

# NUS Muscle & Fitness War 2012

The iconic Muscle and Fitness War 2012 organized by the National University of Singapore (NUS) Health and Fitness Club on 7 January 2012 again raise the curtain to another exciting bodybuilding and physique sports season in Singapore.

The compact University Cultural Centre (UCC) Theatre played host to a full house of adoring screaming and cheering fans who turned up to support their favorites taking part in this season opener.

The NUS Muscle and Fitness War has been staged for more than 20 years and is the second largest bodybuilding and physique sports event in Singapore after the Singapore Bodybuilding and Fitness Federation's (SBBF) National Bodybuilding and Physique Sports Championships.

This event has been playing an important role in promoting bodybuilding and physique sports at the tertiary level, and for furthering mutual understanding between young people from around all the institutes of higher learning in Singapore.

Every year a new group of students take up the challenge and work very hard to put up a magnificent event of friendly competition that is truly worthy for all those involved.

This event has grown bigger and better over the years. For many years LT - 13 (Lecture Hall 13) was the venue of choice. For the past two years this event is staged in the magnificent setting of the UCC Theatre and perhaps in the near future this iconic event will be staged at the larger UCC Hall.

Well chiseled, bronzed and oiled undergrad student athletes representing NUS, NTU, UniSim, were joined by ITEs and Polytechnic student athletes from the Singapore, Republic, Ngee Ann, Nanyang and Temasek campuses competing in the Tertiary up to 170 cm and over 170 cm Men's Athletic Physique categories.

Andrew Lim representing NTU won the gold medal in the Athletic Physique up to 170 cm category.



**Athletic Physique up to 170 cm**

**From left:**

**Chew Yi Ice (64) - 1<sup>st</sup> Runner up**

**Andrew Lim Sze Knew (39) - 1<sup>st</sup>**

**Lester Phua (77) - 2<sup>nd</sup> runner up**

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Muhammad Zahari a newcomer representing UniSim won the over 170 cm category.



**Athletic Physique over 170 cm**

**From left:**  
**SBBF Executive Vice President Kalil Wahab**  
**Muhammad Zahari (61) - 1<sup>st</sup>**  
**ABBF Vice President Liao Jeng Neng**

In the Women's Model Physique category Madeleine Png and Ruziela Ariffin Erikson in their tastefully designed two-piece bikinis and stilettos brought out tremendous applause and roars of approval from the fans.



**Invitational Model Physique Category**

**From left:**  
**Bindiya Nandwani-Fam (SBBF Women's Committee Chairperson)**  
**Madeleine Png - 1<sup>st</sup>**  
**Ruziela Ariffin Erikson - 1<sup>st</sup> Runner**  
**M. Letchmenon - SBBF Honorary Life Member**

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The Bodybuilding category which was opened to members of Clubs affiliated with Singapore Bodybuilding and Fitness Federation was keenly contested. Shahanizar Johar won the Judges vote with his muscle density, proportion and entertaining free posing routine.



**Men's Open Bodybuilding  
Sujinderpal Singh  
1<sup>st</sup> Runner Up**



**Men's Open Bodybuilding  
Shahanizar Johar  
Champion**



**Men's Open Bodybuilding  
Halim Ismail  
2<sup>nd</sup> Runner Up**

Datuk Paul Chua, Secretary-General of the World Bodybuilding and Physique Sports Federation (WBPF) in his speech painted an exciting 2012 calendar of events in Singapore and internationally leading up to the South East Asian Games in Myanmar in 2013.

SBBF President Dr. Rano Rahmat complimented the Organizing Committee for putting up another successful event and congratulated them for their efforts in raising NUS's sporting profile.



**Datuk Paul Chua awarding Mr. Fong Chee Hong, NUS Health & Fitness Club President an ABBF Certificate of Merit.**



**Shaifulhaq Ahmad Ishak receiving ABBF Coaching Certificate from SBBF President Dr. Rano and ABBF Vice President Mr. Liao Jeng Neng.**