

## MANDATORY POSES

1. Front Double Biceps
2. Front Lat Spread and Flex the Thighs (Heel together and toes pointed out at a 45 degree angle)
3. Abdominal Pose - Hands Behind the Head (All contestants take a ¼ turn to the right, exposing the left side to the judges)
4. Left Side - Lifted Rib Cage
5. Left Side Triceps with the leg flexed to display the thigh (All contestants take a ¼ turn to the right, exposing the back to the judges)
6. Rear double biceps
7. Rear Lat Spread with one calf spiked.
8. Double Calf Raise ( raise on toes to display both calves)
9. Right-Side Lifted Rib Cage.
10. Right Side Triceps with the leg flexed to display the thigh (All contestants take a ¼ turn to the right, facing the judges)
11. Extend the right leg forward, flex and rotate
12. Extend left leg forward, flex and rotate.
13. Hands on Thigh Most Muscular

Additional Poses:

Crab Most Muscular

Hands behind the back Most Muscular

Serratus/Intercostal Twisted Crunch – One hand behind the neck

Moving thigh flex, from the side or rear

Overhead victory, arms raised overhead