

IMPACT ACTION COACHING

CONTEST SEMINAR

02.21.26 | 11am-2pm

- CONTEST PREP ASPECTS
- PEAKING STRATEGIES

- CATEGORY GUIDELINES
- BREAK OUT POSING GROUPS



Chris Dunne
NANBF/WNBF Promoter
and Pro Bodybuilder

Brandon Blanchard - WNBF Pro



Cary Douglas
NANBF/WNBF Judge
and Posing Coach

Feifei Chen - WNBF Pro

FREE

SPACE IS LIMITED - BRING A CHAIR
JUDGES AND PRO BODYBUILDERS
ON SITE TO WORK WITH YOU!



Ryan Irwin
NANBF President
Contest Prep Coach

RSVP

RYAN@IMPACTACTIONCOACHING.COM

SATURDAY, FEB. 21st, 2026

LEGACY FITNESS IN ANKENY, IOWA

1450 SW VINTAGE PKWY | ANKENY, IA 50023

