

FIT MODEL

Division Guide

Think mainstream fitness magazine cover

Less muscle than Bikini but more shape than average

A newer division built around a softer, more approachable athletic look

Presenter: [Your Name]

SYL
ProPresence
Posing

Key elements for your overall evaluation score

Judging *Criteria*

Condition

- Less than Bikini
- Softer, more mainstream
- flat core, not overly detailed
- no extreme vascularity/striation
- healthy, glowing, well tanned skin
- no tie ins

Symmetry/Balance

- upper + lower proportional
- no single bod part overpowering
- Left + right symmetrical

Presentation

- front + back pose, no transition
- smooth, purposeful, polished stage walk
- hair, tan, makeup, suit work together enhance look
- confident, captivating stage presence

Muscularity/Shape

- visible muscle foundation
- less development than Bikini
- no overpowering legs, glutes, arms, delts
- full glutes
- round, not capped delts



Fit Model vs Bikini

Key differences that set these divisions apart

UPPER BODY

- small delt roundness, no capped delts
- no separations
- soft, balanced arms

CORE

- flat core, no hard abs

LOWER BODY

- full, round, softer glutes
- slight outline of tie ins
- firm when waking (no jiggle)
- no hamstring separation
- no harsh lines

OVERALL

- less lean, less muscle, foundation of muscle, not overpowering



UPPER BODY

- capped delts
- more muscle, separation visible

CORE

- tighter core, can have hard abs

LOWER BODY

- developed, defined glutes
- visible tie-ins
- some separation acceptable

OVERALL

- more muscle development overall
- tighter, harder look
- separations can be seen

The Front Pose

What Judges Look For



Hourglass Shape
Balanced upper to lower
no overpowering body part
core flat but not detailed/separated
soft, balanced, polished, not shredded



The Back Pose

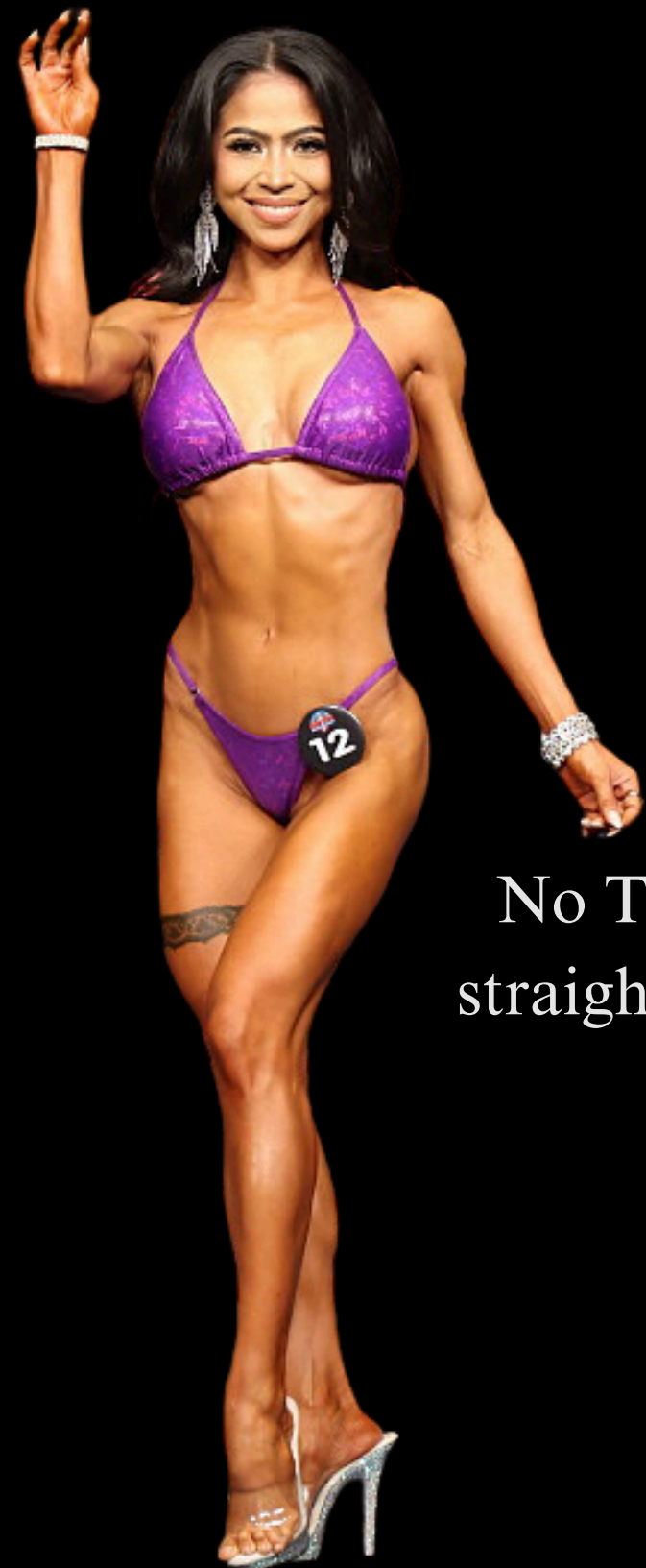
What Judges Look For



- Same as Bikini
- Overall Balance (upper + lower)
- Glutes firm when walking (no jiggle)
- No visible tie ins (outline only)
- No hamstring separations
- Smooth, full, balanced from behind



PRESENTATION



Direct Approach

No T-walks or I-walks, walk straight to the box and perform your routine

SMOOTH TRANSITIONS

Transition pose isn't mandatory for fit model, but you can choose to hit a T pose if you prefer

Time Management

You have a 10 second limit on your routine, keep it short and sweet, leave them wanting more

