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Bodybuilding poses names pdf

Introduction 2. Front double biceps Pose 3. Front Lat Spread Pose 4. Side pose 5. Side triceps Pose 6. Rear Double Biceps Pose 7. Rear Lat Spread Pose 8. The abdomen and hips represent the Introduction Unlike the symmetry round, bodybuilders have more latitude to present their physiques during the muscular round. Studying magazines, videos and participating in bodybuilding contests will give you an idea of the different and minor adjustments competitors make to the legs, torso and arms placing in each obligatory pose - either hide the bug or emphasize the asset. The warning here is don't make your adjustment so great that it's hard for judges to compare your physique with other competitors. Such unique poses can be saved for your individual posing routine. Initially practice mandatory poses in front of the mirror until you can do them properly. You should also notice the feel of each posture - biomechanical to feel your hands and feet position. When you compete on stage, you have to rely entirely on the feeling of posture. Therefore, once you have your posture exquisite, practice often without a mirror. Ask others to criticize you, ask them what they like and dislike in each of your poses and correct what doesn't seem right. Everyone has an eye for detail, art or beauty, so you don't necessarily need someone experienced in bodybuilding to tell you if the pose either looks good or has flaws. Of course, having experienced people help is great. But it's not a blocking stone. Have confidence in what you see and your own opinion. I've heard in the crowd the grandmother of an aspiring competitor (at her first bodybuilding competition) verbalize who she loves and why - and choose the placement right! Tip: Video tape yourself performing your poses. We are our best (and worst) critics, so you won't find a better way to fix what you do if you watch yourself. The key to successful training with your poses is to be aware of these two small but vital moments: 1. There are usually seven judges evaluating the contest and they will sit through a space of about seven meters (20 feet). So you have to rotate each pose so that the judges sitting at each end of the referee's table can see each pose at its best. Don't hit static poses during the mandatory rounds. Turn all your obligatory poses - start doing it while practicing time in front of the mirror and video camera. 2. Most stage heights are one meter (three feet), so when the judge sits, their eye level will be on your feet. Straight your poses down, lean forward in front poses and when you perform the posterior double biceps and rear lat spread, arch your lower back and bend backwards to the angle of your body is better for the judges you're off the ground level. There is probably a consensus for organizations around the world on seven mandatory Judged in bodybuilding divisions: 1. Front Double Biceps 2. Front side spread 3. Side chest (on both sides of the competitor's choice) 4. Side triceps (again, on both sides) 5. Rear double biceps 6. Rear side spread 7. The abdominal and hip also, the organization may ask for additional poses such as: Most Muscular (Crab Pose) Best Pose (Favorite Pose) You will definitely need to check with the organization of the contest to get their list of poses for your category. Females tend to have fewer poses because some obligatory poses, like the anterior lat spread, do not show enough muscle on (most) female competitors in order to get a classification of mandatory posture. To break a draw on a particular judge's sheet, the referee can specifically ask the competitor/c to show any obligatory pose, at any angle or side. So practice the side chest and side triceps pose on both sides of the body. What's more, the judge can ask for comparisons and choose a specific muscle group as Gimme your best calf pose. Some queries may take you by surprise (for example, show me a picture of your forearm - with your hands above your head). Never show your disapproval or confusion - stay professional and quickly make a contraction that will make the muscles react! Common posing pointers: When performing mandatory poses, it is best to bend your legs first. Start with the floor with positioning, posture settings and contracting. Choose your best side for the side chest and side triceps pose, but practice each pose on both sides because the judge can request both sides. It also looks good when a competitor turns around and displays both sides. Moving (dynamic) muscles looks more impressive than other (static) muscles. Therefore, on your poor postures, keep relaxing and flexing to create a better impression. For example, if the front double biceps isn't a strong mandatory pose for you - once you hit the shot, you extend your hands straight and contract them back in. Front Double Bicep Pose This is the first pose the judges see. This is the most important pose. Judges will be hoping that competitors will confirm their predictions - so they can put their pens down and relax. It is also a measure of the number one muscle group - biceps - a hallmark of the bodybuilder. So if this is your best pose, enjoy the time and milk pose for everyone it's worth it. If this is a bad pose for you, even after making adjustments and movement to hide your weakness, hit it quickly and move on. Striking a pose, rotating for all the judges, you quickly break the pose -- you can able to control (reduce) the time of other competitors to display poses. If not, start to create some movements in the pose, do not tremble as bird, but take notice from what you're missing. Points to remember with front Double Bicep Pose: Pose with elbows with each other or slightly above the horizontal plane. But definitely not below the horizontal! Bring your elbows a little forward, allowing you to squeeze your chest and spread your lats. Rooster wrists down, thumb pointing to the biceps. This will fill in the space between the hands and biceps creating the kind of more complete weapons. As the picture shows, males usually stand with straight and bent legs, while females put one foot in front to emphasize the curvature of the body. Now inflate your chest by taking a deep breath and raising your arms to flex your biceps. Front Double Biceps Pose Variations in this pose: Either suck in the stomach, which creates a vacuum effect makes your mid-section tiny and everything else appear huge. Also crunch the abdominal cavity and show muscle wall. Tilt your torso, it's frank-style. Change the angle of the hands, both parallel to the floor and above in parallel. Otherwise, place one hand in parallel and the other hand higher than parallel. Choose the position of your feet to expose your best legs or to allow you to bend both of them better. Ms. Figure Front Double Biceps Ms. Figure competitors keep their hands open during a muscular pose. The position of the elbow and arm is noticeably higher because the judges do not want to see a greater degree of muscle mass; and they want a good body flow and smooth hands. The position of the foot can also vary much more than with bodybuilders, because the judging emphasis is on the aesthetic shape rather than comparing the muscles with the muscles. Ms. Figure competitors often place one foot to the side to either hide thick legs or extenuate their shape. They can also spread one foot in front, actually crossing all over the body a bit to create an hour of glass profile and curved shapes. Front Lat Spread Pose For this pose to flex your legs and place your arms around the waist just above the hips. The trick for beginners when hitting this pose is not to let your greasy hands slip off your waist as you jet-lee throwing the star's battle blades art. To prevent your hands from sliding from their position start with your palms face down and hook your fingers around your waist, top of your hip bone and push your fists into your body. For those with poor back development but a good (flexible) shoulder blade structure, press the grip inside, take a deep breath and lift your shoulders as if shrugging your shoulders. Simply spreading the shoulder blades will make you look wide. If you have a good back development or narrow back, do the opposite, press your shoulders down and pull your elbows forward, spreading muscle mass and shoulder blades wide. Either way, the idea is to use your hands to make your waist smaller and (lats) wider. Ms. Figure competitors and even female bodybuilders are rarely required to perform this pose. Front Lat Spread Pose Side Chest Pose - Any side in this foot position face (front) the judges will have legs next to the ankle of the back leg. Lift the front heel and bend the calf and strain your hips to show the fullness of the upper leg and calf. Place one hand above or near the wrist of the other hand, standing side by side with the judges. Take a deep breath to inflate and lift the chest. Flex to display the muscles of the chest and arms. Don't forget to keep your shoulders rolling back. It's a great pose to manipulate. There are many changes in the corners of the weapon to make the pose more effective for you. Also, use compression of your body against your hands to make them more muscular and as an alternative use hand compression to make your breasts better. Ms Figure competitors tend to twist their torso to show their breasts more front-on. In addition, Ms. Figure competitors experiment with striking this pose with a lunge position to extenuate small details in the legs. Side Chest Pose Side Tricep Pose - Either side with this pose place the legs in the same way as the side chest pose. Now place your hands behind your body and grab your wrist. Take a deep breath to fill and lift your chest and roll your shoulder back. At the same time squeeze (hand) triceps against the body as smooth and add size to its appearance. Practice rotating the arm in different directions that will create a different tension to the different muscles of your arm (tricep/bicep/delt). Choose the angle that makes the hand the most muscular. Note: this pose should not apply to triceps at all - it's just a title pose. Your goal is to make the whole picture as muscular as possible. Also, try tilting your hips higher on the side in front of the judges, so when you crunch down and the flexible middle of the section, the oblique will be more pronounced. Ms. Figure competitors can perform a bodybuilding style, but they have more freedom in their poses. Another popular version of the display of triceps is in front of the body. In this position, Ms. Figure competitor can display her back and buttocks! Side Tricep Pose Rear Double Biceps Pose In the back of a double biceps pose you should have the calf bent. Place one foot back and strain your calf and hamstring. If you have an equal development in both legs, the next back posture (rear lat spread) change the leg you put back and flexible. The judges will make this an achievement. Lean back to angle yourself to the judges. Flex and crush your back, bringing your elbows a little back and your wrists back even further. Your elbows should be more front (away from the judges) than your hands. Since your spine is rounded, your shoulder blades should be spread and your back muscles should be bent. To bring out the lower back, tense abs. I like to see a competitor turn your head and look at one biceps, if you have a big bicep peak it will focus on it. Not to mention, it can pull some stripes through the upper back. When you do a lat pull down in the gym, just imagine you're hitting the back of a double biceps as you pull the bar down, and on stage duplicate the feeling of lat pull down and pull out the muscularity. The rear double Bicep Pose Rear Lat Spread Pose Again, this rear pose is displayed by a single calf bent. Lean back a little to show the full width of the upper back, accentuating the lower back as well. Start this pose by circling your straight arms around behind you, crunching your backs. It's a good pose for Gregory Peck (great actors) of the sport. Then slowly and sharply spread the wings until fully expanded. Rear Lat Spread Posture Abdominal th Hip Posture Abdominal - The hip put one foot forward while flexing the hips to show hip muscle and determination. Place your hands behind your head or neck with your elbows up a bit. This automatically stretches the abdominal cavity. Squeeze and crush from side to side, as this will accentuate the oblique. Also, place your hands on your hips and strain your arms. Take a deep breath and suck in the stomach, then exhale and crush down on the abdominal cavity to deduce the definition. This completes lesson 10 - Posing for muscle round Judging by the IAPC Certificate in bodybuilding Competition Training course. We hope and believe that you enjoyed this small sample ... that is about 10% of the size of the comprehensive 347 page course... and covers only one lesson from the course. There are still 20 full lessons (including three more staging lessons) that can be found in the course... And we recommend that you visit www.bodybuildingcourse.com to book the full course. Email: davidaclancey@gmail.com Postal Address: P.O. Box 3037, South Yarra, Victoria, 3141Australia Bodybuilding Affiliate Program bodybuilding poses names pdf. names of different bodybuilding poses

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