

Register to compete

Registration for the Bull Mentula Classic is simple and straightforward.

1. You do **not** need to be a member of any bodybuilding federation or organization.
2. There are **no membership fees or registration fees** required to compete in the Bull Mentula Classic.

Application Process

1. Apply by sending a free-form email (info@nordicfitnessexpo.com) including your name, age, address and competition history by July 15 and you are in process.
2. You may also attach photos from your most recent competition or training photos to help us make an informed decision regarding your entry.
3. We will inform you of our decision as soon as possible.
4. If you are accepted, you will receive a confirmation message along with more detailed information about the competition.

Before the event — most likely in late summer — we will hold a training camp where we provide guidance for competition preparation, including posing tips, stage lighting and venue details, and how to make the most out of media coverage.