



58TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2026

4TH TO 10TH AUGUST 2026, MINES WELLNESS CITY, SELANGOR, MALAYSIA

Under the Umbrella of The Asian Bodybuilding & Physique Sports Federation

Approved and Sanctioned by World Bodybuilding & Physics Sports Federation, Olympic Council of Malaysia

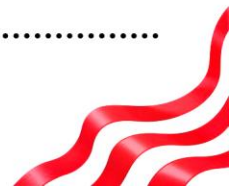
: TENTATIVE DAILY PROGRAM :

04TH AUGUST, 2026 (TUESDAY)	
	Arrival of the Executive Committee members of ABBF, all participating teams, officials together with ABBF Standing Sub-Committee members. Transportation shall be provided for those who have submitted their ARRIVAL DETAILS by 01st July, 2026.
12:00 PM ONWARDS	Check-in to the Official Hotel: Palace of the Golden Horses, Kuala Lumpur, Malaysia. Jalan Kuda Emas, Mines Wellness City, 43000 Seri Kembangan, Selangor Darul Ehsan, Malaysia. You will pay the registration fees at the hotel registration desk to the officials appointed by the ABBF together with the payment of the Spraying Fee which is mandatory at the same time.
12:00 PM – 02:00 PM	Lunch for all will be served at Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the Official Hotel on 04th August 2026, provided the number of athletes & officials are informed in advance by 1st July 2026, and reach hotel before 2:00 pm otherwise, there will be no lunch served for those who fail to abide by this rule.
07:00 PM - 09:00 PM	Dinner will be served at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the official hotel for everyone.
05TH AUGUST, 2026 (WEDNESDAY)	
06:30 AM - 08:00 AM	Breakfast for officials and athletes at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the official hotel.
09:00 AM - 10:30 AM	Team Managers Meeting and Judges Meeting at the Unity Hall on the Lower Ground Floor of the official hotel.
11:00 AM 12:00 PM	ABBF Executive Council Meeting at the State Room on the Lower Ground Floor of the official hotel. Only ABBF Executive Members are required to attend, including Chairman & Secretary of each Committee.

MALAYSIAN BODYBUILDING FEDERATION

Suite No.8, 1st Floor, Wisma OCM, Jalan Hang Jebat, 50150 Kuala Lumpur.

E-mail: masbbf@yahoo.com Tel. No : 019-620 2549 / 019-262 243





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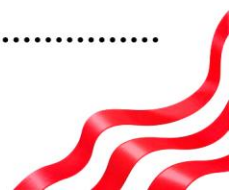
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12:00 PM - 02:00 PM	Lunch will be served at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the official hotel.
03:00 PM ONWARDS	ABBF Annual Congress at the Unity Hall One on the Lower Ground Floor of the official hotel. ALL DELEGATES MUST ATTEND THE CONGRESS. IT IS COMPULSORY.
07:30 PM - 09:30 PM	All delegates and athletes will have their dinner at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the official hotel. Welcome Dinner hosted by the Chairman of the Organizing Committee YM Rajah Lokman Bin Raja Ahmad (BS Nutrition – Event Organizer) at the State Room on the Lower Ground Floor of the official hotel. FOR EXECUTIVE COUNCIL MEMBERS AND INVITED GUESTS ONLY.
06TH AUGUST (THURSDAY)	
06:30 AM - 08:30 AM	Breakfast for officials and athletes at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the official hotel.
09:00 AM ONWARDS	Weigh-in of all Body Weight Categories and Height Measurements and Checking of Age Groups at the State Room on the Lower Ground Floor of the Official Hotel. (Athletes compete in Junior and Master Category must bring along their passport) and accompanied either by their Team Manager or Coach only. No other officials will be allowed to enter the weigh-in room.
12:00 PM - 02:00 PM	Lunch for all officials and athletes at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the official hotel.
07:00 PM - 09:00 PM	Dinner for officials and athletes at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the official hotel.
07TH AUGUST, 2026 (FRIDAY)	
06:30 AM - 08:30 AM	Breakfast for the officials and athletes at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the official hotel.

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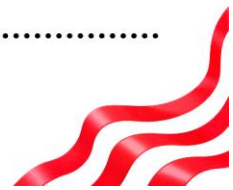
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09:30 AM ONWORDS	<p>Pre-judging & Finals at the Royal Ball Room on the Ground Floor of the Official Hotel.</p> <p>TOTAL 18 EVENTS:</p> <ul style="list-style-type: none"> • Men's Junior Bodybuilding (Open Category) • Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 Categories) • Women's Senior Fitness Physique up to 165cm, over 165cm (2 Categories) • Women's Junior Model Physique 21 years or below (Open Category) • Women's Swimsuit Model Physique up to 165 & over 165 cm (2 Categories) • Men's Master Bodybuilding 40-49 year (Open Category) • Men's Master Bodybuilding 50-60 years (Open Category) • Men's Master Bodybuilding Over 60 years (Open Category) • Men's Sport Physique up to 170cm, 175cm, 180cm over 180cm (4 categories) • Mixed Pairs (Free Posing and Quarter Turns only) <p><i>Lunch will be provided to all delegates and athletes from 12:00 PM to 02:30 PM</i></p>
03:00 PM	Opening Ceremony and March-Past Parade.
04:00 PM ONWORDS	Final Round & Prize Distribution
07:00 PM - 09:00 PM	Dinner for officials and athletes at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the Official Hotel.
08TH AUGUST, 2026 (SATURDAY)	
06:30 AM - 08:30 AM	Breakfast for the officials and athletes at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the official hotel.
09:00 AM ONWORDS	Prejudging & Finals for the ABBF Championships at the Royal Ballroom on the Ground Floor of the Official Hotel.

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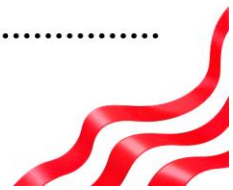
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	TOTAL 19 EVENTS: <ul style="list-style-type: none"> Men's Fitness Physique up to 170 cm, over 170 cm (2 Categories) Men's Bodybuilding 75kg, 80kg, 85kg (3 Categories) Women's Bodybuilding up to 55 & over 55 kg (2 Categories) Women's Model Physique up to 155cm, 160cm, 165cm, (3 Categories) Women's Sport Physique up to 165cm & over 165cm (2 Categories) Women's Ladies Sports Physique over 35 years (Open Category) Men's Athletic Physique up to 160 cm, 167 cm, 175 (3 Categories) Women's Athletic Physique up to and over 165 cm (2 Categories) Women's Ladies Athletic Physique over 35 years old (Open Category) <p><i>Lunch will be provided to all delegates and athletes from 12:00 PM to 02:30 PM</i></p>
07:00 PM - 09:00 PM	Dinner for officials and athletes at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the Official Hotel.
09TH AUGUST, 2026 (SUNDAY)	
06:30 AM - 08:30 AM	Breakfast for the officials and athletes at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the Official Hotel.
09:00 AM ONWORDS	Prejudging & Finals at the Royal Ballroom on the Ground Floor of the official hotel. TOTAL 9 EVENTS: <ul style="list-style-type: none"> Men's Bodybuilding 90kg, 100kg, over 100kg (3 categories) Men's Athletic Physique up to 182 & over 182 cm (2 Categories) Women's Wellness Physique (Open Category) Women's Model Physique up to 170cm and over 170cm (2 Categories) Women's Ladies Model Physique over 35 years old (Open Category)
05:00 PM ONWORDS	Closing Ceremony & Final Prize Distribution <ul style="list-style-type: none"> Men's Team Champions

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	<ul style="list-style-type: none">• Women's Team Champions• Overall Champion ABBF MR. ASIA 2026 <p>NOTE: ALL TEN (10) BODYBUILDING CATEGORY WINNERS MUST PARTICIPATE IN THE OVERALL MR. ASIA TITLE COMPETITION.</p>
07:00 PM ONWORDS	Farewell Party for all the Athletes, Officials, Delegates and Supporters at The Unity Hall one on the Lower Ground Floor of the official hotel.
10TH AUGUST, 2026 (MONDAY)	
06:30 AM - 09:30 AM	Breakfast for officials and athletes at the Carousel Café and Grand Saloon Restaurant on the Lower Ground Floor of the official hotel.
12:00 PM ONWORDS	Departure.

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