

## SMALL MODIFICATIONS IN BODYBUILDING MANDATORY POSES

*by Andrew Michalak*

Taking into account propositions by the IFBB Judges Committee, IFBB Executive Council approved small modifications in the mandatory poses performed in men's bodybuilding and classic bodybuilding. Let's analyze them pose by pose.

### 1. Front Double Biceps

Standing face front to the judges, **with one leg 40-50 cm forward and to the side**, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

### 2. Front Lat Spread

Standing face front to the judges, **with the legs and feet in-line and up to 15 cm apart**, the competitor will place the open hands, or clenched fists, against, or gripping, the lower waist or obliques and will expand the latissimus muscles. At the same time, the competitor should attempt to contract as many other frontal muscles as possible. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the top inside of the quadriceps.

### 3. Side Chest

The competitor may choose either side for this pose, in order to display the "better" arm. He will stand with his left or right side towards the judges and will bend the arm nearest the judges to a right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. **The leg nearest the judges will be bent at the knee and will rest on the toes.** The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. He will also contract the thigh muscles, in particular, the biceps femoris group, and by downward pressure on his toes, will display the contracted calf muscles.

### 4. Back Double Biceps

Standing with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, **and will place one foot back, resting on the toes.** He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

### 5. Back Lat Spread

Standing with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide, **with the legs and feet in-line and up to 15 cm apart.** He will then contract the latissimus dorsi as wide as possible. The competitor should make an effort to display the opposite calf to that which was displayed during the back double biceps pose so the judge may assess both calf muscles equally. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the gluteus maximus muscles.

### 6. Side Triceps

The competitor may choose either side for this pose so as to show the "better" arm. He will stand with his left or right side towards the judges and will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. **The leg farthest to the judges will be bent at the knee and the foot resting on the toes.** The competitor will exert pressure against his front arm, thereby causing the triceps muscle to

contract. He will also raise the chest and contract the abdominal muscles as well as the thigh and calf muscles.

### **7. Abdominals and Thighs**

Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward or will keep the **legs and feet in-line and up to 15 cm apart (optionally)**. He will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, he will contract the thigh muscles of the leg(s).

How to perform the mandatory poses after the above modifications is shown on the attached photos.