



2012 IFBB NORDIC PRO CHAMPIONSHIPS

The Organizing Committee of the IFBB Nordic Pro Championships warmly welcomes you to Finland!

The IFBB Nordic Pro Championships will take place at the "Fitness Expo" Scandinavian's largest Bodybuilding and Fitness event which is held in Lahti Fair Centre, Lahti, Finland. The venue has 2300 seats and we are expecting a full house! The MC for the Night is none other than 13 times Mr. Olympia competitor and Muscular Development Radio Show host Shawn Ray!!

Finland is no stranger to organizing IFBB Pro events as the 1992 Mr. Olympia was held in Helsinki and our team organized the 1997 & 1998 Men's Pro Grand Prix as well as 1999 Pro Fitness Invitational.

We will make sure to make this a memorable event for both competitors and spectators!

Below you will find helpful information to assist you with our event.

Welcome to Finland!



www.fitnessexpo.fi



THE SCHEDULE:

Friday – September 7, 2012

Final Check In at Cumulus Lahti Hotel:

(Athlete briefing & hand in music)

7:00 – 7:30 p.m. – IFBB Figure

7:30 – 8:00 p.m. – IFBB Men's Bodybuilding

Saturday, September 8, 2012

PREJUDGING and FINALS:

07:00 p.m. – All Athletes – Fitness Expo, Lahti Fair Centre
(order of appearance given at check-in)

Pre-Judging and finals will be held together. We are starting with Pro Figure Pre-Judging and then Men's Pro Bodybuilding Pre-Judging. After a short break we will continue with the Finals.

Contact Information

KP Ourama

KP Fitness Productions Ltd.

P.O. Box 158, 15101 Lahti

Finland

Phone +358 40 5478901

Email: kp.ourama@kpfitness.fi

Website:

www.fitnessexpo.fi

www.bodylehti.fi

Please don't hesitate to contact KP for all your questions and needs!

Airport and transportation

The official airport is Helsinki-Vantaa International Airport. The Organizing Committee has arranged a person who will meet the competitors at the airport and take them safely to the shuttle bus. At Lahti there will be a person to take care of competitors who will arrive by the Airport shuttle bus.

Lahti is located 100 km (65 miles) to the North of Finland's Capital City Helsinki – 1 hour and 15 minute bus drive by 4-lane motorway (50-minute drive by car). The shuttle bus from Helsinki-Vantaa International Airport to Lahti cost about 20 Euros.



Host Hotel Information:

Hotel Cumulus Lahti

Address: Vapaudenkatu 24, Lahti

Website: www.cumulus.fi/hotellit/lahti/en_GB/lahti/

Phone +358 3 813 711

Fax: +358 3 781 8922

E-mail: lahti.cumulus@restel.fi

Room Rates:

Friday-Sunday or Friday-Saturday accommodation

1 person room 81 €

2 person room 90 €

More between Saturday and Sunday nights

1 person room 100 €

2 person room: 110 €

NOTE: when making the hotel room reservation, please use reference code: "FITNESS EXPO".

Check In: 2:00 pm (Early check in based on availability)

Check Out: 12:00 noon

Each room is equipped w/mini-refrigerator and microwaves are available on a very limited basis

Please bring your own bed sheets/all ProTan and other tanning stuff incidents are your own cost/responsibility!

FITNESS EXPO



Media Partners

The IFBB Nordic Pro Championships have very powerful media partners – RX Muscle and East Labs! The event is still looking for more media partners to ensure that it will be seen all over the World via the Internet. The IFBB Nordic Pro Championships will be fully covered and all the competitors will get their name and pictures by covered in International fitness and bodybuilding media.

RX Muscle's Dave Palumbo is covering the contest Play by Play and they will take photos, video and contestant interviews. East Labs is also publishing photos from the competitors meeting, pump up room and contest... they will cover the whole event!

BODY Magazine is Scandinavian's biggest bodybuilding and fitness media. BODY will completely cover the event by web and magazine in Sweden and Finland.

ID Badges:

You will receive your ID Badge at the athlete's meeting and you are required to wear it or have it with you at all times. There are no extra badges available, so please keep it with you.

Music:

Bring at least two (2) copies of your CD (only). You MUST bring one copy to the athlete meeting. You will not be allowed to check in without your music. The time limit for your routine is 3 minutes. You are allowed to start your music on-stage or off-stage, so notify the music coordinator when you check in your CD.

Host Gym:

Lahti Body Club is the BODY Magazine gym owned by KP Ourama and it's the base of the Finnish BODY Magazine's workout photo sessions. If you like, we can organize have a photo session with BODY Magazine while you workout. You will get the photos for your own use and the magazine can use your photos. Let us know if you want to be photographed by our photographers!

There are only a handful of people who workout at Lahti Body Gym. It's not public gym so it's open only for IFBB Nordic Pro Championships competitors and few club members. It's been said to be the best small gym in Finland!

The gym is air-conditioned and it has full set of barbells, dumbbells (from 1-70 kg), Precor Icarian Line equipment (Smith Machine, Hack Slide, Super Squat Machine, Lying Leg Curl, Sitting Leg Curl, Leg Extension, Pull Down Machine, seated Row, Cable Crossover), a lot of different benches, three exercise bikes, one treadmill and one cross-training machine.

Other important information

Opposite the competitor hotel is a large shopping mall Trio with more than 100 shops. Within a few blocks there are several shops where you can buy food. Such as Sokos (two block away) which has very good grocery department downstairs and also two blocks away is S-market which is the largest grocery store in the Lahti district.

In Finland you can drink tap water as it's very pure or you can buy bottled water from grocery stores.

Temperature in early September varies from 12C (54F) – 25C (77F) degrees.

All Finnish people in hotels, shops and in the Organizing Committee speak good English so you can be confident that you will not be "lost".



FITNESS EXPO INFORMATION

The first Fitness Expo was held in 1996 and since then it has grown the largest bodybuilding and fitness event in Scandinavia. This year Fitness Expo will have the IFBB Nordic Pro Championships with Pro Men's Bodybuilding and Pro Figure events.

Other important competitions of the weekend are one of the greatest powerlifting competition in the World - Bullfarm Powerlifting Championships and high level Strongman World Cup. In Fitness Expo there will be also be the Finnish Bodybuilding and Fitness National Championships.

If you want to sell your signed photographs or DVD's or other merchandise, it's possible to do it in the Fitness Expo. Check out the exhibitors to see if your sponsor company has a booth in our Trade Show.



Saturday, September 8

- 09.30 Fair opens
- 10.00 Finnish National Bodybuilding Championships Pre-Judging (Fitness Expo Arena)
- 10.00 CompactFit Game Preliminary round (exhibition stage)
- 12.00 Fitness Fashion Show by Casall (exhibition stage)
- 13.00 Bullfarm Powerlifting Championships (Power Stage)
- 14.00 Fitness Model 2012 (exhibition stage)
- 14.00 Fitness Fashion Show by Casall (exhibition stage)
- 15.00 Finnish National Bodybuilding Championship finals (Fitness Expo Arena)
- 16.00 Fitness Expo Arm Challenge: Finland vs. Russia (exhibition stage)
- 18.00 Fitness Fashion Show by Casall (exhibition stage)
- 18.30 Iron Grip Championship (exhibition stage)
- 19.00 IFBB Pro Nordic Championships (Fitness Expo Arena)
- 21.30 Fair closes

Sunday, September 9

- 09.30 Fair opens
- 10.00 Finnish Fitness National Championship Pre-Judging (Fitness Expo Arena)
- 11.00 Power Bench Press of Ultimate Power and Endurance (Power Stage)
- 11.30 Fitness Fashion Show by Casall (exhibition stage)
- 12.00 CompactFit Game Finals (exhibition stage)
- 13.00 Strongman World Cup (Power Stage)
- 14.00 Fitness Model 2012 (exhibition stage)
- 14.30 Ironmind Grip Classic, Vol 2 (Power Stage)
- 14.30 Fitness Fashion Show by Casall (exhibition stage)
- 15.00 Finnish Fitness National Championship finals (Fitness Expo Arena)
- 18.00 Fair will end

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