



F r i d a y

Local Trainer Rob Harris Wins Bodybuilding Championship and Introduces New Premium Line of Health Supplements



by Paula Boyd Farrington

A Certified Personal Trainer in Grand Bahama, Rob Harris won the top Best Overall title trophy in the recent Northern Bahamas Bodybuilding & Fitness Championships held at the Regency Theatre. A long time bodybuilder and trainer, Rob Harris and his [Innovative Fitness Group](#) have also introduced a new line of great tasting [premium protein drinks](#) and supplements to boost health and fitness performance.



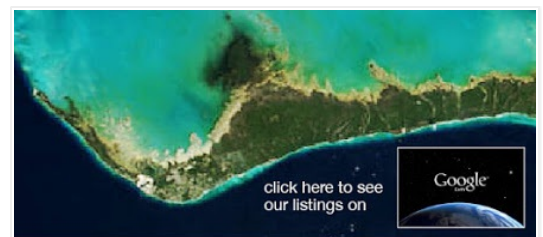
Rob Harris with new premium health supplements: myo-genesis.com

For more information on Rob's Innovative Fitness Group certified personal training,

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You could be in Grand Bahama 30 in minutes!

click [here](#), or give him a call at 242-727-4348.

For additional information on the results of the recent Northern Bahama Bodybuilding Championships click [here](#), or [here](#).

Bravo and congratulations to all the bodybuilding champs and everyone who has a great time on Grand Bahama keeping in shape!



Rob Harris working out with Victor Martinez, IFBB Pro Bodybuilder Champ


Posted by James Sarles at 4:08 PM     

Labels: [Club grand bahama](#), [freeport](#), [grand bahama island](#), [ifbb](#), [myo-genesis](#), [Northern Bahamas Bodybuilding and Fitness Championships 2011](#), [regency theatre](#), [Rob Harris](#), [Victor Martinez](#)

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 **James Sarles**

Taste Of Grand Bahama is a collaborative blog by James Sarles, President, Coldwell Banker/James Sarles Realty, Editor Paula Boyd Farrington, former publisher of Grand Bahama Island Magazine, contributing photographer Lyndah Wells, and contributing photographer Christine Matthäi. We celebrate the simple pleasures of living life here on the idyllic island of Grand Bahama, and enjoy bringing you insights, news, and information that we hope help make Grand Bahama Island a true home away from home.

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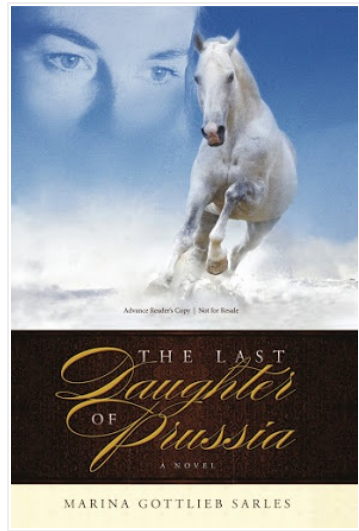
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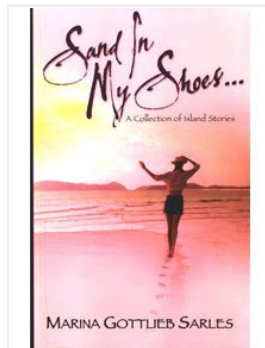
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