



FEMALE bodybuilders from across the world flexed their hard-earned muscles and rock hard physiques on stage at the NAC 2012 Ms Universe female bodybuilding contest.

The range of muscular physiques in the sole Physique class was immense and showed once again the need for more accurate and specific categories.

But the quality at every level was stunning and each woman's beautiful muscularity showed mastery of the art and discipline of female bodybuilding.

Looking unbelievably massive were Michaela Fritsch, Desiree Dumpell and Jacqueline 'Jay' Fuchs while Italian Monia Gioiosa brought the most immense double biceps of the day and Elena Shportun the biggest smile!

World Champion Tamara Makar looked power-packed, ripped and rock solid and 52-year-old Brit Bev Notman was in the shape of her life with a particularly chiselled back and a beautiful femininity.

It is anyone's guess what the judges are looking for .

STOP PRESS Monia Gioiosa wins.

Written by Sally Templar

Desiree Dumpel 2nd.



Double biceps: Tamara Makar, Elena Shportun and Monia Gioiosa

Written by Sally Templar



Most muscular: Tamara Makar, Elena Shportun, Monia Gioiosa



Abs and thigh: Tamara Makar, Elena Shportun, Monia Gioiosa

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Lat spread: Elena Shportun, Desiree Dumpell, Monia Giosia



Double biceps: Elena Shportun, Desiree Dumpell, Monia Giosia, ???, Michaela Fritsch

Ms Universe – massive female bodybuilders at the NAC 2012 Physique Class show big biceps, bikinis and

Written by Sally Templar



Double biceps



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