



**2023 IFBB ASIAN CHAMPIONSHIP LEBANON**  
**August 25<sup>th</sup> - 28<sup>th</sup>, 2023**  
**COMPETITION SCHEDULE**

**FRIDAY AUGUST 25<sup>TH</sup>, 2023**

**HILTON BEIRUT HABTOUR GR&**

**Registration / Weight-In**

**9:00 AM – 6:00 PM**

**AFBF Annual Congress**

**Emirates Hall – 6:00 PM**

**SATURDAY August 26<sup>th</sup>, 2023**

**9:00 AM**

**ONE CONTINUOUS SESSION**

***MENS PHYSIQUE***

**Junior Up to & Incl. 178 cm Junior Over 178 cm Masters 40**

**– 44 yrs - Open Masters 45 – 49 yrs - Open**

**Masters Over 50 yrs - Open**

**OPENING CEREMONY - RESULTS & MEDALS**

**Up to & Incl. 170 cm Up to & Incl. 173 cm**

**Up to & Incl. 176 cm**

**RESULTS AND MEDALS**

**Up to & Incl. 179 cm Up to & Incl. 182 cm**

**Over 182 cm**

**RESULTS AND MEDALS**

***MUSCULAR MENS PHYSIQUE***

**Up to & Incl. 178 cm**

**Over 178 cm**

**RESULTS AND MEDALS**

***MENS CLASSIC PHYSIQUE***

**Junior 16 – 20 yrs – Open**

**Junior 21 – 23 yrs - Open**

**RESULTS AND MEDALS**



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**MENS CLASSIC PHYSIQUE**

**Masters 40 – 49 yrs – Open**

**Masters Over 50 yrs - Open**

**RESULTS AND MEDALS**

**MENS CLASSIC PHYSIQUE**

Up to & Incl. 171 cm Up to & Incl. 175 cm

Up to & Incl. 180 cm

Over 180 cm

**RESULTS AND MEDALS**

**JUNIOR WOMENS BODYFITNESS MASTERS WOMENS BODYFITNESS**

**WOMENS BODYFITNESS**

**RESULTS AND MEDALS**

**JUNIOR WOMENS BIKINI MASTERS WOMENS BIKINI**

**WOMENS BIKINI**

**RESULTS AND MEDALS**

**MASTERS WOMENS PHYSIQUE**

**WOMENS PHYSIQUE**

**RESULTS AND MEDALS**

**WOMENS WELLNESS WOMENS FIT-MODEL**

**WOMENS FITNESS**

**RESULTS AND MEDALS**

**MENS FIT – MODEL MEN'S FITNESS**

**FIT PAIRS**

**RESULTS AND MEDALS**



# LEBANESE POWERLIFTING & BODYBUILDING FEDERATION

Beirut - Lebanon

Tel: +96170747 473

E-mail: [Lebanon\\_bbpf@hotmail.com](mailto:Lebanon_bbpf@hotmail.com)



## 2023 IFBB ASIAN CHAMPIONSHIP LEBANON August 25<sup>th</sup> - 28<sup>th</sup>, 2023 COMPETITION SCHEDULE

<b>SUNDAY August 27<sup>th</sup>, 2023</b> <b>9:00 AM</b> <b>ONE CONTINUOUS SESION</b>
<b>MENS CLASSIC BODYBUILDING</b> Junior 16 - 20 yrs - Open Junior 21 - 23 yrs - Open
<b>RESULTS AND MEDALS</b>
Masters - 40 - 44 yrs Open Masters - 45 - 49 yrs Open Masters - Over 50 yrs Open
<b>RESULTS AND MEDALS</b>
<b>MENS CLASSIC BODYBUILDING</b> Up to & Incl. 168 cm Up to & Incl. 171 cm
<b>RESULTS AND MEDALS</b>
<b>MENS CLASSIC BODYBUILDING</b> Up to & Incl. 175 cm Up to & Incl. 180 cm Over 180 cm
<b>RESULTS AND MEDALS</b>



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<b>MENS BODYBUILDING</b> Junior Up to & Incl. 75 Kg Junior Over 75 Kg
<b>RESULTS AND MEDALS</b>
<b>MASTERS MENS BODYBUILDING</b> (40-49 yrs) - Up to & Incl. 70 Kg (40-49 yrs) - Up to & Incl. 80 Kg
<b>RESULTS AND MEDALS</b>
(40-49 yrs) - Up to & Incl. 90 Kg (40-49 yrs) Over 90 Kg Masters (Over 50 yrs) - Open
<b>RESULTS AND MEDALS</b>
<b>MENS BODYBUILDING</b> Up to & Incl. 60 Kg Up to & Incl. 65 Kg Up to & Incl. 70 Kg
<b>RESULTS AND MEDALS</b>
<b>MENS BODYBUILDING</b> Up to & Incl. 75 Kg Up to & Incl. 80 Kg Up to & Incl. 85 Kg
<b>RESULTS AND MEDALS</b>
<b>MENS BODYBUILDING</b> Up to & Incl. 90 Kg Up to & Incl. 100 Kg Over 100 Kg
<b>RESULTS AND MEDALS</b>



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**FITNESS CHALLENGE COMPETITIONS**  
**HILTON GR& HABTOUR HOTEL**  
**DUBAI HALL**

**Saturday August 26<sup>th</sup>, 2023**

**Starting 2:00 PM**

**GOLD LEVEL**

1. Chin Ups (prone & strict)
2. Jump Squat (up to 20" - 24" box)
3. Dips (feet forward)
4. Walking Lunges (with a barbell)
5. Sit Ups (weighted)
6. Burpees & Devil Press

**Sunday August 27<sup>th</sup>, 2023**

**Starting 10:00 AM**

**SILVER LEVEL**

1. Pull Ups (lying position)
2. Jefferson Squat
3. Dips on Bench (feet forward)
4. Lunges (non-walking, with dumbbells)
5. Sit Ups (weight on chest)
6. Snatches (with kettlebell)