

# INSPECTION REPORT

## 58<sup>th</sup> ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2026



*Datuk Paul Chua, President of the Asian and World Bodybuilding and Physique Sports Federation,  
with YM Raja Lokman Bin Raja Ahmad, Organizing Chairman of the 58th Asian Bodybuilding and  
Physique Sports Championships*

 **04th to 10th August 2026**

 Palace of the Golden Horse, Mines Wellness City, Selangor Darul Ehsan, Malaysia

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**B2 NUTRITION**



## WELCOME TO MALAYSIA

I, YM Raja Lokman Bin Raja Ahmad, as the Organizing Chairman of the 58th Asian Bodybuilding and Physique Sports Championships / Congress, extend a warm welcome to the Executive Council and all member countries of the Asian Bodybuilding and Physique Sports Federation (ABBF) to Mines Wellness City, Selangor, Malaysia.

We are proud to host this continental event and I would like to thank ABBF for granting and sanctioning this prestigious annual Bodybuilding and Physique Sports competition. Be assured that we will leave no stone unturned and will do our utmost to make all delegates and athletes have a memorable stay in our country. Our slogan clearly states: MALAYSIA BOLEH (Malaysia Can), and this will be the spirit maintained during your stay in Malaysia.



MESSAGE OF ASSURANCE FROM THE ABBF/ WBPF PRESIDENT

Dear Colleagues of ABBF,

The Malaysian Bodybuilding Federation, under the Organizing chairmanship of YM Raja Lokman Bin Raja Ahmad, is hosting the 58th Asian Bodybuilding and Physique Sports Championships. They have arranged the best hotel (Palace of the Golden Horse) and the competition venue at the Royal Ballroom, a fantastic hall equipped with all modern facilities, which will be the battle ground for all athletes.



I am impressed and feel obligated to mention that Organizing Chairman YM Raja Lokman, together with Mr. Riduan Anan MBBF Executive Secretary, ABBF Vice-President Mej. Syed Fairus, and Ms. Aina Abdullah, Director of Sales of the hotel, facilitated our inspection to our great satisfaction.

My gratitude and thanks to MBBF President Mr. Abdul Karim bin Abdullah and his Executive Council for their support.

YM Raja Lokman Bin Raja Ahmad is looking forward to receiving all ABBF members, and I share his vision of making our competitions one of the best in the calendar of our sport.

I urge all members to visit Malaysia and participate in the 58th Asian Bodybuilding and Physique Sports Championships this year. I wish to say a big THANK YOU to Malaysia for taking up this challenge. It's a great contribution to health and fitness. Bodybuilding is Nation Building.

**DATUK PAUL CHUA**  
*President, WBPF and ABBF*



## THE HOTEL AND COMPETITION VENUE

The 58th Asian Bodybuilding and Physique Sports Championships and Annual Congress will take place from 4th to 10th August, 2026 at the

Mines Wellness City, an integrated health and wellness resort township, offering various facilities such as the Palace of the Golden Horses, Mines Beach Resort Hotel & Wellness, The Mines International Exhibition Convention Centre (MIECC). The city is envisioned to be a RM 5.5 billion development, playing a central role in tourism and becoming a premier wellness destination in the country.

The Palace of the Golden Horses Hotel in Selangor is a luxurious lakeside resort with a rich history, offering various dining options, a gym, pool, and wellness center. It's nestled amidst lush greenery and overlooks a world-class golf course, just 10 minutes from vibrant Subang Jaya.

### HOTEL AMENITIES:

#### ROOMS

472 air-conditioned rooms with flat-screen TVs, private balconies, and complimentary Wi-Fi

#### DINING

3 restaurants, bar/lounge, coffee shop, and 24-hour room service

#### RECREATION

Outdoor pool, fitness centre, and golf course

#### SERVICES

Airport shuttle, business centre, laundry service, and babysitting/child care

#### EVENTS

Conference center, banquet room, and meeting rooms





COMPETITION VENUE THE ROYAL BALLROOM



DELUXE ROOMS FOR ALL DELEGATES AND ATHLETES



## EXECUTIVE COUNCIL MEETING ROOM



## TEAM MANAGERS & JUDGES MEETING ROOM



## THE CONGRESS CENTER



MEETING WITH THE ORGANIZING CHAIRMAN YM RAJA LOKMAN BIN RAJA AHMAD AND THE DIRECTOR OF SALES MS. AAINA ABDULLAH OF PALACE OF GOLDEN HORSES HOTEL

