



Mens Classic Physique

The Classic Physique category is a throwback to the 'Golden Era' of Bodybuilding. It represents the epitome of health and fitness in art form. The Classic Physique is a picture of flawless symmetry, perfectly sculptured muscle groups that fight each other for dominance, creating a balanced and complete physique. Classic Physique has broad shoulders accompanied by a small waist, round balanced quads. It is less muscular than bodybuilding but equal in conditioning.

Apart from the physical distinguishing features, a Classic physique competitor is a master poser. Classic posing requires confidence, grace, and balance. Each pose is deliberate in highlighting the strengths of a physique. Transitions are smooth and theatrical in executions but not exaggerated or arrogant.

Classic Physique should have a polished overall look. It will require the highest degree of posing practice due to its emphasis on overall presentation and display of effortless poses. This includes the stand, poses, transitions, and self-confidence.



Judging Points

1. **Broad shoulders, small waist and very well balanced between all muscle groups of the upper body and lower body**
2. **Symmetry, Shape, Condition and presentation are the major judging factors for Classic Physique.**
3. **Stage presence, confidence, but not arrogant or cocky.**
4. **Posing to be confident and artful with minimal shaking. Transitions to be smooth and well-rehearsed.**
5. **CLASSIC POSES ONLY! If you do traditional Bodybuilding poses, YOU WILL NOT GET MARKED!**

Attire

1. **Classic Physique shorts/short tights (supplied by ICN).**

Posing

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

As a group the following is performed:

1. **four quarter turns – front pose, side pose, back pose and opposite side pose to judge symmetry)**
2. **Mandatory poses including: Classic Front Double Biceps Pose, Classic Side Chest, Classic Side Triceps Pose, Classic Rear Bicep Pose, Classic Abdominal pose or Vacuum, Favourite Classic pose of your choosing**

Category Subdivisions

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