



MUSCULAR MEN'S PHYSIQUE

In 2012 the MEN's Physique division was officially launched as a new IFBB sport discipline. Proving to be a very popular category, the IFBB has increased the number of Men's Physique categories from 2 (two) to 6 (six): 170cm, 173cm, 176cm, 179cm, 182cm, and over 182cm. With the popularity of Men's Physique, in 2016 the IFBB introduced one open category; Muscular Men's Physique intended for competitors with slightly bigger muscularity than accepted in the regular men's physique. Rules are the same as men's physique, athlete's complete quarter turns, board shorts are the attire and athletes are judged on stage presence, poise and personality. With an aesthetically pleasing physique that displays proper shape, symmetry and overall condition however, muscle groups will be slightly larger than regular Men's Physique

