

2026 GBO PARTICIPANT GUIDELINES

MEN AND WOMEN INSPIRATION

I. PURPOSE

- a. The GBO Inspiration Division is designed to celebrate the human spirit by honoring men and women who have overcome significant challenges and transformed their lives through courage, hope, health, and fitness.
- b. This division is not a physique competition and is not judged. Every participant is recognized as a winner with the purpose of sharing powerful stories which inspire others. The division is about resilience, not rankings.
- c. The focus of this division is on the participant's story, fight, comeback, and commitment to health and fitness, regardless of the pounds lost and to share the stage beyond trophies.
- d. Examples of the types of journeys include (but not limited to):
 - Cancer survivors
 - Heart attack recovery
 - Major surgeries
 - Autoimmune diseases
 - Serious injuries
 - Mental health battles
 - Addiction recovery
 - Life-changing weight gain or loss
 - Any major adversity followed by commitment to fitness

II. GENERAL

- a. This is a non-sanctioned inspirational division. There is no award for pro status.
- b. This division is a celebration of all women and men who have transformed their lives through health and fitness.
- c. Both men and women may enter – there will be one male class and one female class.
- d. Every participant will be highlighted individually.
- e. Participants' numbers must be worn on left side and visible at all times.

III. SUBMISSION REQUIREMENTS

1. Before Photos
 - a. Participants must submit "before" photos that visually represent the beginning of their journey.
 - b. Photos may from any time relevant to their story – not restricted to recent years.

- c. Photos should clearly show body and face with good lighting and minimal background distractions.
- d. These photos will be displayed on screen while their story is shared.
- 2. Personal Story Submission
 - a. Participants must submit a written summary (200-400 words) describing their journey:
 - What they have overcome
 - How fitness changed their life
 - Why they chose to step on stage
 - b. Stories will be read aloud or summarized as the participant performs their box walk on stage.
- 3. Optional Video
 - a. Participants may submit a 60-90 second video (landscape mode) sharing their story in their own words.
 - b. This may be used in show media or online promotion.

IV. ELIGIBILITY

- a. Participants must be 16 years of age or older.
- b. Participants under 18 years of age must have parental consent.
- c. Anyone – regardless of past competitive history – may enter, including former Pros. This is not a physical competition – it is an honorary division.

V. COMPETITION ATTIRE

Participants may wear attire that best represents their fitness journey. This division does not judge physiques; the attire is simply to display their transformation comfortably and confidently.

- a. MEN – gym shorts, trunks, or athletic attire. Solid colors preferred. Athletic shoes required.
- b. WOMEN – sports bra and shorts, active wear, or bikini / swimsuit. Athletic shoes required.

VI. ON-STAGE PRESENTATION

Each participant will perform the GBO Inspiration Box Walk to show confidence and celebrate their journey.

- a. Box Walk
 - Participants will:
 - Enter stage to the first box and hit 2-3 poses
 - Move to center stage box for 2-3 poses
 - Move to the third box for 2-3 poses
 - Remain center stage while their story is read or summarized
 - Remain center stage to receive medal / award and photo
 - Exit the stage when guided by the expediter

b. Suggested Poses:

Poses are not judged, but purely for presentation of transformation.

Participants may personalize their poses to reflect their journey.

- Front Pose: confident stance, smiling, arms natural or hands on hips
- Side Pose: gentle turn to showcase profile
- Back Pose: relaxed, open posture
- Victory Pose: optional – hands raised, flex, or emotional expression

VII. AWARDS AND RECOGNITION

a. There is no judging and there are no placements.

b. Every participant will receive:

- Recognition medal or award
- Stage photos (must purchase package from photographer)
- Public acknowledgement of their story

c. The goal is to honor each individual participant and their inspirational journey.

VIII. SHOW FORMAT

- Participant's before photo appears on screen
- Participant's story or summary is read
- Participant performs box walk
- Participant stays center stage to receive medal /award and individual photos
- Participant leaves the stage
- Male and female classes are presented separately
- All participants will return to stage for group recognition photograph