



THE
WONDER
WOMEN

PRESENTS

16
NOVEMBER
2024



MEXICO PRO • AM

FITNESS • MUSCLE • GLAMOUR

TEATRO DE LA CIUDAD
PLAYA DEL CARMEN, MX

SHOW PROGRAM

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 Hamalainen

President & Owner
FMG INTERNATIONAL

Pauline Newman

Vice President & Head Judge
FMG INTERNATIONAL

Jean-Jacques Barrett

Director
FMG MEXICO

OFFICIAL SPONSORS

FITNESS • MUSCLE • GLAMOUR



THE
WONDER
WOMEN

PRESENTS



PROUDLY SUPPORTED BY SILVER SPONSORS



OFFICIAL BEAUTY & TANNING BY

fusiontan

KULTIVATED
Beauty
SKIN MAKEUP HAIR STYLING



INTELLIGENT FITNESS FOR WOMEN

The Wonder Women Official team, founded by Michelle MacDonald, believes every woman has the power to transform her life, whether she's just starting her fitness journey or is an experienced athlete. Through strength training, mindset shifts, and a supportive community, TWW guides women to become unstoppable forces. Ready to join this journey? Scan the QR code below to get started!



Michelle MacDonald



Science Backed
Methods



Real Results
Real Women



Sign Up to Work with
Us Today!



www.facebook.com/thewonderwomengroup



www.instagram.com/thewonderwomenofficial



www.youtube.com/@thewonderwomenofficial

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Hello@thewonderwomen.com

SHOW SCHEDULE

FITNESS • MUSCLE • GLAMOUR

PRELIMINARY SHOW

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

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

3. AMATEUR BIKINI ATHLETIC MODEL

4. PRO BIKINI ATHLETIC MODEL

5. AMATEUR WELLNESS MODEL

6. PRO WELLNESS MODEL

7. AMATEUR MEN'S PHYSIQUE

8. AMATEUR MEN'S FITNESS

9. PRO MEN'S FITNESS

10. PRO MEN'S PHYSIQUE

11. PRO MEN'S MUSCLE

12. TRANSFORMATION

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

14. PRO BIKINI MODEL: OPEN, 35+, 45+

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. PRO WELLNESS MODEL: BIKINI ROUND

6. AMATEUR BIKINI MODEL: BIKINI ROUND

7. PRO BIKINI MODEL: BIKINI ROUND

8. AMATEUR MEN'S PHYSIQUE: SWIMWEAR ROUND

9. AMATEUR MEN'S FITNESS: SWIMWEAR ROUND

10. PRO MEN'S FITNESS: SWIMWEAR ROUND

11. PRO MEN'S PHYSIQUE: SWIMWEAR ROUND

12. PRO MEN'S MUSCLE: SWIMWEAR ROUND

13. AMATEUR FITNESS: THEMWEAR

14. PRO FITNESS: THEMWEAR

15. TRANSFORMATION: EVENING WEAR ROUND

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

17. PRO BIKINI & BIKINI ATHLETIC & WELLNESS: EVENING GOWN ROUND

18. AMATEUR FITNESS: BIKINI ROUND

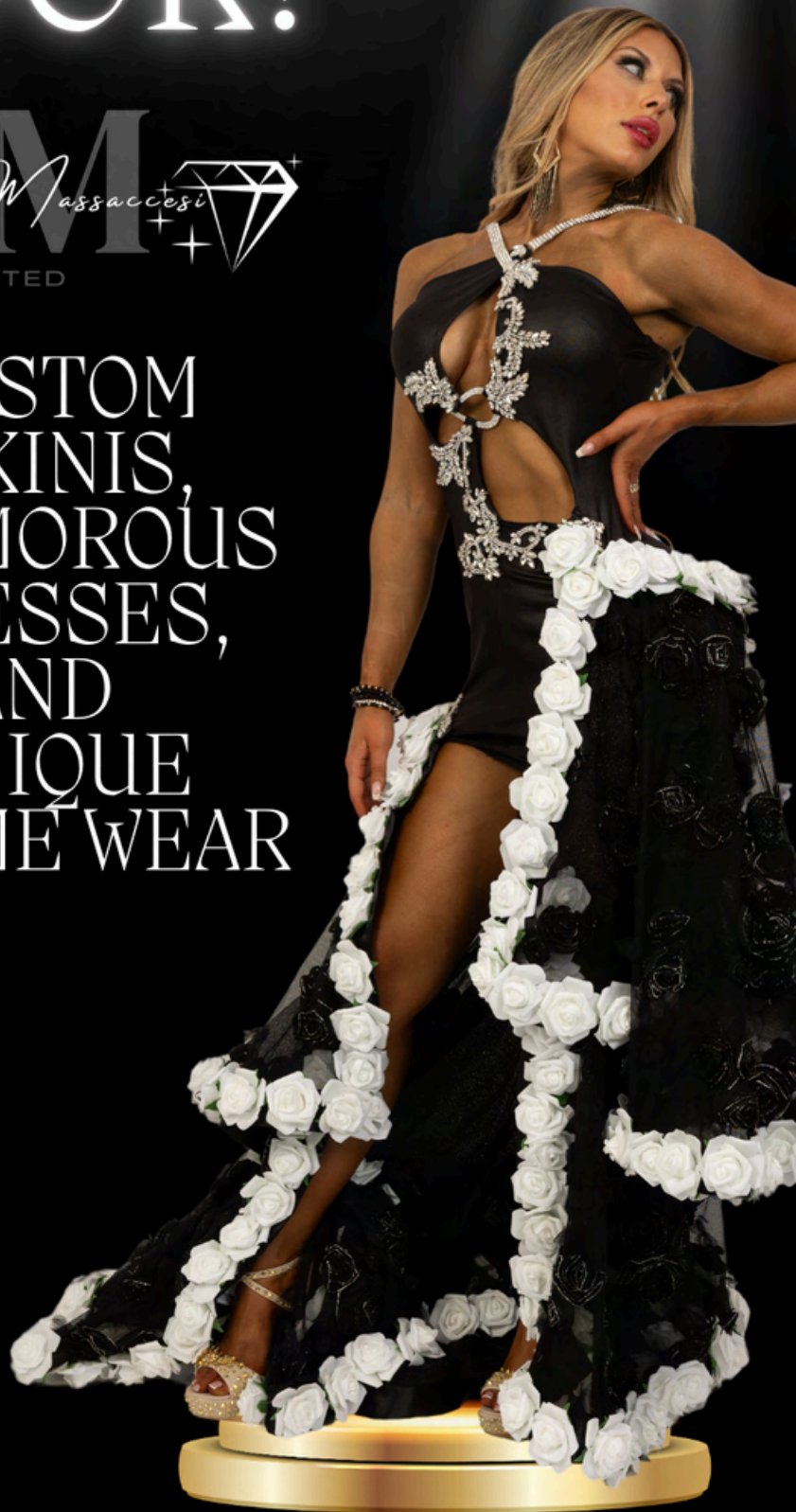
19. PRO FITNESS: BIKINI ROUND

20. SHOW CLOSSES

Unleash Your CHAMPION LOOK!

Renata Massaccesi
RMA 
LIMITED

CUSTOM
BIKINIS,
GLAMOROUS
DRESSES,
AND
UNIQUE
THEME WEAR



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



WORLD CLASS TAILOR-MADE TRAINING
FOR ATHLETES TO ACHIEVE THEIR GOALS

Interested in joining our team?

Message us at hello@tulumstrengthclub.com

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

Experience:

- 🔥 6 times Better Hydration
- 🔥 Significant Reduction of Cramping
- 🔥 Faster Muscle Recovery
- 🔥 Longer Endurance and Stamina



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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



LO MEJOR EN NUTRICIÓN DEPORTIVA

METFORCE
NUTRITION SPORT

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



ELEVATE YOUR HYDRATION GAME

“DRINKING KANGEN WATER IS THE MISSING LINK TO OVERALL HEALTH AND PERFORMANCE FOR ATHLETES.”

— SHAN STRATTON IS A SPORTS NUTRITIONAL CONSULTANT



KNOW YOUR WATER

Not all water is created the same. We will tell you why.

- 6 times Better Hydration (1 glass of Kangen Water equals 6 glasses of bottled or tap water in hydration results)
- Superior Electrolyte Replenishment
- Faster Muscle Recovery
- No cramping
- Stronger Performance
- Superior focus as brain is hydrated
- Longer Endurance

GET FIT

DAILY TRAINING

Our Enagic water ionizers create Kangen Water, a hydrogen-rich, alkalized water with powerful benefits.

With micro-clustered water (just 5 molecules per cluster vs. 15 to 100), it penetrates cells 6x more efficiently, delivering nutrients and oxygen for enhanced hydration, performance, and endurance.



STAY HYDRATED.

Super Alkaline (pH 9.5 compared to Gatorade's pH 3.5, which is 1 million times more acidic) to eliminate lactic and uric acid, preventing fatigue and soreness.

Packed with antioxidants (5x more than green tea!), Kangen Water reduces inflammation and helps muscles recover faster.

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

BELINDA CROXFORD



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! ❤️❤️

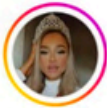
1 like Reply



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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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).





VISIT OUR WEBSITE FOR MORE INFORMATION FMGSHOWS.COM