



2012 IFBB

NORDIC PRO Championships

THE ORGANIZING COMMITTEE OF
THE IFBB NORDIC PRO CHAMPIONSHIPS
WARMLY WELCOMES ALL
THE IFBB PRO ATHLETES TO LAHTI!





www.fitnessexpo.fi



THE SCHEDULE:

Friday – September 7, 2012

Arrivals of the IFBB Pro Competitors and Judges

Saturday, September 8, 2012

Final Check In at Fitness Expo:

(Athlete briefing & hand in music)

13:00 All Athletes - Fitness Expo, Lahti Fair Centre
Athletes Meeting: Men's Pro Bodybuilding & Women's Pro Figure

Meet the IFBB Pro Champions:

14:00-15:00 All Athletes – Fitness Expo,
Lahti Fair Centre

If you want to sell your signed photographs or DVD's or other merchandise, you are welcomed to attend "Meet the IFBB Pro Champions" where you will have your own desk and chair to meet the Finnish fans at the Expo.

Pre-Judging and Finals:

19:00 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
Websites:
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).



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

Host hotel is fully booked but the IFBB Pro Athletes can get a hotel rooms via KP Ourama. Make your reservation with KP and pay the room to the hotel reception desk.

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 €

Check In: 14:00 (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, BODY and EastLabs.***

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. 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) and very large 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".



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The IFBB Nordic Pro Championships will take place at the Fitness Expo in Lahti Fair Centre. The first Fitness Expo was held in 1996 and since then it has grown the largest bodybuilding and fitness event in Scandinavia. Fitness Expo will have The IFBB Nordic Pro Championships and other great events like Bullfarm Powerlifting Championships, Strongman World Cup and Finnish Bodybuilding & Fitness National Championships will gather 15.000 fans all over Finland and Scandinavia!



Saturday, September 8

- 09.30 Fair opens
- 10.00 Finnish National Bodybuilding Championships Pre-Judging
- 10.00 CompactFit Game Preliminary round*
- 12.00 Fitness Fashion Show by Casall*
- 13.00 Bullfarm Powerlifting Championships
- 13.00 Fitness Model 2012*
- 14.00 Meet the IFBB Pro Champions*
- 15.00 Fitness Fashion Show by Casall*
- 15.00 Finnish National Bodybuilding Championships finals
- 16.00 Fitness Expo Arm Challenge: Finland vs. Russia*
- 17.00 Fitness Fashion Show by Casall *
- 17.30 Iron Grip Championship*
- 19.00 IFBB Pro Nordic Championships
- 21.30 Fair closes

*Fitness Expo Day Ticket

Sunday, September 9

- 09.30 Fair opens
- 10.00 Finnish Fitness National Championship Pre-Judging
- 10.00 Athletic Fitness: dips, chin ups and rowing*
- 11.00 Power Bench Press of Ultimate Power and Endurance*
- 11.30 Fitness Fashion Show by Casall*
- 12.00 CompactFit Game Finals*
- 13.00 Strongman World Cup*
- 13.00 Junior Nationals (16-18 years) Nationals*
- 14.00 Fitness Model 2012*
- 14.30 Ironmind Grip Classic, Vol 2*
- 14.30 Fitness Fashion Show by Casall*
- 15.00 Finnish Fitness National Championship finals
- 15.30 Jari Lampi World Record 151 reps in dips*
- 18.00 Fair will end

*Fitness Expo Day Ticket