



**ALPHA
WEAR**

07 2024
DECEMBER

PRESENTS



BALI PRO • AM

FITNESS • MUSCLE • GLAMOUR

NUSA PUJIAN CONVENTION CENTRE
NUSA DUA BALI INDONESIA

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

Jake Campus
Diretor
FMG BALI

Alicia Van Wollingen
Diretor
FMG BALI

Dan Mazzola
Diretor
FMG BALI

Pauline Newman
Vice President & Head Judge
FMG INTERNATIONAL

OFFICIAL SPONSORS

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ALPHA WEAR

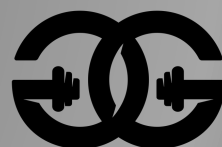
PRESENTS

PROUDLY SUPPORTED BY GOLD SPONSORS



Jake Campers
NUTRITION

PROUDLY SUPPORTED BY SILVER SPONSORS



OFFICIAL TANNING BY

fusiontan

**ALPHA
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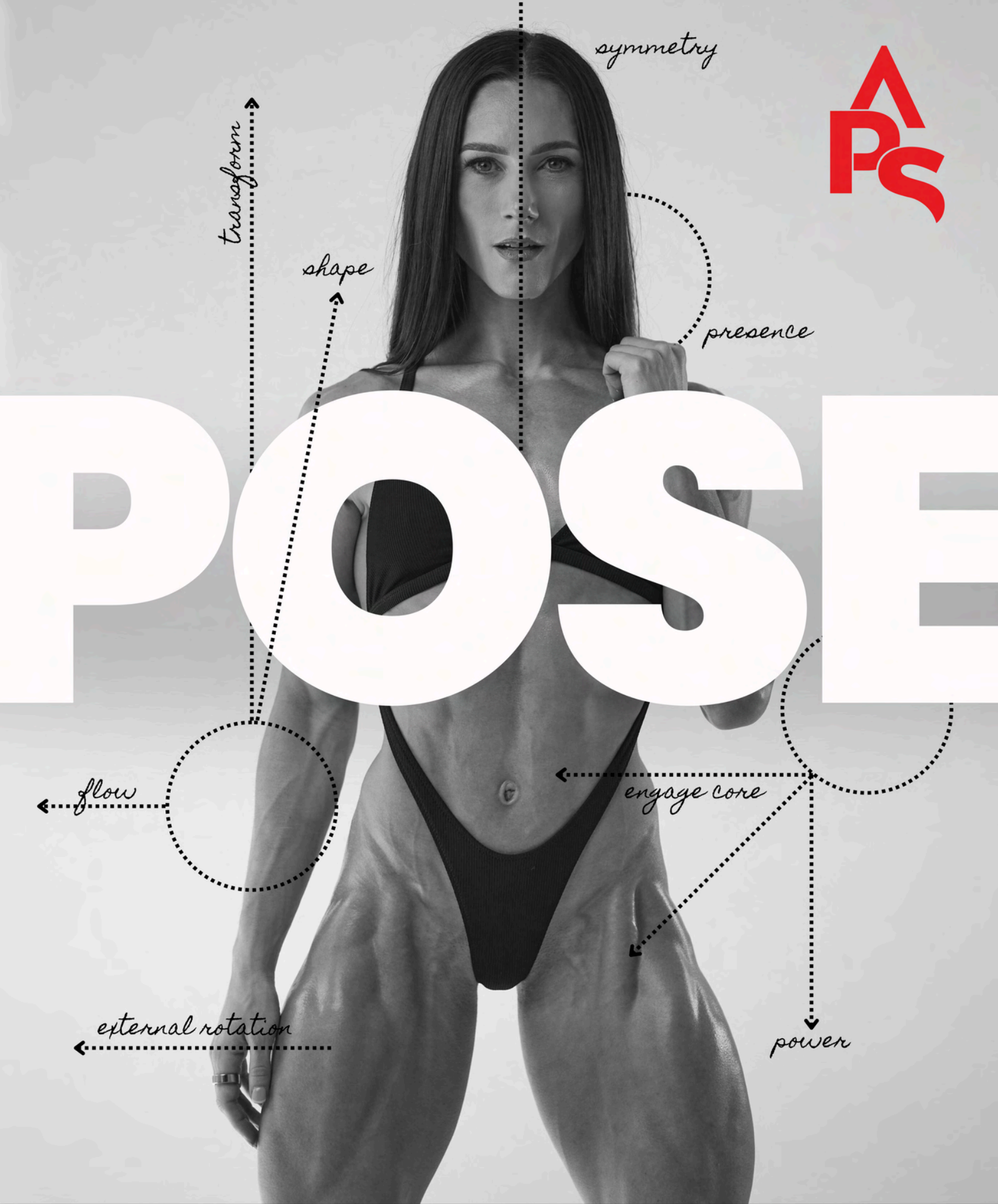
ALPHA WEAR

**POP UP
STORE**

GOES TO FMG SHOW BALI

20% OFF IN PERSON

**SATURDAY 7TH DECEMBER
OPENS 9AM - LATE**



Take your posing to the next level. **Book today.**

SHOW SCHEDULE

FITNESS • MUSCLE • GLAMOUR

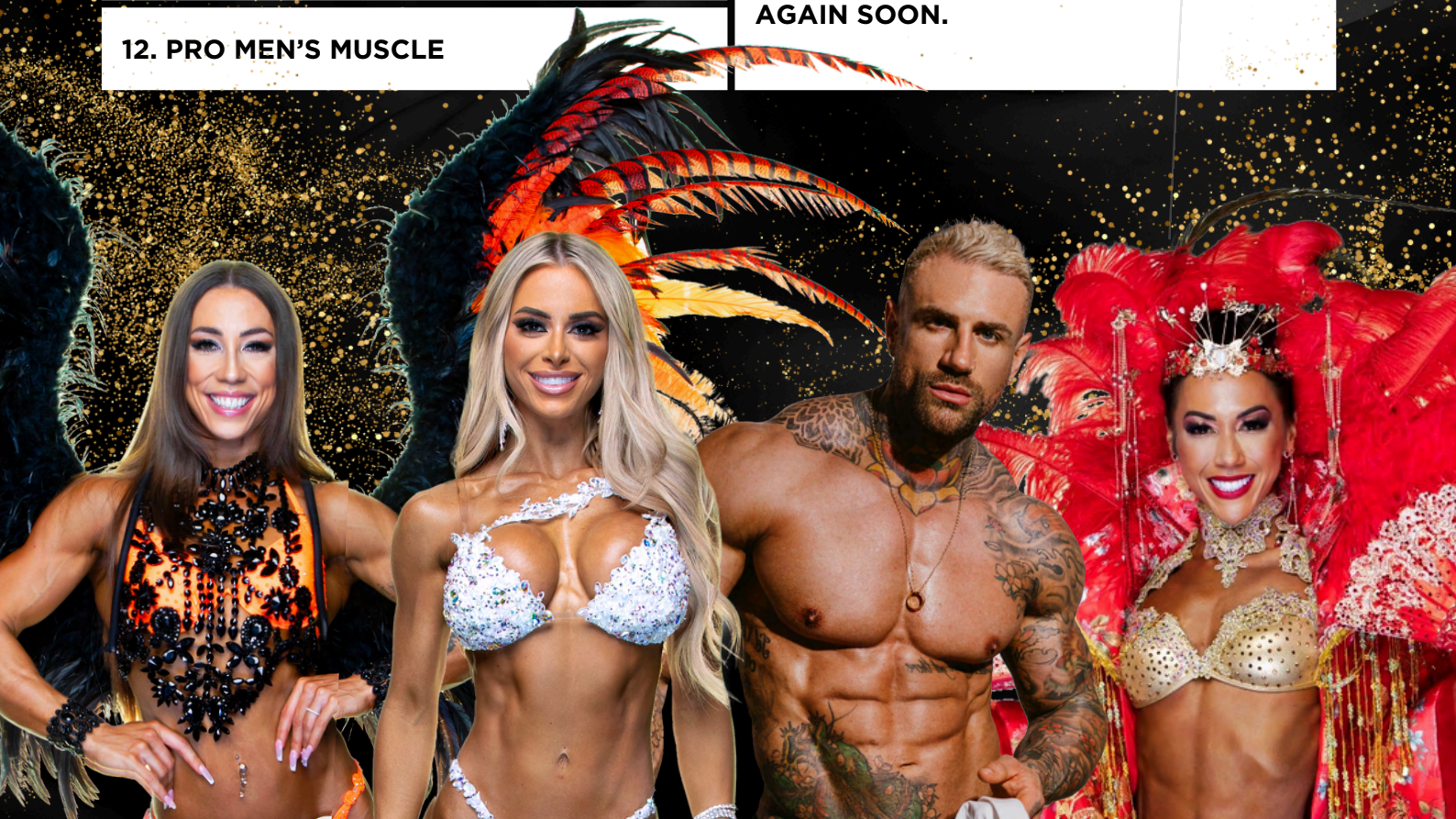
PRELIMINARY SHOW

1. AMATEUR FITNESS MODEL: OPEN	9. AMATEUR MEN'S FITNESS
2. PRO FITNESS MODEL MODEL: OPEN, 35+	10. AMATEUR MEN'S PHYSIQUE
3. AMATEUR FIGURE MODEL	11. PRO MEN'S FITNESS
4. PRO FIGURE MODEL	12. PRO MEN'S PHYSIQUE
5. AMATEUR BIKINI ATHLETIC MODEL	13. PRO MEN'S MUSCLE
6. PRO BIKINI ATHLETIC MODEL	14. TRANSFORMATION MAKEOVER
7. AMATEUR WELLNESS MODEL	15. AMATEUR BIKINI: OPEN, 35+, 45+
8. PRO WELLNESS MODEL	16. PRO BIKINI MODEL: OPEN, 35+



EVENING FINALS

1. OPENING GALA	13. AMATEUR THEMWEAR ROUND
2. AMATEUR BIKINI ATHLETIC MODEL	14. PRO THEMWEAR ROUND
3. PRO BIKINI ATHLETIC MODEL	15. TRANSFORMATION MAKEOVER
4. AMATEUR WELLNESS MODEL	16. AMATEUR EVENING GOWN ROUND
5. PRO WELLNESS MODEL	17. PRO EVENING GOWN ROUND
6. AMATEUR BIKINI: OPEN, 35+, 45+	18. AMATEUR FIGURE MODEL
7. PRO BIKINI MODEL: OPEN, 35+	19. AMATEUR FITNESS MODEL
8. AMATEUR MEN'S FITNESS	20. PRO FIGURE MODEL
9. AMATEUR MEN'S PHYSIQUE	21. PRO FITNESS MODEL
10. PRO MEN'S FITNESS	22. SHOW CLOSES. THANK YOU FOR BEING A PART OF THE SHOW. WE LOOK FORWARD TO SEEING YOU AGAIN SOON.
11. PRO MEN'S PHYSIQUE	
12. PRO MEN'S MUSCLE	



Jake Campos

NUTRITION



13+ Years industry experience | 25,000+ Client transformations | 40+ Athlete PRO status wins

START WITH JCN TODAY AND SAVE

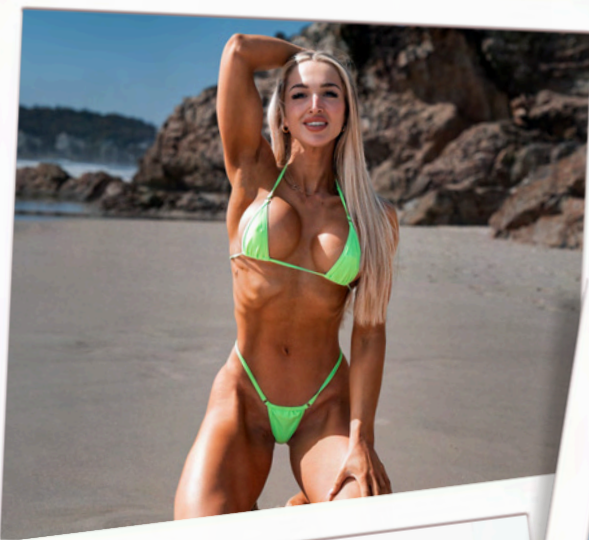
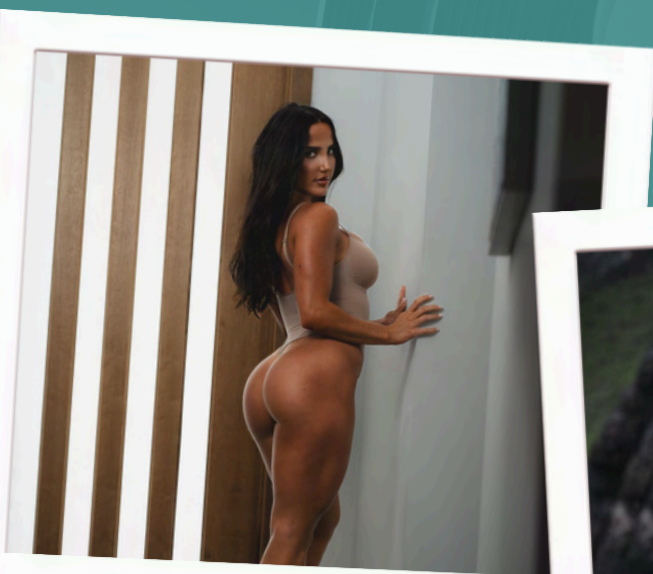
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BIKINI MODEL

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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

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

ALPHA
WEAR

SYNERGY
SEAMLESS
x Sam Wicks

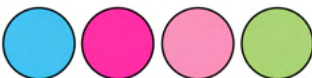
20% OFF

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AVAILABLE COLOURS



AVAILABLE SIZES



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

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

ALPHA
WEAR

oversized TEES

20% OFF

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XS S M L
XL XXL XXXL



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

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

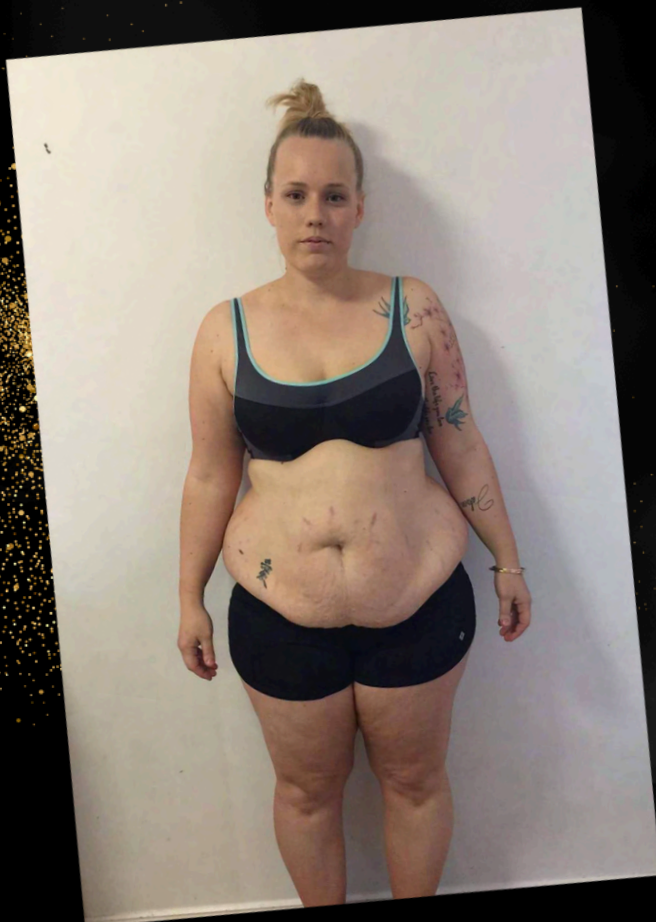
Swimwear Round

(square cut trunks for males, bikini for females)

EVENING FINALS

Evening wear

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



GET GRIPPED

PROUD TO BE PART OF THE FMG SHOW

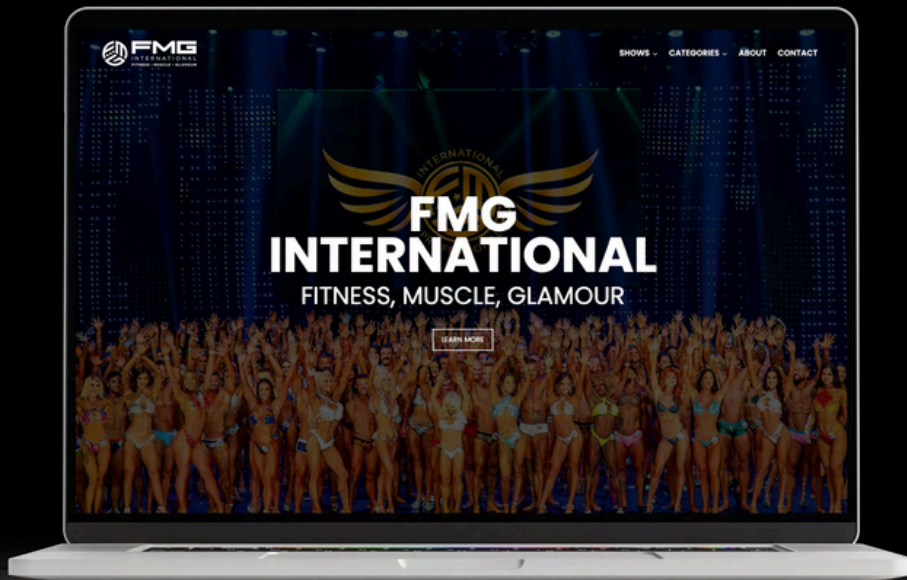
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