



Asian Bodybuilding and Physique Sports Championships

2nd - 8th October 2011

Bangkok, Thailand

- ***45th Asian Men's Senior Bodybuilding***
- ***24th Asian Men's Junior Bodybuilding***
- ***12th Asian Men's Master***
- ***3rd Asian Men's Fitness Physique***
- ***2nd Asian Men's Athletic Physique***

- ***28th Asian Women's Bodybuilding***
- ***3rd Asian Women's Model Physique***
- ***3rd Asian Women's Fitness Physique***



A) 45th Asian Men's Bodybuilding	
1) Up to 55 kg	6) Up to 80 kg
2) Up to 60 kg	7) Up to 85 kg
3) Up to 65 kg	8) Up to 90 kg
4) Up to 70 kg	9) Up to 100 kg
5) Up to 75 kg	10) Over 100 kg

B) 24th Asian Men's Junior Bodybuilding		
1) Up to 65 kg	2) Up to 70 kg	3) Up to 75 kg

C) 12th Asian Men's Master Bodybuilding	
1) 41 - 50 years (Open)	2) Over 51 years (Open)

D) 2nd Asian Men's Athletic Physique	
1) Up to 160 cm + 1 kg	3) Up to 170 cm + 3 kg
2) Up to 165 cm + 2 kg	4) Up to 175 cm + 4 kg

E) 3rd Asian Men's Fitness Physique
Open Category



F) 3rd Asian Women's Model Physique

1) Up to 155 cm	3) Up to 165 cm
2) Up to 160 cm	4) Over 165 cm

G) 3rd Asian Women's Fitness Physique

1) Up to 155 cm	2) Over 155 cm
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H) 28th Asian Women's Bodybuilding

1) Up to 46 kg	3) Up to 52 kg
2) Up to 49 kg	4) Over 52 kg