

## IFBB MEN'S PHYSIQUE



The Men's Athletic Physique category is aimed at men who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique.

Up to & including 178 cm

Over 178 cm

· · · · · NOTE: More categories may be added at any time if so decided by the IFBB.

The attire for all rounds is board shorts, which must conform to the following criteria:



No tight, lycra style shorts are allowed.



Colour at the discretion of the athlete.



Half Turns - PREJUDGING

Assessing This Round

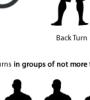
denoted the condition general impression of the physique: proper shape and symmetry combined with muscularity and overall condition, the condition of the skin and skin tone, the hair and facial features. 2 - Stage Presence and Personality. 1 - Half Turns one by one to the front and center of the stage.



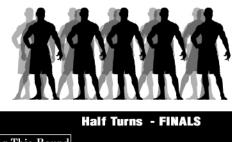
























First, Second, Third, Fourth, Fifth, Sixth place





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