

TRANSFORMATION CATEGORY:

Classes: Men and Women

The Transformation Division will showcase athletes who have made a physical transformation resulting in fat loss/muscle gain. It will be comprised of two parts:

- Before Photos
- “After” results presented on stage.

Email before photos to: ironcityclassic.register@gmail.com

Competition Attire:

- Men: Gym Shorts or swim suit above the knee - up to 3” inseam in length
- Bodybuilding trunks or Classic Bodybuilding trunks are not acceptable
- Women: Sports Bra and Gym shorts or a bathing suit (one piece or 2 piece.) The abdomen must be exposed.

Individual Presentation:

The competitor will be judged on Presentation. You will enter the stage, walk to the center stage, hit your 3 poses for up to 30 seconds to our house music. You will then move to the side of the stage as directed to by the Stage Expeditor’s while the other competitors are doing their routines. You do not have to complete the entire 30 seconds but it is strongly recommended that you use your full time, **SHOW YOUR PERSONALITY !**

The poses are as follows:

- Front Pose: Stand tall, legs shoulder-width apart or wider, the head is held high, arms are either hanging by your side, one hand on hip, or both hands on hips. Smile and look confident!
- Back Pose: Stand tall, legs shoulder-width apart or wider, the head is held high, arms are hanging by your side, your back is relaxed but firm.
- Pose of your choice: pick your favorite pose and show your hard work with confidence. Celebrate your accomplishment and Inspire others!

JUDGING:

- Before photos and After Presentation.
- Athletes showing the most improvement in both fat loss and muscle development.

We will be judging based on how dramatic the transformation was!

FINALS:

Transformation athletes will be asked to line up so the judges can determine the most improved.

There will be \$1000 cash prize for the first place winner. All top five contestants will receive a medal.

BACKSTAGE

- One person per competitor is allowed backstage with the purchase of a backstage pass from [backstage pass](#)