



Mens Fitness Model

Least muscular of the Men's Categories with emphasis on moderate/developing muscle size with an overall balance between upper and lower body while maintaining an athletic appearance. Lean condition which shows 6 pack abs, developing shoulders and back definition to be seen however not as extreme in condition as Men's Physique or Bodybuilding. V taper and posing is key.

Men's Fitness Models should present themselves as well-groomed athletic models with a vibrant smile and energy onstage. This includes the standing/front position, posing, transitions, self-confidence and overall presentation.



Judging Points

1. Balance between all muscle groups with emphasis on conditioning, 6-pack and athletic appearance
2. Symmetry and overall balance is a major judging factor
3. Stage presence and confidence of an athletic model.
4. Overall aesthetically pleasing look, with V taper.

Attire

1. Athletic shorts or mid-thigh board shorts (Supplied by ICN)

Posing

Mens Fitness Models will walk on stage and present themselves on the line in a relaxed position.

1. As a group, athletes will perform 4 quarter turns (front pose, side pose, back pose and opposite side pose) A comparison round of quarter turns may follow for the top contenders.

Category Subdivisions

Mens Fitness Model - First Timers , Mens Fitness Model - Novice,
 Mens Fitness Model - Open, Mens Fitness Model - 30+, Mens Fitness Model - 40+ ,
 Mens Fitness Model - 50+ ,