



Mens Physique

Well-developed and muscular upper body with emphasis on broad, round shoulders, small waist & excellent V-Taper. Men's Physique is well groomed, polished in presentation and requires an almost equal amount of condition as Bodybuilding without the leg development.

Men's Physique athletes should display effortless and polished overall look with posing, and smile. This includes the Front position, posing, transitions, self-confidence and overall presentation.



Judging Points

1. Broad rounded shoulders, small waist and very well balanced between all muscle groups of the
2. upper body with emphasis on a well-developed 6-pack and conditioning.
3. Symmetry, Shape and muscularity are major judging factors for men's physique
4. Stage presence and confidence
5. Overall aesthetically pleasing look with high degree of upper body muscularity.

Attire

1. Board shorts just above the knee (To be supplied by the Athlete)

Posing

Men's Physique competitors will walk on stage and present themselves on the line in a relaxed position.

As a group the following is performed:

1. Symmetry round – 4 quarter turns (front symmetry, side symmetry, back symmetry and opposite side symmetry)
2. Muscularity round – Front double bicep, side chest, side triceps, back double bicep, abs.

Category Subdivisions

Mens Physique - First Timers , Mens Physique - Novice, Mens Physique - Open, Mens Physique - 23 and under, Mens Physique 21 and under, Mens Physique - 30+, Mens Physique - 40+ , Mens Physique - 50+ ,