



初賽 Prejudging

1) 5 個指定動作 5 Compulsory Poses

- Front double biceps
- Side chest
- Side triceps
- Back double biceps
- Abdominals and thighs

2) 裁判對比

Attire :

- ❖ Women - Two-piece bikini 分段式比基尼
- ❖ Men – one-colored posing trunks 純色三角褲



初賽 Prejudging

五個指定動作 5 Compulsory Poses



正展雙二頭肌
Front Double Biceps



側展胸肌
Side Chest



背展雙二頭肌
Back Double Biceps



側展三頭肌
Side Triceps



正展腹腿肌
Abdominals
and Thigh



FINALS決賽

- 1) 90 秒才藝表演 AEROBIC FITNESS PERFORMANCE
- 2) 5 個指定動作 5 Compulsory Poses
 - a. Front double biceps
 - b. Side chest
 - c. Side triceps
 - d. Back double biceps
 - e. Abdominals and thighs

選擇音樂 (褻瀆、種族/性侮辱和不恰當的詞語是不允許的)。如果發現音樂發生這些情況，參加者的音樂將被停止並且可能會被取消參賽資格競賽。

The use of profane, vulgar or offensive language in posing music is prohibited. In case of any dispute, HKCBBA reserves the right of final decision.