

V.1 FITNESS FIGURE STANDARDS

In developing a standard for fitness figure the following must be considered.

- a. general athleticism to the body (a feminine muscularity)
- b. The contestant should show good balance proportion and symmetry to her physique.
- c. From the front shoulders should be well defined and flow nicely into the triceps and biceps. There should be a taper in the lats into the oblique noticeably flowing into the sweep of the upper thigh. In general, her physique should show separation and conditioning but not be over lean or striated.
- d. From the side her body should show a nice taper from the lat to tie into the oblique showing an “oblique sweep”. The legs should be muscular without or minimum separation of the quads. The calves should be well developed, and semi-flexed from the use of heels.
- e. From the back the shoulders should be well rounded with the lats having a nice taper to the lumbar area. It should be well defined without over bulkiness. The glutes and hamstrings should be firm and should show a well developed outer sweep to the thigh. Calves will be firm and nicely developed.
- f. Presentation and color tone will be considered.
- g. Transitions from each quarter turn should be fluid without hesitation and her poise must be will practices.

V.2 NIGHT SHOW

At the night show contestants will be introduced one by one. They will move to stage left or stage right. When all are on stage they will line up for quarter turns then exit the stage. In round two the top three will be selected, others will file of stage, at which point the placing will be announced. Class winners will be brought out for comparison to select overall winner. Note to contestant: do not use pastel suits. They have a tendency to wash you out under the lights. Wear little to no platforms. They do not display your calves at their best.

Competitors will wear a two piece competition suit and heels. The judges will be looking for good-to-excellent muscle tone, firmness, clean tight lines, and low but reasonable levels of body fat. Judges are not looking for the high degree of muscle mass, cut, or vascularity of a bodybuilder or elite fitness competitor. Judges will look at overall shape and symmetry, assessing the degree of athleticism, proportion and skin tone of the

competitor. Upper and lower body and extremities should flow aesthetically, creating a balanced, sculpted, feminine appearance.

Stage Tanning and Makeup

Picking your tanning product can be frustrating if you haven't competed before. There are several products out there but only a few rank above the rest. We were fortunate to have Kate Heath, a master esthetician and a national competitor, speak to us at the workshop. Kate knows what it takes to get the best tan for stage. She recommends JanTana or ProTan. Kate is the go-to person in Utah if you want a JanTana spray before a show. You can contact Kate by e-mail at wakegirlut@xmission.com or call her at 801-243-2803.

Stage makeup is not the same makeup you wear every day. You want to make sure you stand out on stage and your makeup will need to be darker with some contouring. We were also fortunate to have Maryanne Pickett, a professional makeup artist and master esthetician, speak to us. Maryanne knows what your makeup needs to look like under those harsh lights with your darker body tan. She has been doing competition makeup for some time and is the premier makeup artist for competitions. You can contact Maryanne by e-mail at maryanne@urbanallure.net or call her at 801-860-4277.

Competition Suit & Shoe Selection

There are many websites you can use to research suits and shoes. Contact several places to get a feel for the person who will be making your suit. Make sure you have a connection with them and that they can provide you with what you are looking for. Here are a few of my favorites:

[MaryJane Snyder](#)

[Diva Exchange](#)

[Cynthia James](#)

[Merry Christine](#)

[Passion Fruits](#)

[Shoes - Snaz75](#)

[Christine Marsh](#)

[Fitness Pro Direct](#)