

# **EVENT PROGRAM**

***WE WELCOME YOU TO THE***

***2023 INBF WNBF***

***HERCULES PRO/AM***

***PLEASE VIEW COMPETITORS WHO WILL***

***BE FEATURED & SUPPORT***

***OUR SPONSORS***

**CHARLIE CAROLLO LEGACY CLASSIC**  
**EST. 1977**





# JUNE 24, 2023

BRONX COMMUNITY COLLEGE

# HERCULES



CHARLIE CAROLLO LEGACY CLASSIC  
EST. 1977

NATURALMUSCLEMAYHEM.COM



KAGED



MAGNUM  
NUTRACEUTICALS INC.





Tina Smith & Bob Bell proudly present the 2023 INBF WNBFF Hercules Charlie Carollo Legacy Classic - Masters Pro and Amateur Bodybuilding & Physique Championships. As lifetime natural athletes, Tina and Bob are proud to be leading the World Natural Bodybuilding Federation both domestically and internationally. The WNBFF is an organization whose mission is to support through education and encouragement, the art and science of natural strength training and bodybuilding 34 Years ago this year! The WNBFF aims to provide information to the population at large regarding the dangers of drug usage in sports, and to provide a positive and fair competitive arena for its athletes. All contests will follow strict drug testing policies regarding a 10 Year drug-free requirement for all athletes. Mandatory polygraph examinations, urinalysis testing, and also random off season testing procedures are enforced. Bob & Tina are retired WNBFF Professional Natural Bodybuilders. They have found incredible rewards in the sport of natural bodybuilding, and they hope to share their path with as many people as possible. Bob & Tina are also both educators, and they often speak to high school health and physical education classes, and sports teams about the dangers of steroid abuse, as well as the attributes of exercise and sound nutrition. It is hoped that this message will help to eventually change the poor image often associated with drug use in bodybuilding. Bob and Tina are proud of the many men and women competing in their annual event, and hope that this event will be a wonderful culminating experience for all of their hard training. They would also like to thank you for attending the show, and please continue your support by encouraging all athletes to stay drug-free.



**MAGNUM**  
NUTRACEUTICALS

# FUELLING CHAMPIONS SINCE 2005

Meet Magnum Nutraceuticals, the top-tier supplement brand powering champions worldwide. Endorsed by elite athletes and premier trainers, this renowned brand delivers award-winning, scientifically-formulated supplements to those striving for greatness.

Join the community focused on optimizing your performance and elevating your fitness game. Embrace the transformation and unleash your full potential with Magnum Nutraceuticals – the ultimate choice for champions!



VISIT [MAGNUMSUPPS.COM](https://magnumsupps.com) AND GET  
15% OFF YOUR FIRST PURCHASE!

USE PROMO CODE **HERCULES15**

## AWARD WINNING SUPPLEMENTS

BETTER INGREDIENTS, BETTER RESULTS.®



**CLICK TO VIEW OUR PRODUCTS**



# 2023 COMPETITORS

Katherine Ahlff  
Ryan Alvarez  
Brandon Benard  
Nick Brittain  
Elijah Britton  
Rastislav Bukovic  
Chia Chen  
Donna Craddock  
Stefan Desroches  
Jane Fleischman  
Josephine Fray-Oates  
Lahiru Gammudali  
Ropier Ghattas  
Nasser Gonzalez  
Thurston Hewitt  
Nate Hills  
Jose Jackson  
Jenny Jacome  
Zhiyun Jian  
Matthew Johnson

Nikolai Krupyshev  
Dean Laumbach  
Mariann Ledee  
Rosa Linares  
Harrison Linowski  
John Madlinger  
Santos Montanez  
Kathryn Nashold  
Anthony Pelella  
Matthew Rose  
Elias Ruiz  
Heegan Saleh  
Marie Seton  
Brendon Silverman  
Jaehyeong Song  
Ryan Souto  
George Statler  
Joseph Stroz  
John Tattarakis  
Siqi Xu





---

### **CARE TEAM**

Medical Assistants & Administrators Help With Scheduling

### **APPOINTMENTS**

Call & Schedule From Your Smart Phone, Desktop, & Most Devices

### **CONVENIENCE**

Without the travel, the time, exposure to other patients, and so many of the costs associated with a traditional trip to the doctors office.

### **LABORATORY TESTING**

Dr. Mack Can Order Lab Tests, Imaging, Specialists Consultations

### **MEDICATIONS**

Dr. Mack Can Provide Prescriptions For Patients In Their State

---

**A Doctor When You Want One  
Schedule From Your Smartphone or Tablet ASAP**

**CLICK OUR LOGO BELOW**



 **@DrMackMedicine**

**500**

MILLIGRAMS  
COCONUT  
WATER

**100**

MILLIGRAMS  
SPECTRA™  
ANTIOXIDANTS

**5**

ESSENTIAL  
ELECTROLYTES

**5**

CALORIES

KAGED



**CLICK TO VIEW OUR PRODUCTS**



# ORDER OF EVENTS

\*Pro Masters Men's Bodybuilding\*  
\*Pro Masters Women Bodybuilding\*  
\*Pro Masters Figure\*  
\*Pro Masters Bikini\*

Open Figure  
Open Men's Physique  
Short, Tall  
Open Bikini  
Open Fit Body

Teen Bodybuilding  
Jr Bodybuilding  
Ultra Masters BB 60+  
Grand Masters BB 50+  
Masters Men's Physique  
Masters Bikini  
Novice Bodybuilding  
Novice Men's Physique  
Novice Bikini

---

## INTERMISSION & PHOTOS

---

Open Men's Bodybuilding  
Lightweight  
Middleweight  
Heavyweight

---

## JUDGES

---

Gary Amlinger  
Bob Bell  
Gianluca Improta  
Ashley Sullivan  
Mack Sullivan  
Katy Wayman-White  
Clement Yearwood

**NATURAL MUSCLE MAYHEM.COM**







**BETTER AESTHETICS BODYBUILDING**



**EVENT COVERAGE**



**CLICK TO PURCHASE PHOTO PACKAGES**



# WNBF PRO / INBF AMATEUR / WNBF PRO QUALIFIER

## \$7,500 PRO CASH PRIZES

### CALIFORNIA NATURAL

# MUSCLE MAYHEM™

WHERE THE WEST CROWNS THE BEST

PRESENTED BY **KAGED**

INFORMATION & ENTRY

Natural  
Muscle  
Mayhem.com  
PHONE: 916-396-0909

CONTEST LOCATION

SHELDON PERFORMING  
ARTS CENTER  
8333 KINGSBRIDGE DR.  
SACRAMENTO, CA

## JULY 15, 2023 SACRAMENTO, CA



KIRSTIE  
SCENTS

YIHE  
ZHU

LISA  
LUM

ZACK  
BELKNAP

MADDIE  
MCCONNELL

BRYAN  
LEONG

MIKE  
INFANTE



MAGNUM  
NUTRACEUTICALS  
BETTER INGREDIENTS. BETTER RESULTS™



# ELITE COMPETE WNBF

NaturalMuscleMayhem.com | WorldNaturalbb.com





ASHLEY SULLIVAN  
PRO WOMEN BODYBUILDING



ALEC GARICA  
PRO PHYSIQUE

RAWLE GREENE  
PRO MEN BODYBUILDING

# INBF SUMMER EXPLOSION & WNBF US PRO CUP

## AUGUST 19, 2023

### PRO CLASSES

Men's Bodybuilding, Women's Bodybuilding,  
Fit Body, Figure, Bikini, Men's Physique

### AMATEUR CLASSES

Novice, Open, Masters, Junior, Teen,  
Men's Bodybuilding, Women's Bodybuilding,  
Fit Body, Figure, Bikini, Men's Physique

### NAUGATUCK HIGH SCHOOL

543 Rubber Ave  
Naugatuck, CT 06770

For more information, please contact  
**ROBERT@FULTONSFITNESS.COM**



[WWW.FULTONSFITNESS.COM](http://WWW.FULTONSFITNESS.COM)



DR MACK NOW AND NANCY ANDREWS PRESENT

SATURDAY SEPTEMBER 23, 2023

WNBF PRO QUALIFIER

# INBF NATURAL MANIA & WNBF PRO UNIVERSE

## WHITE PLAINS PERFORMING ARTS CENTER

11 City Place, 3rd Floor  
White Plains, NY

### AMATEUR CLASSES:

NOVICE, OPEN, MASTERS,  
JR/TEEN, MBB, WBB,  
FITBODY, FIGURE, BIKINI  
& MEN'S PHYSIQUE

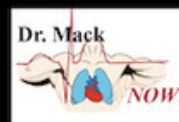
### PRO CLASSES:

ALL OPEN PRO PLUS  
PRO MASTERS BIKINI



**NancyAndrewsPresents.com**

For more info contact [Nancy@NancyAndrewsPresents.com](mailto:Nancy@NancyAndrewsPresents.com) or  
[Kristin@NancyAndrewsPresents.com](mailto:Kristin@NancyAndrewsPresents.com)  
FB Group—Nancy Andrews Presents • [Instagram@wnbfpres](https://www.instagram.com/wnbfpres)





BIKINI | BODYBUILDING | FIGURE | FIT BODY | MEN'S PHYSIQUE

**NEW** PRO BIKINI

2023 WNBFF PRO QUALIFIER

**LOS ANGELES  
NATURAL**

**MUSCLE  
MAYHEM™**

PRESENTED BY **K A G E D**

INFORMATION & ENTRY

Natural  
Muscle  
Mayhem.com  
PHONE: 916-396-0909

CONTEST LOCATION

**LUMColor**  
11255 CENTRAL AVE.  
ONTARIO, CA

**NOVEMBER 4, 2023**



**CAROL  
ARRENDONDO**

**DREW  
DeCOUD**

**CLARISSA  
THOMPSON**

**MICHAEL  
HILLAR**

**JENNY  
HARRISON**

**GABRIEL  
CRAFT**



@DrMackMedicine

**K A G E D**

**ELITE COMPETE WNBFF**





# WORLDS 34 SEATTLE

**NOVEMBER 18 & 19, 2023**

FEDERAL WAY PERFORMING ARTS & EVENT CENTER | SEATTLE, WASHINGTON

## **SATURDAY EVENT INFORMATION**

ALL AMATEUR PRO QUALIFYING CLASSES | WNBF SUPER PRO QUALIFIER  
**NEW PROS MAY COMPETE SUNDAY**

## **SUNDAY EVENT INFORMATION**

ALL OPEN PRO CLASSES | MASTER PRO 40+ BIKINI | MEN'S BB | FIGURE  
STRAIGHT THROUGH FORMATTED EVENTS



**KAGED**



**WORLDNATURALBB.COM**





# MAGNUM<sup>®</sup>

NUTRACEUTICALS

VOTED 2022 TASTE CHALLENGE

# BEST TASTING PRE-WORKOUT



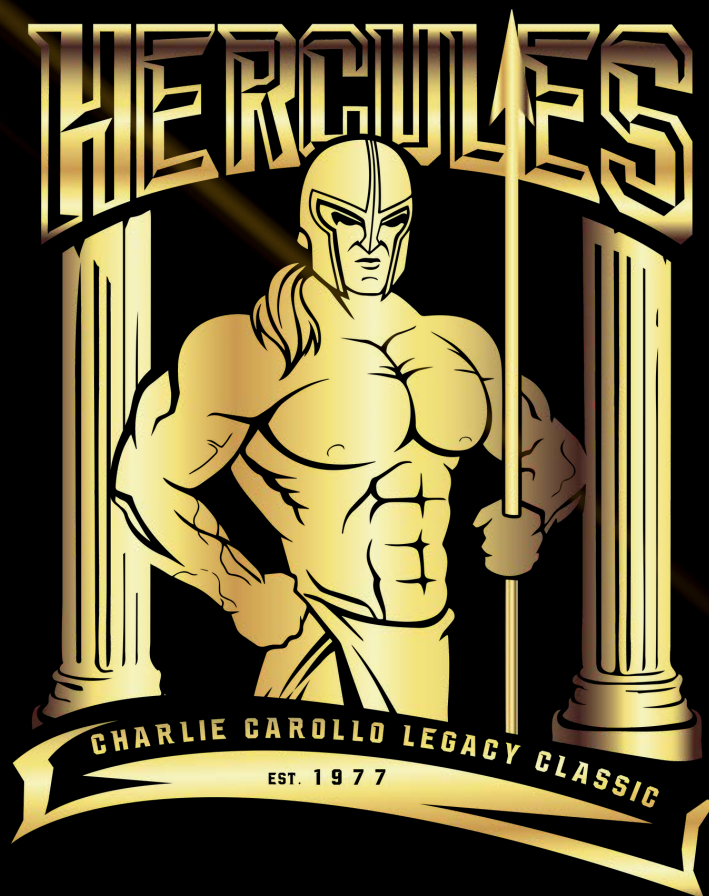
GET YOURS  
HERE →

 [WWW.MAGNUMSUPPS.COM](http://WWW.MAGNUMSUPPS.COM)



   @MAGNUMSUPPS

# THANK YOU FOR ATTENDING



## GET SOCIAL WITH US



## FOR ALL INBF/WNBF EVENTS

**[WORLDNATURALBB.COM](http://WORLDNATURALBB.COM)**