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SA Spotters

Exercise, health, muscle, fitness and bodybuilding research.

Most Popular

All Bodybuilding Competitions in South Africa

Bodybuilding competitions in South Africa Bookmark to check for new events. Sorted by when they're happening. We are not associate...

How Bodybuilders Make Money

If you need tips on breaking into the industry, click here . Bodybuilding is one of the most expensive sports. The cost of supplemen...

Building Your Own Bulking Diet

This diet will assist with maximal muscle gain in the shortest amount of time. Appropriate exercise is also needed, of course! Muscle...

The Effects of Smoking on Bodybuilding

Looking to take your bodybuilding endeavors to the next level by finally putting down those nasty cigarettes but need the motivation and so...

Do or Don't: Separate Shoulder days?

Should you have a separate shoulder day dedicated to training shoulders, since they are already being trained on chest and back days? T...

Can High Reps Build Muscle Mass?

Short answer: yes. Working out in the higher rep range can build muscle. Read on to find out why. The jury is out on the rep range th...

Benefits of Skipping For Bodybuilders

Skipping can actually help bodybuilders achieve greater muscle growth. Here are a few reasons why: Because Skipping is Cardio Cardio ...

All About Soy: What Is It and Is It Healthy?

The soybean is a bean which has been cultivated and consumed in Asian countries for centuries. A raw soybean contains 36 grams of protei...

Why We Should Eat Raw

We should eat more raw food for a variety of reasons. Read on to see why eating raw is beneficial. 1. Digestion One very importan...

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S a t u r d

All Bodybuilding Competitions in South Africa

Bodybuilding competitions in South Africa

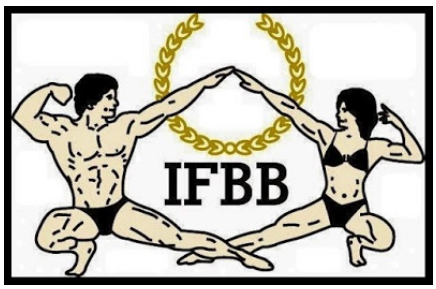
Bookmark to check for new events. Sorted by when they're happening. We are not associated or partnered with any of these organisations. Please visit their websites shown below for their information or to contact them.

If you're want to make a career out of bodybuilding, see why size isn't the only thing you need to win competitions. You might also want to learn the ways that bodybuilders earn their money.

If this is your first competition, get your pre-contest and off season eating plans right. Many people start straight after high school.

Sport events in June

SA Extreme
Date: 17 June 2017
Where: Pretoria North (377 Eufees Street)
Website: SA Extreme Facebook Page



IFBB SA Intermediate Show
Date: 24 June 2017
Where: North West
Website: http://www.ifbbsa.co.za

Site Archive

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SA Spotters
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Life is too short
to be
unhappy.
You have to take the good with the bad. Smile when you're sad. Love what you got and always remember what you had. Always forgive but never forget. Learn from your mistakes but never regret. People change and things go wrong, but always remember,
life goes on.
WomenWorking.com
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About Me

Saguren Redyrs
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I love gym, bodybuilding, exercise and health. I want there to more opportunities out there for South African bodybuilders. I want this sport to be well known in SA. I want it be easier for people to make good livings doing what they enjoy. I wish I could really contribute to this industry... but one day at a time :-)

View my complete profile

Friendly City Classic: Intermediate Show
Date: 24 June 2017
Where: Nelson Mandela Bay
Website: http://www.ifbbsa.co.za

Sports events in July

IFBB SA Intermediate Show
Date: 1 July 2017
Where: Gauteng North AND Buffalo City (Two different events on the same day)
Website: http://www.ifbbsa.co.za

Muscle Mulisha Grand Prix 2 (Arnold's Qualifier)
Date: 8 July 2017
Where: Ekurhuleni
Facebook Page: Facebook Event Page

East Coast Classic
Date: 8 July 2017
Where: Westville, Durban, KwaZulu-Natal
Website: http://www.ifbbsa.co.za

Ekurhuleni Provincial Show
Date: 15 July 2017
Where: Ekurhuleni
Website: http://www.ifbbsa.co.za

Mpumalanga Intermediate Show
Date: 22 July 2017
Where: Mpumalanga
Website: http://www.ifbbsa.co.za

Boksburg Classic (Arnold's Qualifier)
Date: 22 July 2017
Where: Gauteng Central (Boksburg)
Millennium Gold Plate and Boksburg Classic Facebook Page

IFBB SA Provincial Show
Date: 29 July 2017
Where: West Rand, Johannesburg
Website: www.ifbbsa.co.za

IFBB SA Provincial Show
Date: 29 July 2017
Where: Sebideng
Website: www.ifbbsa.co.za

IFBB SA Intermediate Show
Date: 29 July 2017
Where: OR Tambo
Website: www.ifbbsa.co.za

Sport events in August

H&H Classic (Arnold's Qualifier)
Date: 5 August 2017
Where: Gauteng North
Website: www.ifbbsa.co.za

IFBB SA Provincial Show
Date: 12 August 2017
Where: Mpumalanga
Website: http://www.ifbbsa.co.za

IFBB SA Provincial Show
Date: 12 August 2017
Where: North West
Website: http://www.ifbbsa.co.za

IFBB SA Provincial Show
Date: 12 August 2017
Where: Northern Cape
Website: http://www.ifbbsa.co.za

IFBB SA Provincial Show
Date: 12 August 2017
Where: Nelson Mandela Bay
Website: http://www.ifbbsa.co.za

IFBB SA KwaZulu-Natal Open (Provincials)
Date: 12 August 2017
Where: Natal Playhouse (To Be Confirmed)
Website: http://www.ifbbsa.co.za

IFBB SA Provincial Show
Date: 12 August 2017
Where: Buffalo City
Website: http://www.ifbbsa.co.za

IFBB SA Provincial Show
Date: 19 August 2017
Where: Gauteng North
Website: http://www.ifbbsa.co.za

IFBB SA Provincial Show
Date: 19 August 2017
Where: Gauteng Central
Website: http://www.ifbbsa.co.za

IFBB SA Provincial Show
Date: 19 August 2017
Where: OR Tambo
Website: http://www.ifbbsa.co.za

NABBA Provincial Preliminaries
Date: 26 August 2017
Where: Mpumalanga
Website: www.nabbasa.com

Sports events in September

IFBB SA Championships
Date: 1-10 September 2017
Where: Witbank, Mpumalanga
Website: http://www.ifbbsa.co.za

NABBA Provincial Preliminaries
Date: 2 September 2017
Where: Gauteng
Website: www.nabbasa.com

Wayne Price's Gentle Giants Classic (Arnold's Qualifier)
Date: 16 September 2017
Where: To Be Announced
Website: http://www.ifbbsa.co.za

NABBA Provincial Preliminaries
Date: 16 September 2017
Where: Free State
Website: www.nabbasa.com

NABBA Provincial Preliminaries
Date: 23 September 2017
Where: Western Province
Website: www.nabbasa.com

NABBA Provincial Preliminaries
Date: 24 September 2017
Where: KwaZulu-Natal
Website: www.nabbasa.com

Sport events in October

NABBA Nationals
Date: 6-7 October 2017
Where: Pretoria (UNISA)
Website: www.nabbasa.com

(Kaya Majeke) OR Tambo Classic
Date: 21 October 2017
Where: OR Tambo
Website: http://www.ifbbsa.co.za

Sports events in November

West Rand Summer Bodies (By Ali Akbar Sultan)
Date: 25 November 2016
Where: West Rand, Johannesburg
Website: http://www.ifbbsa.co.za

Know of a bodybuilding or muscle modelling competition not listed here? Email safricanspotters@gmail.com or comment below and help spread the SA bodybuilding community!

Visit our Facebook page or see our Twitter account for updates. STAY STRONG!

Posted by Saguren Redyrs at 8:34 AM
Labels: bodybuilding, bodybuilding competitions near me, bodybuilding sa, calendar, classic, compete, competitions, fitness, ironman, list, me, modeling, national, near, province, sa, South Africa

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Top comments

Mmabatho Motshedisi 6 months ago - Shared publicly

I want to enter for the competition where can I go in Bloemfontein

+1 · Reply

Saguren Redyrs 6 months ago

Thanks for your interest! These are the competitions that I know of right now. New ones will come up either at the end of this year or beginning of next year for 2018, so the next update on new competitions will only be then. You can visit the competition websites above for the Free State

Marion Garassino 1 year ago - Shared publicly

Is there a fitness competition for novices that I can register for in 2017 or 2018?

+1 · Reply

Saguren Redyrs 9 months ago

Thanks for asking. I've update the list of all shows that are still happening in 2017. There are many great opportunities that you can take part in.

Monja Van Rhyn 2 months ago - Shared publicly

Good evening not sure im on the right page... well here goes my son is 21 years old and all he wants to do is body building. There no probleme with that but the reason im writing is there is No assistance here in Louis Trichardt small town in Limpopo. I just want someone to give him the help and education he needs to succeed. Please if there are someone like that

+1 · Reply

Saun Gardrersy 9 months ago - Shared publicly

Thanks for the great info! I'm on here almost daily! If anybody is looking for good exercise music that is high in energy (electro, house, dub-step, trance etc.) and christian, check out givingintojesus.blogspot.co.za

+1 · Reply

SA Spotters 2 years ago

Thanks Avinash! It's good to hear great feedback.

Avinash Dwivedi 2 years ago

Thanks for the sharing a nice blog that will definitely help to the people who really want to take part in the Body Building Competitions. Nice Information! Body Building

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