



اولین دوره بین المللی فیتنس در ایران

۱۶ لغایت ۲۰ فروردین
6-10 APRIL



WOMEN CATEGORIES IN IFBB

Iran

06.04. - 09.04. 2021



IFBB WOMEN CATEGORIES

- Bikini fitness
- Bodyfitness
- Wellness
- Fitness
- Artistic fitness
- Fit model
- Woman's physique
- Woman's fitness challenge

RULES

- Are created for each category
- Very good knowledge of the rules of your category is mandatory for you all
- NOT for your mum or partner !!!
- This is only your responsibility to know what is allowed and what can make you are going down in eyes of judges and probably later also in results
- Coaches need to understand requirements of the rules
- You are the only one person who really can to rise you up to the highest top

Check the photos on below link:

ifbb.com/our-disciplines/

Bikini fitness

Fit model

Fitness & Artistic fitness

Check the photos on below link:

ifbb.com/our-disciplines/

Bodyfitness

Wellness

Woman's physique

Fitness challenge

FITNESS CHALLENGE

- The 2021 season arrives with very important news for the millions of athletes who practice functional training in their gyms and sports facilities every day:
- IFBB has created the FITNESS CHALLENGE discipline,
- It's dedicated to athletes who prioritize muscle performance above competition based solely on muscularity and the absence of body fat.

FITNESS CHALLENGE

- Pioneering in the combination of functional training and muscularity
- IFBB includes a new discipline where athletic performance plays the leading role.
- It is the competition based on functional exercises practiced every day by millions of Fitness and Bodybuilding fans.
- This discipline is focused on athletic performance and aimed at practitioners of both sexes, divided in different age categories.

FITNESS CHALLENGE

- Fitness challenge will take place on stage, in open sports venues and, of course, in the gym, our natural habitat.
- Competitors in this discipline will have to show their level of performance and physical condition, developing a series of tests typical of basic training for Fitness and Bodybuilding, in which strength and endurance play a decisive role.
- For the first time, the Fitness athlete will express themselves through 6 objective physical tests that will show their level of physical condition and athletic ability.

FITNESS CHALLENGE

- Unlike the rest of IFBB disciplines, in this case it won't be necessary to use bronzers or dyes and the tests won't need to be carried out in a bathing suit.
- Sportswear that covers torso and legs may be used, since muscularity is not the objective of the competition.
- The athletic exercises that make up the competition are based on functional training, i.e. on exercises typical of Bodybuilding and Fitness training, but taken to the extreme of the competition.
- Thus, the fastest, strongest and most resistant performers will be rewarded.
- For this first season, several exercises very common to all athletes have been chosen; they could vary ahead of future seasons.

FITNESS CHALLENGE

MODALITY 1 EVENTS CIRCUIT

The Event Circuit is composed by 6 exercises (Stations)

The lineup is composed by 6 athletes at once, that will rotate stations.

The Judges Panel is conformed by 6 Judges, one to monitor technical correction and score each Exercise Station.

THE EXERCISES - STATIONS

Each athlete will work a maximum of repetitions in each Station for a time of 2 minutes.

During the two minutes, athletes may stop and restart the activity.

At the end of the interval, athletes will switch positions and start the new station, with a 2-minute margin to rest and prepare the next exercise.

Total time at each station 2 minutes to run the exercise, + 2 minutes (station change)

Total length of the event:

- 24 minutes / 6 athletes.
- 6 minutes to change line up
- another group of 6 athletes is incorporated.
- 12 athletes / hour.

FITNESS CHALLENGE

- Participating athletes must perform all exercises correctly and supervised by the judges, who will validate the number of correct reps.
- At the end of the circuit, the reps carried out in each station will be added to the scoreboard.
- The total numbers of reps reached will position the athlete in the classification in relation to the rest of the competitors.
- A record of each test will be generated for the sake of keeping a classification between participants at different events, thus generating a ranking.

EXERCISES

1. chin ups (prone & strict)
2. dips (feet forward)
3. sit ups (weighted)
4. jump squat (up to 30" box)
5. walking lunges
6. burpees & "devil press"

CHIN UPS

- Inherited from the Athletic Fitness discipline, this exercise is a challenge for the physical condition of the torso muscles in traction.
- START full elbow extension, prone grip at shoulder width.
- PROCEDURE go up until the chin passes the bar.
- END return to the starting position.
- A stop and count of 2" will be made in the starting position, with arms extended. Swings for momentum will not be allowed at any time during the circuit.



CHIN UPS

Millions of athletes do pull-ups every day.

The use of elastic bands is ideal for beginners to improve their technique

DIPS

- START upright, with full elbow extension.
- PROCEDURE descend to a position of the elbows at 90°.
- END return to the starting position.

- A 2" stop and count will be made in the upright position.
- The legs must always be in front of the hand support. Impulses are not allowed.

DIPS

Also present in Athletic Fitness, this exercise assesses the condition of the torso muscles in pushing.

The key to dips is to lower your body until the elbows form a 90° angle.

SIT UPS (WITH WEIGHT)

- **START** lying down, with knees and hips forming an angle of 90° , arms outstretched holding a 10-kilo disk over the chest.
- **DEVELOPMENT** elevation of the torso, keeping the disk high with the elbows straight.
- **END** with the torso perpendicular to the ground, with arms extended overhead. Lumbar and dorsal spine should be supported on each descent. Arms must be extended at all times.

SIT UPS (WITH WEIGHT)

One of the most performed exercises every day by millions of athletes of all specialties.

They assess the condition of the core muscles in full.

JUMP BOX

- **START** Both feet together on the ground, with torso extended.
- **DEVELOPMENT** Jump, both feet together, on a box with a maximum height of 76 cm, with torso extended.
- **END** Return to the starting position. Both feet are supported up and down simultaneously. One rep is marked upon

JUMP BOX

Assesses the power of the leg muscles, as well as balance and general coordination.

The jump box is one of the most traditional tests of functional training. Explosiveness is the key to this exercise.

BURPEES & DEVIL PRESS

- **START** standing, with extended torso and hands holding a pair of dumbbells at the sides, which add up to 30% of the athlete's body weight.
- **PROCEDURE** Burpee with dip on the dumbbells (elbows reach a 90° flex); returning to the standing position, followed by a curl and press with the dumbbells, until the arms are extended overhead.
- **END** The devil Press ends with the dumbbells raised above the head and arms straight.

BURPEES & DEVIL PRESS

A combination of two exercises, both classics of functional training.

It evaluates the condition of the totality of the muscles, as well as the cardiovascular condition.

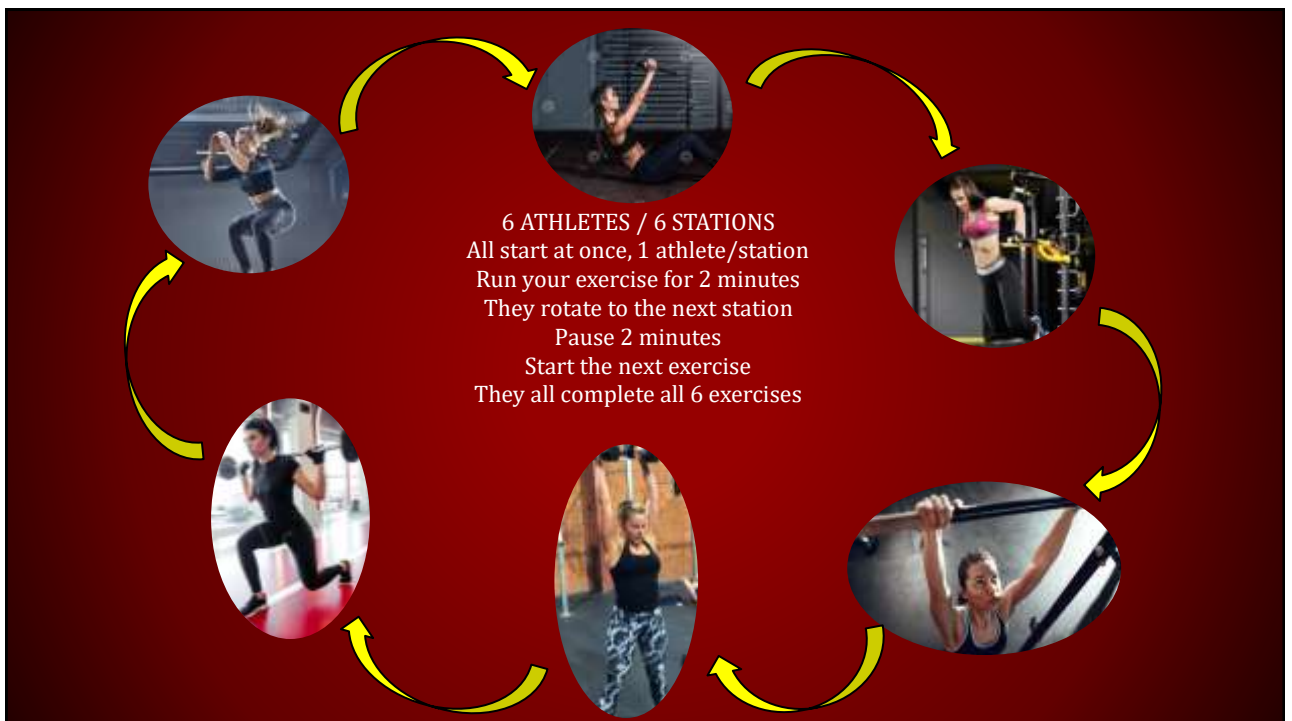
WALKING LUNGES

- **START** both feet together, with a barbell on the shoulders, loaded with 75% of the athlete's body weight.
- **PROCEDURE** walking in lunges, with steps ending in a 90° bend in the front and back knee. The knee of the rear leg touches the ground on each rep to be counted valid.
- **END** the test ends once the athlete can't achieve more correct lunges within the 2 minutes.

WALKING LUNGES

The barbell lunges, at 75% of body weight, are an excellent challenge for any athlete.

The key is to reach a 90 degree bend in the knees and make the back knee touch the ground.



FITNESS CHALLENGE

- The key to FITNESS CHALLENGE is to open the range of “Fitness and Bodybuilding” competition to people throughout the 200 national federations represented by the IFBB who choose muscle performance as a priority.
- Athletic work, strength, endurance and maximizing athletic abilities were always at the core of Bodybuiding and the IFBB.
- This new discipline is, without a doubt, a “return to the basics” and we’re all invited to participate at our respective levels

WHAT GOAL DO YOU WANT TO REACH

THANK YOU