

2024 *30th Annual* Granite State Open



BODYBUILDING ~ FIGURE ~ BIKINI ~ PHYSIQUE ~ FITBODY ~ COUPLES

INBF SANCTION / WNBF PRO QUALIFIER

Judges Views and Posing Too

Join us for this six-class series April 20, 27 May 11, 25 June 8, 15 1-3 pm

Learn to bring your best posing skills to the stage
Be informed on how judges rank and score your competition
Get to know the criterion and how to use it in your prep
Target and improve your on-stage presentation style
Do more for your on-line coach than selfies, live practice helps

Muscularity, Symmetry, Presentation are best well served with Tone, Conditioning, Presence, Style, Poise, Polish, Peak, Stage Walks, Posing Routines and More

New to the sport? This opportunity will familiarize you with the landscape of competition preparation and guide you as needed
Seasoned athlete? Great, you need practice too!

Laura Tourtellot (aka Ms Turtle) has over 40 years working with the Art of Physique and competition preparation. She has been an International Judge since 1989 and has served on all of New England's Bodybuilding Organizations. As a Regional Promoter since 1991, she currently Promotes the 30th Annual Granite State Open. With Thousands of critiques and athlete experiences in her tool belt, guiding individuals at every level is a passion and she looks forward to helping you be your best this season.

COME ONE COME ALL

Class Registration is by appointment: Call 603 659 2288 (no text)

Pricing is commensurate with frequency

Location: Portsmouth NH Saturdays 1-3 All divisions

Private Sessions are also available



L.J. Turtle Promotions 

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<http://www.granitestateopen.com>

