

2026 Bull Mentula Classic

The 2026 Bull Mentula Classic is the largest and most spectacular bodybuilding competition in the Nordic countries. Athletes apply to compete, and the best of them are invited to take part. The competition is not affiliated with any existing bodybuilding federation or organization, which means it is possible to participate without binding membership fees. In its very first year, the Bull Mentula Classic became a crowd favorite, attracting an audience of + 1,000 spectators to enjoy a high-quality show.

The Bull Mentula Classic will be held on Saturday, August 29, at 16:00 on the main stage of the Nordic Fitness Expo. During the intervals between the Bull Mentula Classic rounds, the Fitness Model competition final will also take place.

NEW COMPETITION FORMAT!

Prejudging

The prejudging includes three weight classes: up to and including 85 kg, up to and including 95 kg, and over 95 kg. Each weight class competes separately in one round consisting of comparisons of mandatory poses.

Scoring is carried out as usual, and placements are determined based on this single round. The top four competitors in each class receive awards and advance to the final. All scores are reset before the final.

Final

A total of 12 athletes (four from each weight class) will compete in the final.

The first round of the final consists of mandatory poses and comparisons.

The second round is a 60-second posing routine, which accounts for one-third (1/3) of the final overall score as judged.

Posedown

The top six athletes advance to the posedown.

Athletes perform the mandatory poses, followed by a one-minute posedown.

The judges assign the final scores based on this round.

Results and Award Ceremony

All athletes return to the stage in numerical order.

The results and awards are announced starting from 6th place and concluding with the overall winner of the competition.