



# Mens Bodybuilding

The most muscular and extremely conditioned of all categories. Bodybuilding is the highest degree of development and refinement. Requiring large muscle groups, with extreme balance and symmetry top to bottom, side to side and front to back. Degree of conditioning should include good vascularity, separation and definition between muscle groups, and visible striations of the main muscle groups such as legs, glutes, chest back and shoulders.

Men's bodybuilding should have a polished overall look and effortless posing. This includes the front position, posing, transitions, self-confidence and overall presentation. It will require the highest degree of posing practice and cardiovascular conditioning due to the intensity of poses.



## Judging Points

1. **Broad shoulders, small waist and very well balanced development of all muscle groups of the upper body and lower body**
2. **Symmetry, Size, Condition and vascularity with composed presentation is the major judging factors for Men's Bodybuilding**
3. **Stage presence & confidence**
4. **Posing to be confident with minimal shaking. Transitions to be smooth and well-rehearsed.**

## Attire

1. **Bodybuilding Trunks (NOT supplied by ICN, to be supplied by athlete)**

## Posing

1. **Four quarter turns – front pose, side pose, back pose and opposite side pose to judge symmetry**
2. **Mandatory poses including: Front Double Biceps Pose, Front lat spread pose, Side Chest Pose, Abdominal and thigh pose, Side Tricep Pose, Rear lat spread, Most muscular of your choosing, Rear Double Bicep Pose**

## Category Subdivisions

Bodybuilding - First Timers, Bodybuilding - Novice, Bodybuilding - Open, Bodybuilding - 21 and under, Bodybuilding - 23 and under, Bodybuilding - 30+, Bodybuilding - 40+, Bodybuilding - 50+, Bodybuilding - 60+