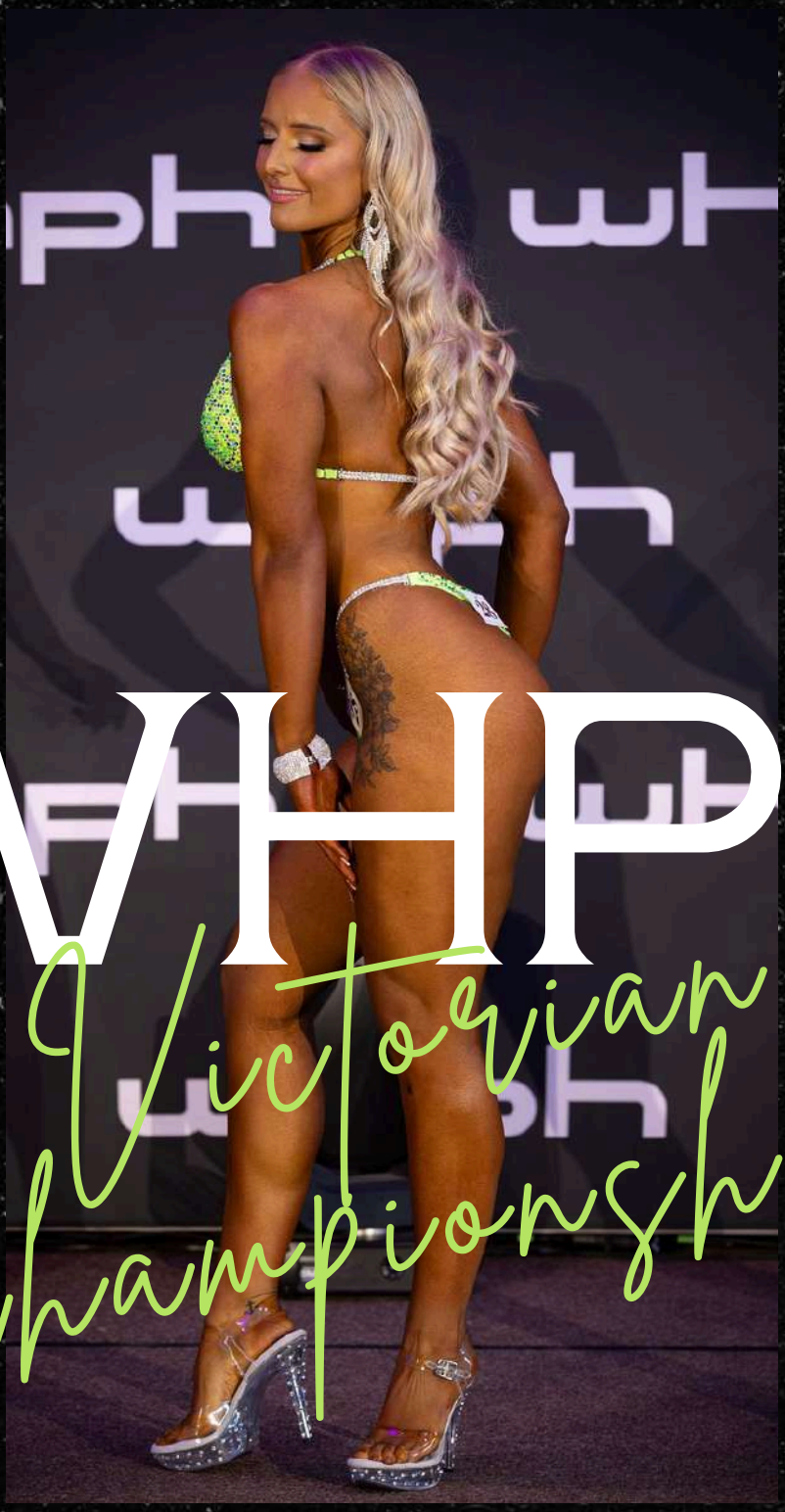

WHPH

Victorian Championships

WELCOME TO THE WHPH SHOW DAY!
31.08.25

WHETHER YOU'RE STEPPING ON STAGE OR CHEERING FROM THE CROWD – WELCOME! THIS IS MORE THAN JUST A SHOW – IT'S A CELEBRATION OF GRIT, DISCIPLINE, CONFIDENCE, AND COMMUNITY.

WELCOME TO SHOW DAY

Whether you're stepping on stage or cheering from the crowd — welcome! This is more than just a show — it's a celebration of grit, discipline, confidence, and community.

This event is proudly brought to you by WHPH Lang Lang, a family-run business with a big heart. We're all about empowering people, lifting each other up, and helping every athlete feel like an absolute superstar on show day. From the moment you walk in, we want you to feel seen, supported, and celebrated — because you've earned your moment.

To all our athletes: You've worked hard, and we're proud of you. Soak it up, shine bright, and enjoy every second on that stage.
To our spectators: Cheer loudly, clap hard, and help us make this day unforgettable for everyone.

Let's make it one to remember
With love,
The WHPH Team - Justine & Ro

SHOW A SCHEDULE

10:00 AM - Figure Open

10:05 AM - Figure International Open

10:10 AM - Men's Classic Physique First Timer

10:20 AM - Figure Routines

10:25 AM - Figure Overall

10:30AM - WHPH Challenge Winners & WHPH Sponsorship

10:40 AM - Men's Fitness First Timer & Overall

10:50 AM - Wellness Mum & Overall

11:00 AM - Women's Fitness Model: First Timer, Novice, Mum

11:05 AM - Women's Fitness Model: 35+, 50+

11:10 AM - Women's Fitness Model: Open

11:15 AM - Women's Fitness Model: Overall

11:25 AM - Men's Physique First Timer & Dad

11:30 AM - Men's Physique Open

11:35 AM - Men's Physique Overall

11:40 AM - Women's Swimsuit Athletic Mum

11:45 AM - Women's Swimsuit Athletic Open

11:50 AM - Women's Swimsuit Athletic Overall

11:55 AM - Athletic Champion Mum & Mini

12:00 PM - Athletic Champion Open

12:05 PM - Athletic Champion Overall

12:10 PM - Bikini Glam Mum

12:20 PM - Bikini Glam Open

12:30 PM - Bikini Glam Overall

12:40 PM - 1:40PM BREAK

SHOW B SCHEDULE

1:40 PM – Bikini Model: First Timer

1:45 PM – Bikini Model: U25, 25+, 35+, 50+

1:50 PM – Bikini Model: Novice

1:55 PM – Bikini Model: Mum

2:00 PM – Bikini Model: Open

2:05 PM – Bikini Model: Overall

2:10 PM – Transformation: Open

2:20 PM – Sports Model: 25+, 35+

2:25 PM – Sports Model: 50+

2:30 PM – Sports Model: First Timer

2:35 PM – Sports Model: Mum

2:40 PM – Sports Model: Novice

2:45 PM – Sports Model: Open & Overall

2:50 PM – Swimsuit Model: First Timer

2:55 PM – Swimsuit Model: Novice

3:00 PM – Swimsuit Model: Mum

3:05 PM – Swimsuit Model: Open

3:10 PM – Swimsuit Model: Overall

3:25 PM – Evening Wear: Mum

3:35 PM – Evening Wear: Open & Overall

WHPH PRO CARD AWARDING

This year marks the launch of our official WHPH Pro Cards — awarded to athletes who present with elite-level conditioning, muscularity, and presence.

What you need to know:

Winners of each division go into the running for Overall Title.
Overall winners receive a trophy, sash, crown (female divisions), and the chance to earn a WHPH Pro Card.
Pro Athletes will be able to compete across other federations, but must return for at least one WHPH show within two years.
Pros compete for cash, prizes, and sponsorships.
Pro status is awarded to those meeting "Pro Standard" — not just any winner!

WHPH Pro categories include:
Men's Bodybuilding | Men's Physique | Men's Fitness
Women's Figure | Women's Fitness | Women's Sports
Women's Bikini | Women's Swimsuit

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Georgia supports fierce women ready to rise — helping you reclaim your sovereignty, power, and self-mastery. She guides transformational journeys mentally, physically, emotionally, and energetically, so you can show up as your highest self.

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Sculpt Solutions are your local experts in EMS Body Sculpting — helping you tone, tighten, and target stubborn areas so you can feel confident and strong. Based in Coronet Bay & servicing the SE suburbs, they're a certified technician offering personalised sessions.
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Camma Carpentry is your go-to for all your carpentry needs, delivering high-quality workmanship and professional service. Owner Jesse Cammarano offers everything from renovations to custom builds — and with a reputation for reliability and attention to detail, you know your project is in great hands.

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ISO GYM SUPPLIERS

Factory 3, 40 Rushdale Street
Knoxfield , Victoria 3180
0434 761 834
isogymsuppliers@gmail.com

“Born out of the first Melbourne COVID 19 Iso lockdown, which is where I came up with the name (I supply Isolation Gyms), Iso Gym Suppliers strives to provide quality Gym & Fitness Equipment and Flooring at budget prices. Everything you could need for your home or commercial gym, with a minimum of fuss...and cost!

Watching unscrupulous sellers price gouging during the 2020/21 lockdowns inspired me to do better and look after my customers, not take advantage of them. By originally housing Iso Gym Suppliers out of the garage and backyard of my Hallam home to keep my overheads at a minimum, meant I could sell all quality home & commercial gym equipment plus flooring, cheaper than the other retailers. I’ve since moved my business into a warehouse, but i’m continuing to strive to keep my prices as low as possible, by removing unnecessary costs and keeping my overheads to a minimum, while using creative marketing techniques, has allowed me to continue supplying top quality equipment at bargain basement prices.

Importing all my own equipment allows me to not only have the best prices, but I can make sure the quality isn’t lowered, just because my prices are.

My Motto is- To sell the Best quality equipment at the Best prices, not the cheapest quality equipment at the cheapest prices!

At Iso Gym Suppliers, I pride myself in unrivalled customer service, and can afford each one of my customers a level of personalised service (both in store and online), the much larger Name Brands can only dream about. Customer satisfaction is extremely important to me, and as such, I go above & beyond, so my customers can experience as painless the process, yet as much fun as possible from the experience, which is what shopping should be all about.

Thank you for taking the time to read about my humble beginnings...“

OUR SPONSORS

WHPH Natural Bodybuilding & Fitness Show
Proudly brought to you by Work Hard Play Hard Gym

Not only are we hosting this incredible event, but we're also home to:
A full timetable of group fitness classes designed to suit all levels
Our 24/7 Gym at 21 Clarks Road, Lang Lang VIC – so you can train anytime that works for you
Personalised programs, coaching, and the most supportive community around

Want to be part of WHPH? Whether you're chasing fitness goals, stepping on stage, or just want to train in a fun and motivating environment, we've got you covered

Contact Tayla for memberships, sign-ups, or class info:
tayla@workhardplayhardgym.com.au

Or come and see us in person at the gym!
27 Westernport Road, Lang Lang