



IFBB Pro

Gordon Henderson

2000 Jr. USA Champion Bantam Weight
2003 National Runnerup Lightweight
2005 Nationals Runnerup Lightweight

"Quincy helped me with all my shows. Having him in my corner, I feel that I can reach the next level."



Tangela Morgan

2005 NC State Overall
2005 Junior USA Light Heavyweight Champion

"Quincy has been a valuable asset to my training and development. I will always value his knowledge and guidance."

Nicole Cavalcanti

2008 Elite Class B Champion Figure
2008 Elite Muscle Classic Fitness Overall
2009 Metrolina - Figure Overall
2009 Metrolina - Fitness Overall
2009 1st Place Jr. USA Class A

"Without Quincy I would have never known where to begin! Thanks so much for helping me achieve my fitness and figure goals as a first year competitor."



Diane Mumford

1999 National Masters Middleweight Champion
2003 NC State 45+ Champion
2005 NC State Lightweight Champion
2006 NY Metropolitan Lightweight Champion
2007 NC State Middleweight Champion
2009 NC State – 3rd

"Quincy's expertise in training, nutrition & posing makes all the difference!"



Lisa Humble

2009 Elite Muscle Classic - Overall Masters Figure

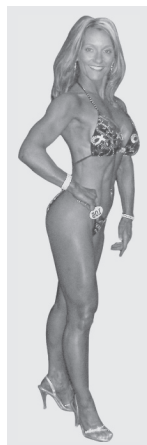
"Quincy has provided great motivation, support & knowledge of the fitness industry. He is a phenomenal coach & trainer. Thanks. Quincy!"



Julius Page

2008 Elite Muscle Classic Overall
2009 Kentucky Bluegrass Classic Overall

"Quincy's guidance & knowledge has helped me be successful in bodybuilding & helped me earn a sponsorship with Lovate Science. Thanks Quincy for all of your support."



Tiffany Moody

2007 Elite Muscle Classic - Figure Overall
2008 3rd Place NORTH AMERICA Class A
2009 2nd Place Jr. USA Class A

"Quincy has helped me grow into the top 10 National Figure Competitions."

Teresa Cruz

2009 NC State - Figure Overall Champion

"Thank you, Quincy, for helping me with posing for the North Carolina State Figure Championship."



Malcolm Marshall

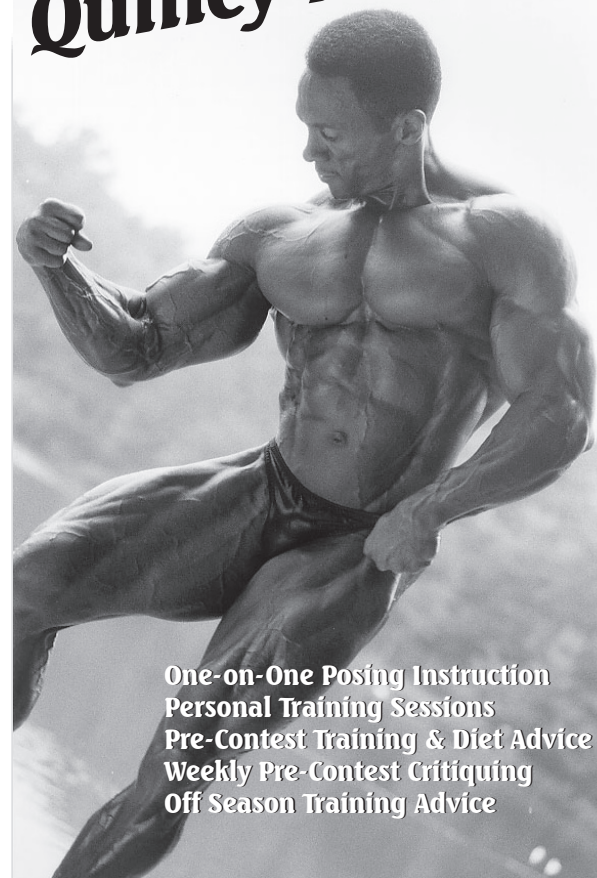
2002 Metrolina Overall
2002 Elite Classic Overall
2003 NC State Super Heavyweight Champion
2003 JR USA Super Heavyweight Champion
2008 5th Place Super Heavy Nationals

"Quincy's knowledge and support has helped me achieve my goals."

Figure & Bodybuilders:

Prepare For Your Next Competition with IFBB Pro and Former Mr. Universe

Quincy Roberts



One-on-One Posing Instruction
Personal Training Sessions
Pre-Contest Training & Diet Advice
Weekly Pre-Contest Critiquing
Off Season Training Advice

336-987-4007

www.QuincyRoberts.com

Why Having a Professional Coach Can Benefit Your Figure/Bikini & Bodybuilding Competition Preparation

The level of competition has improved through the years and even national and professional level competitors have coaches to guide them in preparation for their competitions.

As your coach I can offer my experience, my knowledge and critique your physique while guiding you through your journey of preparation for the competition.

Many competitors make the mistake of asking friends, family and other novice competitors for their opinions which fall short of accurate assessments.

As a former IFBB professional competitor, state and national judge, contest promoter and 30 years of coaching experience, I have the credentials needed to guide you.

I will help you reach your best condition and help you pose properly at the competition. Not realizing the importance of proper posing could make the difference between winning and not even placing.

I will help you in selecting the right competitions and help plot your next level of competitions.

By referring to this brochure and my website, you will see pictures and read testimonials of clients of mine in novice, national and professional levels who, while working with me, have been successful in their competitions.

I will work with you to take you into the competition prepared and keep you from making mistakes that may take years to unlearn!



Quincy Roberts

Quincy Roberts Bodybuilding Contest History

- NPC Contest Promoter
- NPC National Judges
- Competitive Bodybuilder for 30 years

1982	Mr. North Carolina
1983	Jr. Mr. USA
1984, 85 & 87	Runnerup Mr. America
1986	Mr. Universe (World Champion)
1988	NPC, National Champion (Earning IFBB Pro Card)
1996	5th Place IFBB Masters Olympia
1997	4th Place IFBB Masters Olympia
2006	2nd 2006 Master World 50+

Services Available To Figure & Bodybuilders

(no matter what gym or fitness center you are a member of)

- **Introduction to Bodybuilding for Health or Competition**
- **Design Training Programs for Beginners**
- **Design Off Season and Pre-Contest Training Programs for Novice and Advanced Bodybuilders**
- **Posing Instructions (Mandatory & Posing Routines)**
- **Weekly Pre-Contest Critiquing**
- **Off Season and Pre-Contest Diet Tips**

MORE INFORMATION:

Quincy Roberts' PERSONAL TRAINING & COACHING
336-987-4007 www.QuincyRoberts.com



Greg Jones

2004 Elite Muscle Classic Overall
2004 4th Place Heavyweight Nationals

"Quincy helped me with my posing and diet. I know with his help I'm going to the next level!"



Thomas Ricke

2001 Overall North Carolina Champion
2001 Overall Jr. National Champion

"Quincy's coaching in Posing and weekly critiquing of my physique helped me in reaching my condition."



William Powell

2001 Overall Master Natural Atlantic Coast
2001 Overall natural Summer Classic
2006 Mountaineer Overall
2006 Elite Muscle Classic Overall
2009 NC State Overall Winner

"Quincy took my bodybuilding to a new level through his personal coaching and expert knowledge."

COMING SOON!
ELITE MUSCLE CLASSIC

November 6, 2010

Greensboro, NC