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**California Natural Muscle Presents**  
**2011 Bodybuilding & Figure**  
**PRO TRAINING CAMP II**

**Saturday, February 19**  
**Sunday, February 20**

**TOPICS:**

- Training Sessions with Pro Bodybuilders & Figure Athletes
- Nutrition & Pre Contest Dieting
- Hypertrophy Specific Training Workouts (HST)
- Figure Contest Prep & Appearance
- Perfect Posing, Stage Walk & Routine Choreography
- Judging Clinic & Interactive Critique Part 2

**REGISTRATION RATES:**

- Entire Weekend: \$295
- Registrations Due by Feb 1st
- Early Registration By Jan 15: \$250
- Late Registration, paid at door \$325
- Group Rate: 3 or more Received by Jan 15 \$225
- Single Day Attendance \$175

**\*\* Rates Include Lunch & Seminar T-shirt \*\***

**916.354.1769**

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**CALIFORNIA NATURAL MUSCLE.org**



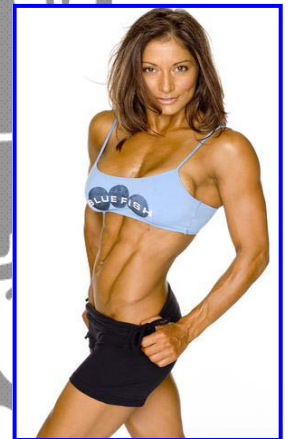
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