

SWEDEN

MUSCLE SHOW

INSPECTION REPORT

12:e SEPTEMBER - VÄSTERÅS KONGRESS
OPEN FOR NORDIC COUNTRIES



NM/VM KVAL



WWW.SWEDISHFF.COM





Welcome to Sweden Muscle Show

We are happy and proud to invite all Nordic IFBB Athletes to the 2026 Sweden Muscle Show that will be held at the beautiful venue, Västerås Congress Centre in the middle of Västerås.

Once again there will be an opportunity for the Nordic Countries to come together and compete combining all amazing athletes from the Nordic countries on one stage.

PARTICIPATION & REGISTRATION

2026 Sweden Muscle Show is open for all the Nordic Countries. The number of competitors participating in this competition is unlimited.

The Registration will be held on September 11 at the official Hotel Best Western Plus Hotel Plaza with starting time 18:00.

The show starts on Saturday September 12 at 10:30 and all athletes with coaches will be able to enter the arena at 08:00



CONTEST INFORMATION

Arrivals and Airport

Official arrival day is September 11, 2026.

Stockholm Arlanda International Airport is the nearest airport and just one hour away from Västerås by car.

Getting to Västerås

Västerås is located approximately 100 km west of Stockholm and is easy to reach from both Sweden and abroad.

From Stockholm, regular train and bus connections take you directly to Västerås in around one hour.

Visitors arriving via Stockholm can easily continue their journey by public transport or rental car.

THE VENUE

The Sweden Muscle show will be held at One of Sweden's premier event venues – Västerås kongress - A Modern theatre-style auditorium with excellent sightlines and acoustics located in the city centre just 200meters from the central station.





REGISTRATION FEE

All athletes from all Nordic countries can compete at Sweden Muscle Show.

To compete at Sweden Muscle Show you need an active IFBB license. Athletes not from Sweden need to Inform their federation about their participation before they sign up for Sweden Muscle Show.

To sign up for the show you simply go to swedishff.com and follow the instructions.

Register: 150€

Crossover/Second category: 100€

Coach badge: 50€

Foreign athletes can pay in cash or by card at registration but you need to sign up for the show well in time before deadline.

IMPORTANT!

The deadline for entering the competition is September 2:nd, 2026.

Music:

For those who competes in a category that requires music must send the music to dj_emphatic@hotmail.com

In the email make sure you enter your name, what category/categories you compete in and if you want the music to start when you are on the stage or you want to walk in with the music. It is up to the athlete to send the music in time and that the music starts at the right part.



SWEDEN MUSCLE SHOW

CATEGORIES

MEN'S PHYSIQUE

- Up to 173 cm
- Up to 179 cm
- Over 179 cm
- Junior Open
- Masters 40–49 Years
- Masters 50 Years and Over

WOMEN'S BIKINI FITNESS

- Up to 164 cm
- Up to 172 cm
- Over 172 cm
- Junior Open
- Masters 35–49 Years
- Masters 50 Years and Over

FIT PAIRS

- Open Class

WOMEN'S BODYFITNESS

- Up to 168 cm
- Over 168 cm
- Masters Open

CLASSIC BODYBUILDING

- Up to 180 cm
- Over 180 cm
- Masters Open

CLASSIC PHYSIQUE

- Up to 180 cm
- Over 180 cm

BODYBUILDING

- Open Class

FIT MODEL

- Open Class

WOMEN'S ARTISTIC FITNESS

- Open Class

WELLNESS FITNESS

- Up to 168 cm
- Over 168 cm

ONE STAGE. ONE GOAL. BE YOUR BEST.

**SWEDEN
MUSCLE SHOW**

WWW.SWEDISHFF.COM

VÄSTERÅS



OFFICIAL HOTEL

Best Western Plus Hotel Plaza is the official hotel for Sweden Muscle Show in 2026. It's located within walking distance from the venue in just minutes.

We also recommend Sure Hotel By Best Western Esplanade that is only 500 meters from the Venue of Sweden Muscle Show.

www.plazavasteras.se

TICKETS FOR THE SHOW

For friends, family and anyone else who want to attend the show tickets will be available at www.swedishff.com



Welcome to Västerås and Sweden Muscle Show

Sharam Daneshmand

TANNING

Onsite Tan is using Jan Tana products for tanning. You can trust Jan Tana as their products is the winning tan of the champions since 1982! Onsite Tan crew have many years of experience of Arnold Classic's, IFBB World and European Championships and many other international competitions.

Onsite Tan crew knows how to do a perfect tan – With Jan Tana products.

Onsite Tan will guarantee of their work and will take care of you since from your first layer of tan until you step on stage!

Book your tan at: www.onsitetan.com

Book as soon as possible to get a lower price

LIVESTREAM

The show will be streamed on www.karlevidproduction.com

Together with their professional livestream crew and their platform they deliver a high quality stream for friends and family or anyone else who can't be at the Venue.

STAGE VIDEO / PHOTOGRAPHY

We work with the best in the business, the official IFBB Media Team Karlevid Productions.

They deliver high quality content but have limited spots so make sure you book well in advance to secure a spot to document your big day in the best way possible.

Book by visiting their website www.karlevidproduction.com

NO OTHER PROFESSIONAL CAMERA EQUIPMENT WILL BE ALLOWED AT THE VENUE!

