

# Joseph P. DeAscanis, Jr.

## Bodybuilding Achievements

- 1994 - ANBC Delaware Valley Open      2<sup>nd</sup> Place - Teenage Division
- 1995 - ANBC Delaware Valley Open      1<sup>st</sup> Place - Teenage Masters Overall  
3<sup>rd</sup> Place - Junior Short Division  
Best Poser
- 1996 - ANBC Pennsylvania Bodybuilding Classics  
1<sup>st</sup> Place – Junior Division  
Best Poser
- 1996 - ANBC United States Nat'l Bodybuilding Championship  
5<sup>th</sup> Place - Junior Men's Short Division
- 1997 - ANBC United States Nat'l Bodybuilding Championship  
5<sup>th</sup> Place - Junior Men's Short Division
- 1998 - ANBC United States Nat'l Bodybuilding Championship  
3<sup>rd</sup> Place - Junior Men's Short Division
- 1999 - ANBC United States Nat'l Bodybuilding Championship  
6<sup>th</sup> Place - Open Men's Short Division
- 1999 - ANBC Delaware Natural Bodybuilding Competition  
1<sup>st</sup> Place - Open Men's Short Division
- 2000 - ANBC Delaware Natural Bodybuilding Competition  
1<sup>st</sup> Place - Open Men's Short Division  
Overall Best
- 2000 - ANBC United States Nat'l Bodybuilding Championship  
5<sup>th</sup> Place - Open Men's Short Division
- 2001 - ANBC United States Nat'l Bodybuilding Championship  
3<sup>rd</sup> Place - Open Men's Short Division
- 2002 - ANBC United States Nat'l Bodybuilding Championship  
3<sup>rd</sup> Place - Open Men's Short Division
- 2003 - Gold's Classic Bodybuilding Championships  
1<sup>st</sup> Place - Open Men's Middle Weight  
Overall Best

2008 - NPC Delaware Bodybuilding Competition

1<sup>st</sup> Place - Men's Light Heavy Weight

2<sup>nd</sup> Place - Open Men's Light Heavy Weight

2008 - NPC Team Universe

7<sup>th</sup> Place - Men's Light Heavyweight

2009 - NPC Chamberlain Cup

1<sup>st</sup> Place - Men's Open Overall

1<sup>st</sup> Place - Men's Light Heavy Weight

2009 - NPC Team Universe

8<sup>th</sup> Place - Men's Middle Weight



**Call for a free consultation: 302.593.7067**

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