

# Arnold Master's Strongman

## 2026 Qualification Standards

All details subject to change.

Since many qualifiers may have different age or weight classes than we have at Arnold, qualified athletes can compete in whatever class is most appropriate for them. IE, if you qualified in the 40+ class, you can compete in the 50+ class if you'd like. If you qualified in the Open class, you can still compete at a lighter class if you'd prefer.

### USA Athletes

- Winner from Master's Class in any 2025 or 2026 Strongman Corporation Regionals or Arnold Qualifier.
- 2024 or 2025 America's Strongest Master top 3.
- 2025 Arnold Masters Strongman Championship top 5.
- Winners from any previous America's Strongest Master or Master's Nationals
- Winners from any previous Strongman Corporation Amateur National Championship or Arnold Amateur World Championship.
- Any athlete possessing a Strongman Corporation pro card.
- Any 40+ athlete in the top 3 in open classes at any 2025 or 2026 Strongman Corporation Regionals or Arnold Qualifier.
- Any 40+ athlete in the top 5 at the 2024 or 2025 Strongman Corporation Amateur Nationals.
- Any 40+ athlete in the top 10 at the 2024 or 2025 Arnold Lightweight or Middleweight World Championship.
- Any 40+ athlete in the top 10 at the 2024 or 2025 Arnold Pro/Am.

### Canada Athletes

- 2025 Arnold Masters Strongman Championship top 5.
- Top 3 from Master's Classes at 2024 or 2025 Strongman Corporation Canada Nationals.
- Winner from 2025 State / Provincial Championship.
- Any athlete with a Strongman Corporation Canada Pro Card.
- Any 40+ athlete in the top 10 at the 2024 or 2025 Arnold Amateur World Championship.
- Any 40+ athlete in the top 10 at the 2024 or 2025 Official Strongman Games.

### Other Countries

- Top 3 from your country's Master's National Championship
- Top 5 from your country's (non-Master's) National Championship
- 2025 Arnold Masters Strongman Championship top 5.

- Any 40+ athlete in the top 10 at the 2024 or 2025 Arnold Amateur World Championship.
- Any 40+ athlete in the top 10 at the 2024 or 2025 Official Strongman Games.
- For anyone else, please email [arnold@strongmancorporation.com](mailto:arnold@strongmancorporation.com) to apply for an invite.