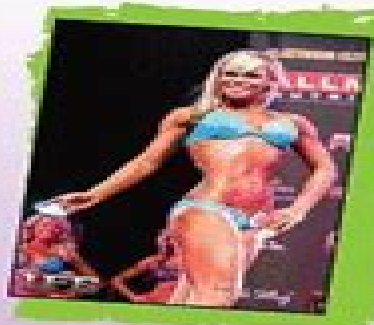


# Women's Bodybuilding Categories



## BIKINI

- tight and toned physique
- bubbly personality
- shapley
- 'sex appeal'

Eg. Victoria Secret and/or Sports Illustrated model



## FITNESS MODEL

- fit and athletic appearance
- marketable and confident
- fresh appearance
- healthy looking body
- healthy looking fat to lean muscle ratio

Eg. Models in fitness magazines (i.e. Oxygen, FitnessRX)



## FIGURE

- harder more defined physique
- 2 piece custom designed suit
- emphasize 'v'taper
- high degree of conditioning

Eg. Nicole Wilkins, Monica Brant



MUSCLE SIZE & DEFINITION

least



most



# Female Fitness Model Competition Guide

**Jicheng Xie**



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