

## MS. FIT BODY

The INBF has done it again!!! The INBF has added a new division to its natural competitions worldwide. Beginning with the 2007 INBF MuscleTech World Bodybuilding and Figure Championships, women competitors were invited to compete in Ms. Fit Body - and more than 20 entered the first show!

This new division is called the INBF "Ms. Fit Body." What is this new classification, you ask? The new Ms. Fit Body division picks up on a trend popular in Europe and Australia. In these countries, women competitors have a division that combines the beauty and fit-looking body of Figure with a few poses borrowed from Bodybuilding, yet which are done with unique femininity.

The INBF has introduced this new specific division as "Ms. Fit Body," which uses some of the same rules, but with specific requirements of competitors.

### COMPETITION ATTIRE:

- Two-piece bikini swimsuit (may have sequins or other adornments, but should be single colored.
- High heeled shoes
- Jewelry permitted

### TWO ROUNDS OF JUDGEMENT

- Symmetry (Beauty) Quarter Turns (Four Sides)
- Fit Body Posing (Five Poses)

### SYMMETRY ROUND:

- **Face Front:** Heels together, toes facing forward. Lats spread, arms in semi-relaxed position at sides.
- **Side Pose-** Feet offset slightly (foot of choice either with toes shifted forward by three inches or back by three inches; feet still must be beside one another to some extent). Hips toward the side of the stage, face toward side of the stage. Upper body turned toward the judge no more than 30 degrees.
- **Rear Pose-** (Facing curtain)- heels together, toes facing the curtain. Lats spread, arms in semi-relaxed position at sides.

## FIT POSES:

- **Front Double Biceps:** One leg shifted towards the side or crossed in front of the opposite legs, with both arms up in double-biceps pose. Hands must be open in feminine pose.
- **Side Chest:** (side of choice)- Arm facing the judges is bent at 90 degrees, with the back arm reached across the torso to grasp the bent arm wrist. The bent arm must have an open hand in feminine style. One leg should be shifted back to tighten the calf.



- **Side Triceps** (side of choice)- Arm facing the judges should be extended straight down at the side. The rear arm should be bent with that hand on the hip. (The hands are not clutched behind the back). One leg should be shifted back to tighten the calf.



- **Rear Double Biceps-** (hands open)- One leg shifted toward the side, with the calf tightened. Both arms are lifted up in double-biceps pose. Hands must be open in feminine pose.



- **Front Abdominal Pose-** (one or both hands overhead)- One leg must be extended toward the judges. Hands can be positioned either together behind the head, or with one hand behind the head and the opposite one positioned on the hip.

## JUDGING CRITERIA:

**The Ms. Fit Body** judges the competitors based on their physical symmetry (in the quarter turns), facial beauty, grooming (make up, hair), costume, stage presence, muscle tone and shape (in the five poses) and overall fit look. This is not a hardcore bodybuilding competition, but it is also not a swimwear contest. The desired look is for muscle tone, symmetrical shape, beauty and the appearance of health and fitness.