

CLASSIC PHYSIQUE POSING GUIDE

Build the pose from the ground up. Create balance, control, symmetry, and classic flow.

FEET → LEGS → HIPS → RIBS → SHOULDERS → ARMS → HEAD

Your pose begins before you move your arms. Set the foundation first, build the frame, then present the physique.

COMMON POSING MISTAKES

OVER-TURNING	Turning too far can hide width, chest fullness, lat spread, and symmetry. Use only enough rotation to improve your lines.
BENDING SIDEWAYS	Excessive lateral lean can distort the waist, disrupt symmetry, and make the physique appear off-balance.
RIB FLARE & OVER-ARCHING	Excess spinal extension can push the ribs forward, weaken abdominal control, and compromise the waistline.
POOR FOOT PLACEMENT	Foot position affects leg activation, hip angle, balance, torso rotation, and everything above it. Set the feet first.
RELAXED LOWER BODY	A strong upper body cannot compensate for soft quads, hamstrings, calves, or glutes. Keep the entire physique engaged.
SHRUGGED SHOULDERS	Elevated shoulders shorten the neck, reduce upper-body width, and can make the pose look tense rather than controlled.

COMMON FRONT POSE MISTAKES

TOO SQUARE May make the waist appear wider and reduce visual flow.	TOO OVER-TURNED Can hide chest, shoulders, lats, or leg development.
FEET SET LAST Creates instability and forces corrections through the hips and torso.	LEGS NOT FULLY SET Quads, adductors, calves, and glutes should support the pose.
RIBS FLARED Avoid lifting the chest by excessively arching the low back.	LATS CLOSED / SHOULDERS SHRUGGED Reduces V-taper and makes the upper body look compressed.

MANDATORY CLASSIC PHYSIQUE POSES

Set the foundation. Build the frame. Present the physique.

FRONT DOUBLE BICEPS	Set foot placement first. Activate the quads and calves, position the pelvis, control the ribs, expand the lats, and place the arms without shrugging. Avoid excessive torso twisting or sacrificing symmetry.
SIDE CHEST	Set the feet and legs before rotating the torso. Keep the lower body active, lift and expand the chest without flaring the ribs, and avoid leaning excessively toward or away from the judges.
BACK DOUBLE BICEPS	Build from the floor: set the rear foot, calf, hamstrings, and glutes before opening the back. Keep the hips level, avoid excessive low-back arch, spread the lats, and finish with balanced arm placement.
ABDOMINALS & THIGHS	Position the feet to display the strongest quad lines. Exhale and control the ribs before contracting the abdominals. Avoid collapsing the chest or losing leg activation while emphasizing the midsection.
FAVORITE CLASSIC POSE	Choose a pose that highlights your strongest proportions, structure, and classic lines. The pose should look intentional, balanced, and suited to your individual physique. Most Muscular is not used as the favorite classic pose.

ALWAYS WARM UP BEFORE POSING

5–10 MINUTE PRE-POSING MOBILITY FLOW

1. Ankle rocks & calf mobility • 8–10 reps per side
2. Hip flexor mobilization • 20–30 seconds per side
3. Thoracic rotations • 8–10 reps per side
4. Lat & shoulder mobility • 20–30 seconds per position
5. Rib-stack breathing • 3–5 slow breaths
6. Progressive mandatory-pose practice • Build from 50% to full contraction

Why it matters: Warming up can improve available mobility, positioning, muscle activation, and the ability to access demanding poses without forcing compensation through the spine or joints.

THE KRATOS POSING CHECKLIST

SET THE FEET. ACTIVATE THE LEGS. POSITION THE HIPS. CONTROL THE RIBS. OPEN THE SHOULDERS. PLACE THE ARMS. FINISH WITH THE HEAD.