



Mens Muscle Model

The Muscle Model category is the muscular revival of the Mens Fitness model category. This category is based on developed muscle size with an overall balance between upper and lower body while maintaining an athletic model appearance. Lean condition which shows 6 pack abs, nicely developed upper and lower body and capped shoulders and back definition to be seen. V taper, style and posing is key. We look for marketability, and if we could see the model on a magazine cover! Thats the look!

Men's Muscle 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.

This category is perfect for athletes who want to enjoy model like posing, but have too much size for Mens Fitness Model.



Judging Points

1. Balance between all muscle groups with emphasis on muscle size, 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 Muscle 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. Athletes can add their own posing flare for individuality to poses such as abs poses and rear double bicep poses.

Category Subdivisions

Mens Muscle Model - Open Class