

MEN'S PHYSIQUE POSING

Source: <http://www.cbbf.ca/wp-content/uploads/2016/04/CBBF-Rules-Mens-Physique.pdf>

1. **Front stance:**

Erect, tense stance, head and eyes facing the same direction as the body, **one hand** resting on the **hip**, with *four fingers at the front of the body*, and *one leg slightly moved to the side*. Second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Knees unbent, abdominal and latissimus dorsi muscles *slightly* contracted, head up. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

2. **Quarter turn right:**

Competitors will perform the first quarter turn to the right. They will stand *left side to the judges*, with upper body slightly turned toward the judges and face looking at the judges. **Left hand** resting on the **left hip**, right arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. **Left leg** (nearest the judges) slightly bent in the knee, *resting flat on the floor*. **Right leg** (farthest to the judges) bent in the knee, with *foot moved back and resting on the toes*.

3. **Quarter turn back:**

Erect, tense stance, head and eyes facing the same direction as the body, with **one hand** resting on the **hip**, with *four fingers at the front of the body*, second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers and *one leg slightly moved back and to the side, resting on the toes*. Latissimus dorsi muscles *slightly* contracted, head up.

4. **Quarter turn right:**

Competitors will perform the next quarter turn to the right. They will stand *right side to the judges*, with upper body slightly turned toward the judges and face looking at the judges. **Right hand** resting on the **right hip**, left arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. **Right leg** (nearest the judges) slightly bent in the knee, *resting flat on the floor*. **Left leg** (farthest to the judges) bent in the knee, with *foot moved back and resting on the toes*.

5. **Quarter turn front:**

Competitors will do the last quarter turn to the right and will perform *front stance*.

NSABBA MANDATORY POSES - MEN'S PHYSIQUE

1. FRONT Stance



Facing Judges
ONE Hand on Hip

2. Quarter Turn RIGHT



LEFT Side to Judges
LEFT Hand on Hip

3. Quarter Turn BACK



Back to Judges
ONE Hand on Hip

4. Quarter Turn RIGHT



RIGHT Side to Judges
RIGHT Hand on Hip

5. Quarter Turn FRONT



Facing Judges
ONE Hand on Hip

Model - IFBB Pro Erik Bywater, Photo by Garry Bartlett