



Ms. Fitness Model

Developed muscularity with emphasis on an overall balance of all muscle groups between upper and lower body. Less muscular than a figure competitor but lean and conditioned to show defined 6 pack abs and obliques, capped/rounded shoulders and back definition to be seen. Walk and poses like a Fitness model.



Judging Points

1. **Wide capped shoulders, broad back and small waist while having more conditioned than a Sports Model. Increased definition in the legs and glutes.**
2. **Muscularity and Symmetry is a major judging factor for fitness models.**
3. **Stage presence, confidence, walk & presentation**
4. **Overall Fitness model appearance.**

Attire - You are required to supply your own Bikini

1. **Two-piece stage bikini (any fabric, connectors and crystals)**
2. **Stage jewellery of choice**
3. **Clear stage heels (any height).**

Stage Walk & Posing

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

**Ms Fitness - First Timers , Ms Fitness - Novice, Ms Fitness - Open, Ms Fitness - 21 and Under
Ms Fitness - 30+ , Ms Fitness - 40+ , Ms Fitness - Momma's**