in the two days that it will be non-stop action,” commented **Peter Potter**, 2010 NPC Southern States Championships promoter. “This will be a special time as it is our 30<sup>th</sup> Anniversary and we plan some surprises as we recognize and pay tribute to our former winners, many of whom have gone on to become IFBB Professionals.”

The 2010 NPC Southern States Championships is open to any athlete in the United States. The competition is sanctioned by the NPC, the affiliated organization of the International Federation of Body Builders, an international amateur sports organization. For more information about the 2010 NPC Southern States Championships please visit [www.npcsouthernstates.com](http://www.npcsouthernstates.com).

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