

POSING

The following is a description of the compulsory poses in the INBA Muscularity Round and guidelines for putting together an award winning Posing Routine.

MUSCULARITY – The 7 Compulsory Poses*

*Ms Figure competitors do not perform either the Front or Back Lat Spread.

1. Front Double Bicep

In executing all compulsory poses it is best to flex the legs first. As the picture demonstrates, males usually stand with legs straight and flexed, while females put one leg in front to accentuate the curvature of the body. Now inflate your chest, taking a deep breath and raise your arms to flex the biceps. Some points to remember; try and keep your stomach tight, pose with your elbows level with each other or slightly higher. The elbows should be brought slightly forward thus allowing you to squeeze your chest and spread your lats.



2. Front Lat Spread

Flex your legs. Place your hands around your waist just above the hips. As you push your hands inwards take a deep breath and raise your shoulders as if shrugging.



3. Side Chest - any side.

In this pose the leg facing the judges will have the toes in line with the ankle of the rear leg and elevated to show the fullness of the upper thigh and calf. Place one hand over or near the wrist of the other hand while standing side on to the judges. Take a deep breath to inflate and elevate the chest. Flex to display the muscles of the chest and arms. Remember to keep the shoulders rolled back.



4. Side Tricep - any side.

The legs are placed in the same manner as in the side chest pose. Place your hands behind the body and grasp the wrist. Take a deep breath to fill and elevate the chest and roll the shoulder back. At the same time squeeze the tricep against the body.



5. Rear Double Bicep.

The rear pose varies from the execution to the front. The calf muscle must be flexed. Lean backward to angle yourself towards the judges. Flex and crush your back by bringing your elbows slightly back. Female bodybuilders, like figure competitors may opt to have their hands open.



6. Rear Lat Spread.

Again, the rear pose is conducted displaying a calf flexed. Lean slightly back to show the full width of the upper back whilst highlighting the lower back as well.



7. Abdominal & Thigh.

Place one leg forward whilst flexing to show thigh muscularity and definition. Place your hands behind your head or neck with elbows slightly upwards. This will automatically stretch the abdominals. Alternatively, place your hands on your hips and tense your arms. Take a deep breath and suck in your stomach, then exhale and crush down on the abdominals to bring out the definition. Squeeze and crush from side to side, as this will accentuate the obliques.



Tip

Initially practice the compulsory poses in front of a mirror until you can do them correctly. Also, choose the best side you will use for the side chest and side tricep pose, but practise the poses on both side because a judge may make this request. You should also notice the “feel” of each pose. When you are competing on stage, you must rely totally on the “feel” of the pose.

FREE POSING – to music.

In 2009 INBA introduced Optional posing at many events, so check the entry form if a posing routine is essential or not. If optional, performing a routine will be your choice.

Competitors pose to their own music for a maximum of 60 seconds. Note: No restrictions in round three. Props may be used, ie. sunglasses, costumes, face paint, jewellery. As drugs are not used to enhance physiques, competitors are therefore allowed to use props. Since providing a visually spectacular event is the first aim of the INBA, presentation is heavily emphasised.

Prejudging where competitors only pose for 60 seconds without music, usually you can perform the best 60 seconds of your 90-second routine to music. However, more and more competitors are putting together a specific 60 second routine that is not restricted to the beat of music.

How to choose your music?

Choose a song/piece of music that you have a lot of feeling for. Ideally, it should be a song that was recently popular (say 12 months back). Therefore, when judges and the audience hear the music they will immediately like it, particularly if they haven't heard it for some time. Attempt to pick music that begins slowly and builds to a climatic ending, having sharp rises and falls in tempo. This will allow you to change the speed and mood of your poses and develop some type of theme.

What poses will I use?

Once you have your inspiring music, the best way to put your routine together is to select up to twenty poses that suit you the best. Pick your poses by going to contests, videos, and magazines or make slight variations on the compulsory poses. Creating your own individual style and poses will earn you points. This is what judges look for. Remember; highlight your best points.

How do I put the routine together?

In your routine show all muscles from a variety of angles. Select standing, kneeling and even lying poses. Develop a theme; try to tell a story with a definite beginning, middle and end. Place the poses in order of how they suit the music or your theme. Once in order, work out the movements to flow between each pose so it looks fluid, as if one pose melts and develops into another.

You can use props

Competitors may use props such as jewellery, face paint, sunglasses, costumes, etc., to add and create a more entertaining routine. However, props that are not used properly or have no relation to the performance attract point deductions. Furthermore, competitors are not disadvantaged in the judging if they do not use props.

You will need some help now - hopefully from someone with knowledge on human movement or dance - because you must now make the angles and line (relationship of arms and legs) look aesthetic and eye catching.

Once the routine is developed, it is time to practice - every pose must hit its beat. Practice will help eliminate the dreaded "mental blocks" from your routine. Remember to smile! Look confident.

Tips

There are some successful techniques to increase the impact of your routine. For instance, when the music starts, don't move; wait a few beats before beginning. This will have everyone watching you intently. Although it's best to have an exciting finish using your best poses, also begin with a few good poses to get the judges attention.

As a general rule of thumb, if you are a beginner go for a faster type of music, so you don't have to hold your poses for long - which will only show the judges your faults. On the other hand, an advanced bodybuilder will want to slow down his/her posing to show the detail in their physique.

Sell yourself

My final point is good advice for all three rounds - sell yourself. Don't expect judges to quickly look at you and immediately see that your biceps, for example, are better than the competitor ten places up from you. If you have good body parts flaunt them, proudly stick them in the judges face, as if they are the best. Judges only score on what they see, so show them the works.