



IFBB PRO

NEW MEN'S PHYSIQUE POSE

Official Technical Description

As part of the technical development of the Men's Physique category, IFBB PRO introduces a new mandatory pose designed to standardize a position already commonly used by athletes in competition.

This pose will replace the current first quarter turn.

PURPOSE

The objective is to allow a clearer evaluation of the athlete's muscular development, proportions & overall presentation, particularly through the shoulders, arms, back & V-taper, while maintaining the aesthetic identity of Men's Physique.

The pose must remain elegant, controlled & natural.

It should not be performed as a traditional Bodybuilding pose.

TRANSITION PERIOD

During the 2026 season, the pose will be introduced and explained at IFBB PRO events as part of a transition and educational period for athletes, coaches and officials.

MANDATORY IMPLEMENTATION

From the 2027 season, this pose will become mandatory and will replace the current first quarter turn in:

- IFBB PRO Men's Physique
- IFBB Semi-Pro Muscular Men's Physique

The introduction of this position establishes a consistent technical standard and reflects the continued evolution of the Men's Physique category.





NEW MEN'S PHYSIQUE POSE

Execution, judging criteria & presentation style

EXECUTION

- The athlete begins from the front position and rotates the body approximately three quarters away from the judges.
- The back & one side of the physique should remain clearly visible to the judging panel.
- The torso should remain upright & elongated, without excessive twisting.
- The shoulders should remain open in order to display the width of the upper body & the development of the back.
- The arm closest to the judges is raised & flexed naturally, with the elbow positioned approximately at shoulder level or slightly above.
- The opposite arm remains extended downward & slightly behind the body, allowing the back, shoulder & arm line to remain visible.
- Both hands should remain open & relaxed.
- The head should follow the natural direction of the torso, maintaining a confident & balanced presentation.
- The hips should remain controlled & aligned with the general position of the body.
- The legs should adopt a natural stance that enhances the overall line of the physique.
- Excessive leg flexion, exaggerated rotation or forced positioning should be avoided.

JUDGING

During this pose, judges will be able to assess:

- Shoulder width & development
- Arm development
- Back width & muscularity
- V-taper
- Waistline
- Upper-body proportions
- Overall symmetry
- Balance & presentation
- Natural execution of the pose

STYLE OF PRESENTATION

The athlete should present the physique with controlled muscular tension.

The pose must not become a maximum muscular contraction.

Excessively aggressive flexing, closed fists, exaggerated lat spreading or movements associated with traditional Bodybuilding posing should be avoided.

Minor individual variations in hand, foot & arm positioning may be accepted, provided that the general purpose of the pose is respected.

KEY PRINCIPLE

The pose should enhance muscular presentation while preserving the aesthetic identity of Men's Physique.