California Muscle Classic

Entry Form

Name:_____

Address:_____

Age:___

DOB:_____

Weight:___

Height:____

Phone:_____

Email:_____

Facebook:_____

IG:_____

Interests:_____

Titles Won:_____

Gym Affiliation:_____

Please Circle One:

- ❑ Bodybuilding
  Open Novice Master Grand Master Ultra Mater 70+

- ❑ Classic Physique
  Open Novice Master Grand Master

- ❑ Men's Physique
  Open Novice Master Grand Master

- ❑ Women's Physique
  Open Novice Master Grand Master

- ❑ Women's Figure
  Open Novice Master Grand Master

- ❑ Women's Bikini
  Open Novice Master Grand Master

- ❑ Women's One Piece Bathing Suit
  Open Novice Master Grand Master

Bench Press

Please Check One:

- ❑ Most Reps: 225
- ❑ Super Heavy: 200+
- ❑ Heavyweights: 180-200
- ❑ Middleweight: 165-180
- ❑ Light weight: under 165

***Music**

CD or USB. Each CD or USB must contain only one song labeled with contestant's name and must not contain profanity. You are responsible for your own music.

*Please take note due to liability concerns, weight equipment in the pump up area can no longer be provided. You are allowed to bring your own bands

Categories for Competing

***Note:**

- Novice: First time competing
- Open: Season competitor, has won a Novice overall, or you feel prepared to be apart of the show

WOMEN:

- Master: 35 to 45
- Grand Master: 45 to 55
- Ultra Master: 55 to 65
- Ages 65+

Requirements:

- **Bikini Competitors** should display a soft, well formed & well rounded physique
- **Figure Competitors** should display a toned/soft athletic built
- **Physique Competitors** should display back and shoulders, small waist, lean legs and glutes. Along with that should be perfect symmetry and balance to their physique. THICK MUSCLES and low body fat is not desired for this category
- One Piece: Same as figure but more emphasis on bathing suit
- **Zumba & Hip Hop Dance Off: Each group will be giving 5 minutes to dance. Groups would be judged on choreography, music and outfits**

*One and half minute posing routine for women's physique

Men:

- Master: 40 to 50
- Grand Master: 50 to 60
- Ultra Master: 60 to 70
- Ages 70+

Requirements:

- **Men's physique**: muscular build and toned condition. Judges will be looking for fit contestants who display proper shape and symmetry, combined with muscular build and overall condition. Not to much attention focus on legs
    - Stage presence and personality are important
    - Board shorts shorts or shorts to the knees men are required to do a tee walk
- **Classic Physique**: Classic usually includes larger muscles but, not as muscular as a bodybuilder. Smaller waist and better definition especially in the obliques and abs
    - Classic requires brief shorts
    - One and a half minute posing routine
    - Mandatory poses: Front double bicep,side chest, back double bicep abdominal and thighs

- **Bodybuilding**: Symmetry and overall balance and conditioning muscularity mass definition and proportion
    - Mandatory poses: Front double bicep, front lat spread, side chest, side triceps rear double bicep, rear lat spread, abdominal & thighs, hands on hip, most muscular
    - Must wear posing trunks
    - Ninety second posing routine

Zumba & Hip Hop Dance Off

Gym representing

Captains name _____

Dancers 1 _____

2 _____

3 _____

4 _____