

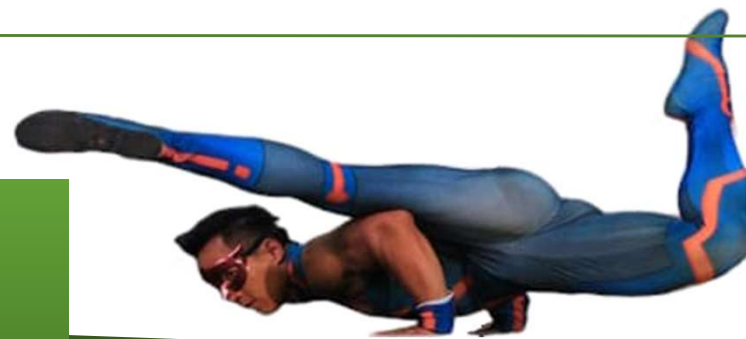
比賽服裝 Competition Attire

四個轉向 Four Quarter Turns	90 秒才藝表演 90-seconds fitness routines
比賽平腳褲 Tights	自選服裝 costume of competitors' own choice
平腳褲規定： Requirements:	
1. 純黑色 Solid Black in color	
2. 不透及無光澤物料 Opaque and lusterless material	
3. 褲邊側面寬度至少為15厘米 Side breadth should be at least 15 cm	
4. 必須涵蓋全部臀大肌和所有的正面部分 Must cover 100% of the gluteus maximums and all the frontal area	

比賽程序 Competition Procedure

初賽
Prejudging
&
決賽
Finals

- * 四個轉向 Four Quarter Turns
- * 三點行走與定位造型
T walk with their own choice of poses
- * 90秒才藝表演
Music for routine is up to max 90 seconds



- 90秒音樂
Music for routine is up to max 90 seconds
- 自選音樂
Competitors' own choice of music
- 健康、舞蹈、體操，或其他運動才藝表現
Aerobic, dance, gymnastics or other demonstrations of athletic talent

健身先生 Men's Fitness Physique
90秒才藝表演 Fitness Routine



四個轉向 Four Quarter Turns



四份一轉體 (面向裁判)
Quarter Turn Front
(Face to the judges)



四份一轉體 (右轉)
Quarter Turn Right



四份一轉體 (轉後)
Quarter Turn Back



四份一轉體 (右轉)
Quarter Turn Right