



FMG
INTERNATIONAL
FITNESS • MUSCLE • GLAMOUR

ALPHA
WEAR

PRESENTS

25 2024
OCTOBER



SHOW PROGRAM



DUBAI PRO•AM

FITNESS • MUSCLE • GLAMOUR



DUBAI EXHIBITION CENTRE, EXPO CITY
UNITED ARAB EMIRATES

WELCOME TO FMG
WHERE FITNESS MEETS GLAMOUR

CRAFTING YOUR JOURNEY TO STARDOM & SELF-DISCOVERY

At FMG International, we're all about rewriting the rules when it comes to Fitness, Muscle, Glamour and inspiration. Our mission is simple:

To empower individuals from all walks of life to craft their own unique journey to health and happiness with absolute confidence and style.

We're all about conquering fitness milestones and nurturing personal growth, all with the poise and panache of a true superstar. True beauty and strength are fused with class and distinction in our world.



Our shows aren't just your ordinary competition; they're your spotlight moments. On our extraordinary stage, beneath the blazing lights, in front of a roaring crowd, you're the centerpiece. We ensure that you're judged fairly, with the utmost respect and professionalism.

But FMG International isn't just about the contest; **it's about forging bonds that last beyond the show weekend. It's a place where you're not just a competitor; you're a member of an inspiring, supportive, and tight-knit community.**

Our ultimate goal is for you to walk away feeling like the show was one of the most epic days of your life. We want you to revel in your achievements, make lifelong connections, and, most importantly, feel like the best version of yourself.

So, join us at FMG International, where we invite you to be a part of 'Fitness, Glamour, and the Art of Aesthetics.' Our pledge is that when you exit our shows, you'll carry with you the memory of a day when you felt like the absolute, unequivocal star of the show.



Ari Hanulainen
President & Owner
FMG INTERNATIONAL

Alicia Kyrgios
Diretor
FMG DUBAI

Christos Kyrgios
Diretor
FMG DUBAI

Toby Harrison
Diretor
FMG DUBAI

Pauline Newman
Vice President & Head Judge
FMG INTERNATIONAL

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DUBAI MUSCLE SHOW

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 **ALPHA WEAR GOES TO DUBAI MUSCLE SHOW**

**ALPHA WEAR X FMG DUBAI
COME SEE US AT STAND H10C**

 Dubai Exhibition Centre, Expo City, Dubai – UAE

OCTOBER 25-27, 2024

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SHOW SCHEDULE

FITNESS • MUSCLE • GLAMOUR

PRELIMINARY SHOW

1. AMATEUR FITNESS MODEL: OPEN, 35+, 45+

2. AMATEUR FIGURE MODEL

3. PRO FITNESS MODEL: OPEN, 35+, 45+

4. PRO FIGURE MODEL

5. AMATEUR BIKINI ATHLETIC MODEL

6. PRO BIKINI ATHLETIC MODEL

7. TRANSFORMATION MAKEOVER

8. AMATEUR WELLNESS MODEL

9. AMATEUR BIKINI MODEL: OPEN, 35+, 45+

10. PRO BIKINI MODEL: OPEN, 35+



EVENING SHOW

1. SHOW OPENING GALA

2. AMATEUR BIKINI ATHLETIC MODEL: BIKINI ROUND

3. PRO BIKINI ATHLETIC MODEL: BIKINI ROUND

4. AMATEUR WELLNESS MODEL: BIKINI ROUND

5. AMATEUR BIKINI MODEL: BIKINI ROUND

6. PRO BIKINI MODEL: BIKINI ROUND

7. AMATEUR FITNESS & FIGURE THENEWEAR ROUND

8. PRO FITNESS & FIGURE THEMWEAR ROUND

9. TRANSFORMATION MAKEOVER EVENING WEAR ROUND

10. AMATEUR BIKINI, BIKINI ATHLETIC & WELLNESS: EVENING GOWN ROUND

11. AMATEUR FITNESS: BIKINI ROUND

12. AMATUER FIGURE: BIKINI ROUND

13. PRO FITNESS: BIKINI ROUND

14. PRO FIGURE: BIKINI ROUND

15. PRO BIKINI & BIKINI ATHLETIC: EVENING GOWN ROUND

16. SHOW CLOSES



DUBAI PRO AM

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GET YOUR *EVENING SHOW*



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**TOBY HARRISON
PHOTOGRAPHY**



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BIKINI MODEL

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Bikini models should have a toned and small waist/midsection, along with tight abdominal control and no bloating or distension shown in side poses. They should also have full, shapely, and firm glutes without any dimpling. The glutes should remain full and firm even while walking on stage. A small amount of upper body development, including a slight roundness to the shoulders (cap) and back width, will help enhance an hourglass shape.

Overall, the judges are looking for a desirable shape, curves, and an hourglass silhouette. In addition to this, they are also looking for overall beauty, effortless posing, and stage walk, as well as confidence on stage.

PREJUDGING

Bikini round

EVENING FINALS

Round 1 – Bikini Round

Round 2 – Evening Gown Round

SCORING

70% Physique

30% Posing, beauty & overall stage presentation



DALVENE LUMBERA

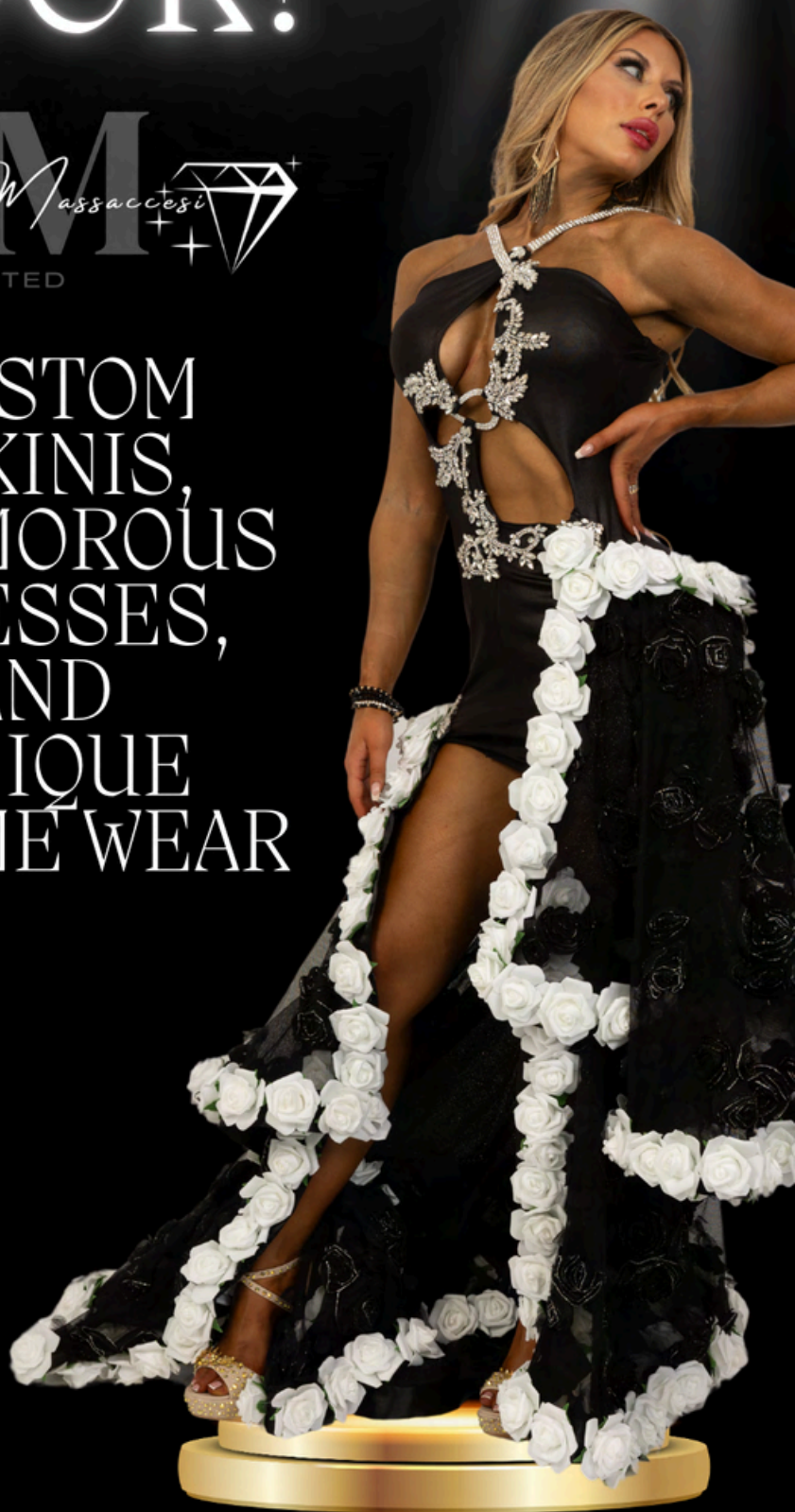
TAHNEE SHEEHAN

ERIN JAMES

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DRESSES,
AND
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THEME WEAR





yourhealthyhedonista 1w

❤️❤️❤️🥰🥰🥰🥰 thank you so much my luv for all of the conversation, the magical costumes and constant loving wisdom and feedback. I'll never forget when told me back in 2019 that I had to change my look, get a softer hair color, be more vibrant and glowing, and I listened! You have always been so wise and humble, love you to bits! ❤️❤️

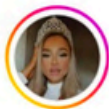
1 like Reply



bshaefit 2w

I think I need you next show 🙌🥰

1 like Reply



maria_birova 2d

Never forget you always having my back even before we worked together. A loving soul you are!

I get chills thinking about what we are to bring together ❤️ grateful to have you and the team in my corner. Feeling like a queen always



1 like Reply Message



korinnedank 3w

Your talent is so rare, i am in awe of all your creations ❤️

1 like Reply



peachlabunicorn 1w

The time & ENERGY you put into every detail is BREATHTAKING... your friend will absolutely love it and probably cry like a baby knowing how much she's loved 💋💋💋 keep being fabulous @renatamassaccesi_fabcostumes there's no one like YOU & your girls... ❤️

2 likes Reply



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BIKINI ATHLETIC MODEL

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Bikini Athletic models should be curvier and more conditioned than a bikini model, without the muscle size and separation of a fitness model.

They should have capped shoulders, back width, slight quad separation, and glute/hamstring tie-ins. They must have toned waist, tight abdominal control, and full, shapely, and firm glutes.

In addition to this, they are also looking for overall beauty, effortless posing, and stage walk, as well as confidence on stage.

PREJUDGING

Bikini round

EVENING FINALS

Round 1 – Bikini Round

Round 2 – Evening Gown Round

SCORING

70% Physique



30% Posing, beauty & overall stage presentation



KAYLA EATHER

TAYLA HICKS

LIBBY POWELL



ELEVATE YOUR SHOOTS DM @BEFIERCE_STYLING

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WELLNESS MODEL

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Wellness models should have a fuller but firm lower body, with more upper body muscle development compared to bikini models. They should have a small, toned waist and well-developed lower body with extreme curves in the legs and glutes. There should be shape and sweep to the quadriceps, with some visible separation in front poses, and balance between quad and hamstrings.

Wellness models should maintain tightness and tone of the skin without dimpling in the legs and glutes.

PREJUDGING

Bikini round

EVENING FINALS

Round 1 – Bikini Round

Round 2 – Evening Gown Round

SCORING

70% Physique

30% Posing, beauty & overall stage presentation



SIAN HOLMES

ABBIE SLAVIN

CHANEL BILLEAU

ELITE COMPETITION PREPARATION COACHING

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FITNESS MODEL

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Fitness models should have a balanced physique, X shape frame, good shoulder to waist ratio, and definition through the back. They should have visible separation in the quads and lines between the quads and hamstrings. Visible abdominal muscles, toned small waist/midsection, and no bloating are important.

Fitness models should have an even balance from top to bottom in muscle density and condition. They should be less muscular and conditioned than figure models but more developed than bikini athletic models.

PREJUDGING

Bikini round

EVENING FINALS

Round 1 – Themewear

Round 2 – Evening Gown Round

SCORING

70% Physique

30% Posing, beauty & overall stage presentation



JO JOHNSON



HATTIE BOYDLE



SHAUNY HAMON

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FIGURE MODEL

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Figure models are expected to have a well-balanced physique, with a focus on conditioning. They should have an X-frame shape with wide shoulders, capped delts, a small waist, and well-developed legs.

Additionally, they should have capped shoulders, a good shoulder-to-waist ratio, and defined muscles in the back. The quads should be separated in front poses, while the lines and distinctions between the quads and hamstrings should be visible in side poses. The glute and hamstring tie-ins should be visible in rear poses. The midsection should be toned with tight abdominal control,

PREJUDGING

Bikini round

EVENING FINALS

Round 1 - Themewear

Round 2 - Evening Gown Round

SCORING

70% Physique

30% Posing, beauty & overall stage presentation



TRACEY DEFFERRARD

ASHA COULTHARD

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TRANSFORMATION MAKEOVER

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At FMG International, we understand that achieving health and success can often be challenging, especially for those who have experienced trauma, tragedy, or hardship. That's why we've created the Transformation Division, which allows individuals still on their journey towards a healthier lifestyle to showcase their progress.

We believe that transformation is a remarkable journey encompassing physical, mental, emotional, or life-changing experiences that have a lasting impact. In this division, we invite anyone with a remarkable story to share it. Whether you've overcome an illness, loss, trauma, or addiction, if your message is powerful enough to inspire others, we encourage you to register for the Transformation Division. This is judged based on the physical transformation and the obstacles that were overcome to accomplish it.

PREJUDGING

Swimwear Round

(square cut trunks for males, bikini for females)

EVENING FINALS

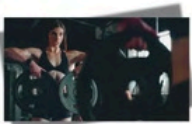
Evening wear

Round (suits for males, evening gown for females).





SHOWCASE YOUR JOURNEY TO THE 2024 FMG DUBAI PRO



Pre-Show Hype Reel - \$499 Available until October 20th 2024

Let's make a stance and show the competition what you're bringing to the stage. Motivate, inspire and share your story with stunning visuals or go full-blown, hard-core athlete from within your element—The Gym!



Showday Highlight Reel - \$499 FMG Dubai Pro Showday - Early Bird orders are available until September 16th 2024 - SAVE 10% (Code: DUBAI10)

Remember your show day experience and showcase your time on stage. Showday Highlight Reels masterfully combine footage from both your time in the spotlight and those special moments from backstage with a 60-90 second 4K Master copy for playback on desktop devices and a vertical edition perfect for mobile and social media



Athlete Photoshoot - From \$549 Available in Brisbane, Gold Coast & Dubai

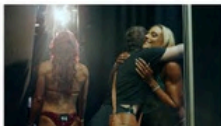
It's not every day you're stepping on stage. You've worked hard to get here and it's time to capture the physique you brought to life. In-gym, studio, villa, beach or another creative space - If you're unsure of the style and tone you're looking for, our team is here to help!



Athlete Documentary Pack - From \$2,500 Content coverage in both Brisbane/Gold Coast & Dubai

If you're looking to truly share your story and journey, this one's for you. Athlete Documentary Packs include

- FMG Dubai Pro Showday Highlight Reel
- 1 x Base Athlete Photoshoot
- 2-hour project planning and preparation call
- 1 x pre-show Hype Reel with ADDITIONAL Athlete Introductory Interview covering your backstory and journey to the stage
- 1 x Additional production day following show day (Dates to be selected and confirmed based on availability and location) for an in-depth athlete interview
- VIP Athlete coverage from around the Dubai Pro
- and MORE...



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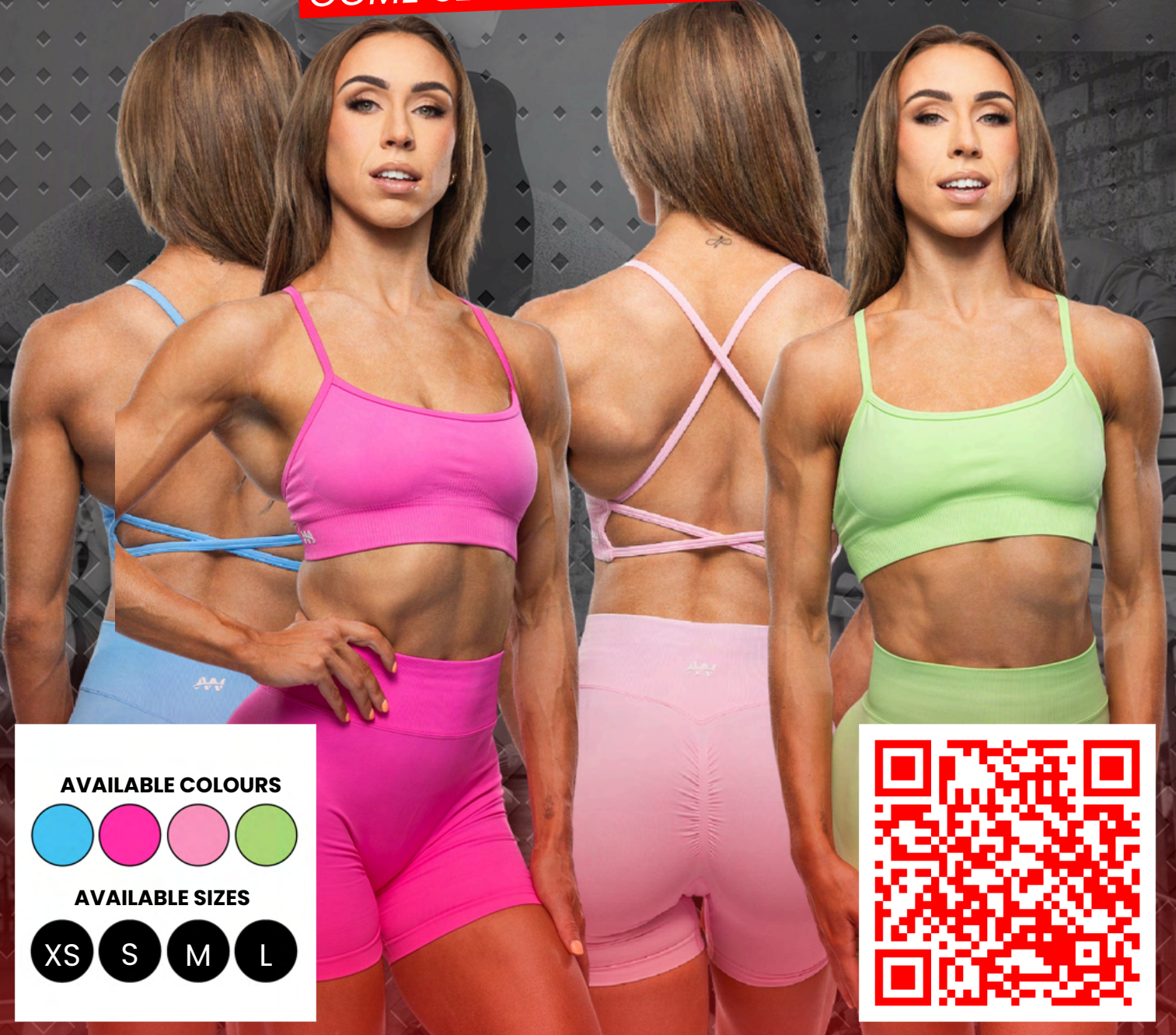
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SYNERGY
SEAMLESS
x Sam Wicks

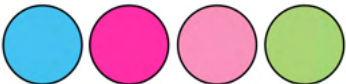
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