



New class

Wellness Fitness



The Wellness Fitness division is intended for women who prefer a muscular physique without muscle separation, athletic and aesthetically pleasing, with a bigger body mass than in Bikini Fitness. From this point of view, Wellness Fitness is placed somewhere between Bikini Fitness and Women's Physique. Assessing of the Physique, judging criteria and rounds are the same as Women's Bikini Fitness. Competitors perform quarter turns in all rounds plus individual I-walking presentation in the finals. Vertical proportions (legs to upper body length) are one of the key factors. Horizontal proportions (hips and waist to shoulder width) may favour women with a bit bigger hips, thighs and buttocks.



**Angela
Borges**

