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**BULL  
MENTULA  
CLASSIC**  
*Powered by  
NORDIC FITNESS EXPO*  
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**2026 BULL MENTULA CLASSIC**  
**Powered by NORDIC FITNESS EXPO**  
August 29, Nordic Fitness Expo, Lahti Finland





2026 Guest Poser  
IFBB Pro William Bonac

## WELCOME TO 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 over 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.

Nordic Fitness Expo has its 30th Anniversary this year and we will have a special program for spectators and of course competitors. You can see Bull Mentula plus many great competitions like Finnish Fitness National Championships, Strongman event, Biceps Curl Finnish Championships and other sports like Chin Ups, Grip Strength, Model Pageant and much more!





## 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 6<sup>th</sup> place and concluding with the overall winner of the competition.

### 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 including your name, age, address and competition history by July 30 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.
5. Send your application to:

[info@nordicfitnessexpo.com](mailto:info@nordicfitnessexpo.com)





## 2025 BULL MENTULA CLASSIC RESULTS

### Under 85 kg

1. Antti-Pietari Jääskeläinen, Finland
2. Juho Herranen, Finland
3. Miika Fallström, Finland
4. Vili Korhonen, Finland
5. Tuomo Ek, Finland
6. Mika Lehtinen, Finland

### Under 95 kg

1. Mikko Kainulainen, Finland
2. Janne Rauhala, Finland
3. Oskari Puhakka, Finland
4. Jani Pernell, Finland
5. Anssi Raitala, Finland

### Over 95 kg

1. Martin Edovald, Estonia
2. Artturi Kallio, Finland
3. Jussi Rantakari, Finland
4. Niklas Koivumäki, Finland
5. Kennet Lahti, Finland
6. Niko Ruohonen, Finland

### Overall:

Martin Edovald, Estonia



### CONTACT US:

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www.nordicfitnessexpo.com/bull-mentula-classic/

2025 Guest Poser  
Mika Sihvonen

