

# Contest Prep Guide

Bikini, Figure, Physique



## Intro

*By Heather Owen, Get Fit. Go Figure! LLC*

Thank you for purchasing GF2's Contest Prep Guide! In this guide you will find helpful information to get started on your road to that bikini, figure or physique body. If you are not sure of which division to choose, check out [Divisions Explained](#). Also check out [Federations Explained](#).

Use this document as a guide and tool to help meet your goals. This is not a substitute for an in person consultation. I am a certified personal trainer, sports nutrition specialist and contest prep coach. I am not a registered dietician. Please see a physician before starting any program.

Contest prep is a very mentally and physically challenging journey. Failing to plan is planning to fail. You must plan ahead to set yourself up for success. Remind yourself of your goals daily and at times of weakness. Reframe your thinking when you start telling yourself you "can't" or you won't succeed. Instead, tell yourself you CHOOSE to do this and you will hit your goal. No excuses. Ask yourself if your choices will help or hinder your success. You have to put in the work to get the results. There is no magic pill. Patience, consistency and perseverance are key. You've got this!

I love to see your progress!

Tag me on [Instagram](#) and [Facebook](#) when you make a post, I would love to see it!

[@getfitgofigure](#) #getfitgofigure #GF2Crew

Cover model and GF2 Crew member: Megan Leslie

IG: [Megsleslie](#)

Email: [megsleslie7@gmail.com](mailto:megsleslie7@gmail.com)

**Disclaimer:** This information is not intended to diagnose, treat, cure, or prevent any disease. The information provided by Get Fit. Go Figure! LLC is not a substitute for a face to face consultation with your physician and should not be construed as individual medical or nutrition advice. It is intended as sharing of knowledge and information from the research and experience of Heather Owen and her community. Make your own health care decisions based upon research and in partnership with a qualified health care professional.

# Contest Prep Guide

Bikini, Figure, Physique



## Table of Contents

---

<b>Timeline - pg 3</b>	<b>Macro Ratio Calculations –pg 12</b> <ul style="list-style-type: none"><li>Lean body mass</li><li>Protein</li><li>Fat</li><li>Carbohydrates</li></ul>	<b>Calculate a Goal Weight –pg 21</b> <ul style="list-style-type: none"><li>Lean body mass</li><li>Goal weight</li></ul>
<b>The Set Up- a good off season –pg 5</b> <ul style="list-style-type: none"><li>Gain weight</li><li>Maintain weight</li></ul>		<b>Cutting Calories –pg 22</b>
<b>Diet –pg 7</b> <ul style="list-style-type: none"><li>Nutritional priorities</li><li>IIFYM-Healthy foods but flexible</li></ul>	<b>Setting Up the Meal Plan –pg 15</b> <ul style="list-style-type: none"><li>Macro distribution</li><li>Example meal plan</li><li>Weighing food</li><li>Food prep</li></ul>	<b>Weight Plateaus –pg 25</b>
<b>Tracking Progress –pg 9</b> <ul style="list-style-type: none"><li>Measurements</li><li>Pictures</li><li>Body weight</li><li>Body composition</li></ul>	<b>Diet Guidelines –pg 18</b>	<b>Supplement Suggestions -25</b>
<b>Calorie Intake Calculations –pg 11</b> <ul style="list-style-type: none"><li>Get a baseline</li><li>Fat loss</li></ul>	<b>Refeed/Cheat Meals –pg 20</b>	<b>Workouts–pg 28</b> <ul style="list-style-type: none"><li>Guidelines</li><li>Core–pg 32</li><li>5 day split –pg 33</li><li>6 day split – pg 38</li><li>Bikini girl – pg 41</li></ul>
		<b>Peak week – pg 49</b>
		<b>Show Day –pg 52</b> <ul style="list-style-type: none"><li>Packing list –pg 52</li></ul>

## Are You Ready?

---

Contest prep is not a solution to low self-esteem or something you think will help you love yourself more. Prepping for a show is very challenging both physically and mentally. Bodybuilding gets a bad rap for causing eating disorders or terrible relationships with food but really, all those issues were present prior to having entered the world of bodybuilding. If you have had issues with any type of eating disorder or self-esteem, please address those before trying to hit the stage. Read more from some of my featured women regarding contest prep: [Megan](#), [Mandy](#) & [Lauren](#).

See more competition articles [here](#).

# Contest Prep Guide

Bikini, Figure, Physique



## Timeline

---

### Prior to 20 weeks to your contest

- Finding a prep coach if need be. Make sure you leave plenty of time for prep. If you have 20 pounds to lose, don't seek out a coach at 12 weeks and expect miracles. Find a coach well before your prep should begin, somewhere 22 or more weeks before your show. ([What to look for in a good prep coach](#))
- Research information (See [Costs of Competing](#))
- Contest date has been chosen (See [Choosing and Registering for Show](#))
- Get your diet and exercise plan in place. Stick to it and be consistent (See the Cutting Calories section).
- Start tracking weight and macro-nutrients. You need to know where your metabolism is at before you can start dieting down.
- Take progress pictures 1x per month in poses.

### 12-20ish Weeks out

- Cut phase on! Work hard and stay focused.
- Get a workout buddy. Have someone to hold you accountable.
- Track macros in an app like [MyFitnessPal.com](#)
- Do a daily or weekly weigh in to track progress.
- Track workouts
- Start to cut calories or add cardio (See the Cutting Calories section)

### 12 Weeks out

- Get your federation membership card specific to your contests (example NPC, NANB, OPA). (See [Federations Explained](#))
- Practice posing every day from here on out.
  - Start by holding each pose for 30 seconds, then increase this time daily or weekly.
  - Attend posing sessions if needed (highly suggested).
- Start thinking about suit and shoe options- where to buy, new, used etc.

### 8 weeks out

- Buy DIY tanning products specific for bodybuilding shows such as Jan Tana or Dark As. These are not necessary if using the event spray tanner). (also see [DIY Tan- NO PROB](#) and [Your Competition Tan- What to Expect](#))
- Buy bikini glue such as bikini bite spray (not roll-on) or 3M spray adhesive (at hardware store).

# Contest Prep Guide

## Bikini, Figure, Physique



- Buy competition suit, heels, jewelry.
- Print out registration forms for your contest. Find out when they are due. (See [Choosing and Registering for a Show](#))
- Posing practice every day, in suit and heels. If no heels yet, where any 4-5" heels you own.
- Practice walking in your heels around the house.
- Make sure you know the entry form date for your contest! (yes, stated again)

### 6 weeks out

- Take progress pictures every 2 weeks in poses.
- Make travel plans if show is not local.
- Send in entry form and payment for contest.

### 4 weeks out

- Continue with progress pictures.
- Continue with posing and routine practice.
- Buy make-up for contest day (not necessary if you are having a professional do your make up the day of). Make-up [foundation and powder](#) should match your tan.
- Make tanning appointment with the contest event tanner (if you are not using your own DIY products).
- Make hair and make-up appointments (not necessary if you are doing it yourself).
- If you are DIY hair and make-up: practice. Do a dry run. Dark make up isn't always easy!
- Make a travel packing list and a day of show packing list (See Show Day Packing List).
- Have suit altered if need be.

### 1 week out

- Peak week diet and workout!
- Print off check lists for show day.
- Finalize packing list.
- Finalize food list and meals.
- Directions to venue and check-in locations.
- Practice all routines and posing in costumes every day.

**Show Day!** Have fun!!!! See [What to Expect on Show Day, Your Competition Tan and What to Expect, DIY Competition Tan, Show Day Packing List](#) and other [competition articles!](#)

# Contest Prep Guide

Bikini, Figure, Physique



## The Set Up- a good off season

A successful contest prep begins by setting yourself up in the off season. When you have set a goal to compete in a bodybuilding contest, you must know that the off season is an extremely important aspect to having a successful prep. Your metabolism needs to be on par so that you can make the smallest adjustments for maximum weight loss and minimal muscle loss.

If you are eating lower calories and doing a lot of cardio in your offseason you aren't leaving yourself a lot of room to cut (ie: create a calorie deficit).

For example, take two women in their off season both 5'6" at 140 pounds currently maintaining their weight.

Female #1 is consuming 2000 calories doing 2 HIIT sessions per week at 4 intervals.

Female #2 is consuming 1500 calories while doing 1 hour of steady state cardio 5x per week.

Which woman is going to be more likely to lose weight easily while making the smallest adjustments each week? Which woman will avoid hours of cardio a day? How much room is there to cut calories slowly over time down to a safe minimum of 1200 calories? ... and still shed fat. Well, if you haven't guessed it, female #1 is more likely to have a successful prep.

Female #2 is in a place where she will have to drop calories too low to far out from your contest making weight plateaus more possible and harder to break through as well as at greater risk for muscle loss. Not ideal for a competitor! You have worked too darn hard for those shoulders or that booty! You can only cut calories so low and do so much cardio without completely wrecking yourself.

If you just finished competing, are eating a low calories or are doing a lot of cardio, you will want to think about taking a good several months (more or less) to reverse out cardio and slowly increase calories. See more on reverse dieting in [Reverse Dieting- who needs it and how to](#). Keep in mind; a true off season for muscle growth doesn't really begin until you are done reverse dieting and reap the benefits of maximum maintenance level calories with minimal cardio.

The longer the off season, the more muscle building time you have. Competing 1 season per year or even two seasons per year does not leave you much time to make major



# Contest Prep Guide

## Bikini, Figure, Physique



improvements... unless you are a genetic freak which could be possible. (See also [When Real Gainz Are Made. Most neglect #3](#)). I suggest a good year at maintenance calories at the very least to build. You have to subtract contest prep and reverse diet months. This would mean competing every 1.5+ years or so.

If you want to set up an off season diet, follow the directions in the Calorie Intake Calculations section. For current maintenance calorie intake and macro ratio's, keep cardio to a minimum... maybe 2 HIIT (high intensity interval training) sessions at 3-4 interval or do [John Gormans alternating HIIT protocol](#). This is a great method as I use it with the many of my clients. Here is the nitty gritty: (also see the Cardio Options section).

- Set up diet per calculations ( Calorie Intake Calculations section).
- Lift as usual.
- For 7 days in a row, do 3 HIIT intervals each day.
- For the next 7 days do no cardio.
- Continue this for as long as you need to.

If you are looking to reverse diet, add calories on the HIIT weeks and hold those calories through the non HIIT weeks. If you don't add calories, you may find yourself losing weight slowly. Adjust per your goals. See It's [Not Nice to HIIT](#) on the benefits of HIIT cardio.

## Gain weight

In your off season, if you need to gain weight, take in 5-15% increased calories. If maintenance calories are 2000, a 10% increase would be 2200 calories. Nix the cardio. If you want to keep some in, do a few HIIT sessions per week at about 3-4 intervals per session. Read more on HIIT in the article: [It's Not Nice to HIIT! A cardio guide.](#)

## Maintain & re-composition

You will stick to maintenance calories with the macronutrient ratio's you will calculate in the Calorie Intake Calculations section. You will also build muscle and lose fat while maintaining a similar weight range on the scale. This is a great idea for those within a normal body fat range. A few sessions of HIIT per week at 3-4 intervals to maintain cardiovascular fitness it a good idea or follow the alternating HIIT protocol described above.

# Contest Prep Guide

Bikini, Figure, Physique



## DIET

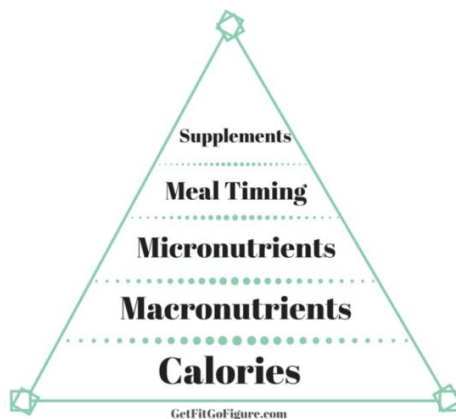
**In order to gain muscle for those sexy curves and to meet your goals whether it be fat loss, weight gain or maintenance, your calories and macronutrient ratios must be set correctly first.**

Your body can re-composition (lose fat, gain muscle) where you will see visible results but the scale won't move much. If you want to burn fat a little faster, you will need to be in a caloric deficit. You can work out all day long but if your macronutrient ratios are not set correctly and you are taking in the same amount of calories you are burning, you won't lose fat. Of course there are many diet types out there and you must consider your individual needs and goals. Listen to your body. This guide will set your diet up to give you the max amount of energy in the gym, help you build muscle and lose fat. Adjustments can be made along the way to fit your needs.

When entering into a contest prep for a show, you are making a commitment to stick to a diet plan, track your food by weighing or measuring foods, bringing food with you and saying no to French silk pie and other super tasty high fat and sugary foods.

### Nutritional Priorities

Below is the pyramid of nutrition priorities. First, make sure you are getting in the correct amount of calories, then the correct macronutrient ratios (protein, carbs, fat). After that, worry about your micronutrients (vitamins & minerals), then meal frequency and timing and lastly supplements aside from those you need to take if you are deficient in micronutrients.



# Contest Prep Guide

Bikini, Figure, Physique



## IIFYM- Healthy Foods But Flexible

I advocate for eating clean most of the time. To define clean eating for this guides' purposes is to prioritize whole fresh foods. Beyond that, getting organic and local whole foods are also important to your health. Whole foods provide the most bioavailable sources of nutrients to your body so you can stay healthy, focused and fit. Minimize highly processed refined sugars and refined grains.

I also advocate for **flexible dieting (IIFYM- If It Fits Your Macros)** because it is a nice way to not feel so constricted or deprived. IIFYM is essentially eating any food that fits the macros for that meal.

Example:

Meal A: say you get 30g carbs, 30g protein, 5g fat .....you could eat:

150 grams of sweet potatoes, 140 grams of cod, 1 tsp of butter

OR

Fat free tortilla, with fat free cheese, 140 grams of ground turkey, 2 Tbsp salsa, lettuce

OR

45 grams of marshmallows, 140 grams of chicken, tsp olive oil

If you want to fit in a few cookies to your day (not a whole bag), do so but make sure you take into account the calories and macros. You will find you can eat a whole lot more sweet potatoes and feel fuller than eating a few cookies. Aside from feeling better eating whole foods, it is not always easy to stop when you start eating a treat!

The following are two lists; a whole foods list and a highly processed foods list. There are mildly processed foods in the grey area like dairy products, white rice, oat bran or anything canned.

### *HIGHLY PROCESSED FOODS EXAMPLE LIST*

Rice a Roni Hamburger Helper Pretzels Chips White rice White flour Macaroni & Cheese Cake & dessert mixes Pudding	Pizza Precooked foods Frozen dinners Breakfast cereal Pop Tarts Toaster Strudels Canned meat Refined oils Cookies	Soft drinks White sugar Brown sugar Candies Pie Pie crust mixes Frozen desserts Marshmallows
---	---	---



# Contest Prep Guide

Bikini, Figure, Physique



## WHOLE FOODS EXAMPLE LIST



<u>Protein</u>	<u>Fats</u>	<u>Carbs</u>
Chicken	Almonds or any nuts	Vegetables
Turkey	Natural Peanut butter*	-Baked potato
Pork	Almond butter	-Sweet potato
Turkey or beef jerky	Olive oil	-squash
Fish	Flax oil	-asparagus
Tuna	Primrose oil	-cauliflower
Shrimp	Butter	-Broccoli
Beef	Coconut oil	-etc etc.....
Eggs	Coconut butter	Brown or wild rice
Cottage cheese	MCT oil	Oatmeal
Yogurt	Egg yolks	Beans
Cheese	Full fat cheese	Fruit (any)
	*make sure these do not contain hydrogenated oils	

## Tracking Progress

Tracking your progress will be an important part of your program so you can see your improvements over time. Here are a few ways to do this:

### Measurements

Take measurements of your chest, waist, hips, thighs and biceps every four weeks.

- Chest: at nipple line
- Waist: at belly button
- Hips: at hip bone (iliac crest)
- Thigh: about 5 inches above the top of the knee cap.
- Bicep: at the peak of your bicep without flexing

### Pictures

Pictures will be a very important part of tracking your progress. This method is my favorite and preferred method and helps you see changes over time. Take pictures every four weeks along with your measurements.

# Contest Prep Guide

Bikini, Figure, Physique



10

## Body weight

Tracking your weight is another great tool but remember it is only a number. You can gain muscle and lose fat without moving the scale. When you take your weight, be consistent about the time of day. Weighing in the morning before you eat or drink is best. Use the same scale each time.

You can weigh yourself once a week or seven times a week. Just understand that your weight will fluctuate. For weight loss, look for the weekly low or weekly average, not a perfect decline each day.

Around your period, your weight will hold for a few days or you may gain a pound or two but don't worry, it will go back down after you start your period.

## Body composition

Body composition is a great way to track progress but the tests can be pretty inaccurate sometimes. The key is to use the same method carried out consistently to track progress. Some common methods widely available include:

- **Body Fat Calipers:** \$5 - \$20  
You can buy calipers for \$5 up to \$200. The cheaper ones will work just fine as long as you are consistent.
- **Electronic handheld body fat tester:** \$20-\$35  
These are handy and easy electronic devices that quickly tells you your body fat percent.
- **Under water weighing/ hydrostatic body composition analysis:** \$35-\$50  
Contact athletic departments at universities in your area or other gyms and athletic businesses. Or simply search "Under water weighing" or "hydrostatic body composition analysis" online in your area.
- **Dexa scan:** \$50-\$150  
This method is very precise and can give you stats on how much muscle you have on each limb and trunk and where your fat is carried. Search "dexa scan for body composition" in your area. Most medical facilities that do bone density scans are capable of a body composition dexa scan as it is the same machine. Also check out [DexaFit](#).

# Contest Prep Guide

Bikini, Figure, Physique



- **Bod pod:** \$35-\$50

Contact athletic departments at universities in your area or other gyms and athletic businesses. Or simply search “bod pod” online in your area.



## Calorie Intake Calculations

---

**Macros are the large dietary molecules you eat which are protein, carbohydrates and fats.**

**Protein:** 4 calories per gram

**Carbohydrates:** 4 calories per gram

**Fat:** 9 calories per gram

### Get a Baseline

Now it's time to calculate a starting point for your diet. You will calculate a macronutrient (macros) breakdown based on your maintenance calories. Your program will be a balance between your diet and your exercise. It is important to know where your current calories are in relation to your exercise program before creating a plan. You can do this one of three ways:

#### **Option 1: Track your intake**

Take a week and track all food you eat including small bites here and there, condiments and drinks. Also track your weight so that you can see if you are maintaining over that duration. This is the most accurate option to finding a starting point for your diet.

#### **Option 2: Use a fitness calculator**

If you are impatient, you can employ the use of a fitness calculator that will tell you your calorie requirements based on your height, age, weight, and activity level. Keep in mind they are not always accurate.

#### **Option 3: Multiply body weight by an activity level number**

You can also take your bodyweight (BW) and multiply it by a number corresponding to your activity level. An active person, in order to maintain weight, will need to consume 14-15x their body weight in calories where a sedentary person would consume 11x their BW with ranges in between.

# Contest Prep Guide

Bikini, Figure, Physique



12

To get daily calories, multiply BW by:

11: Sedentary job and little to no exercise

12: Low activity, train 2-3x per week or have an active job

13: Active job + train 2-3x per week or sedentary job + exercise 4-6x per week

14: Active job + train 4-6x per week

15-18: Athlete, highly intense activity, 5-6 days per week, sometimes 2x per day

Once you have a daily caloric intake number, let's put that into a mild deficit to start burning fat and leaning out!

## Fat loss

You will be cutting 50-100 calories a day each week by either decreasing carbs or fat or adding in cardio. Do the smallest adjustments possible that will get you losing about 1-1.5 pounds per week or less. Don't go below 1200 total calories or eat less 25 grams of fat a day for a female unless you need a short push the last few weeks closer to a show. See more on how to cut calories on page 22. If you lose weight faster, some of that weight may be from muscle. The goal is to improve your body composition first and foremost, not the number on the scale. Tracking with pictures will be the most important tracking tool you have!

Example: If my baseline calories lifting 6 days per week with no cardio is 2000 calories per day, then I will calculate the start of my cut phase with a 50- 100 calorie per day deficit. For this example we will use 1900 calories per day to start.

## Macronutrient Ratio Calculation

---

The ratio of macronutrients you eat everyday will be important to maximizing the energy you have in the gym, get those sexy curves and lose fat.

**Protein:** 4 calories per gram

**Carbohydrates:** 4 calories per gram

**Fat:** 9 calories per gram

# Contest Prep Guide

Bikini, Figure, Physique



13

## Lean Body Mass

Some of the following calculations will be based on your weight. If you are very overweight or obese, you will want to use a number closer to your lean body mass. Simply put, lean body mass includes muscle, organs and bones minus the fat. If you know your body composition, take your weight and multiply it by your body fat percent.

Example:                      If you are 144 pounds at 22 % BF:

$$144 \times .22 = 31.68 \text{ pounds of fat mass.}$$

Subtract fat mass number from your total weight to get a lean body mass number.

$$144 - 31.68 = 112.32 \text{ lb lean body mass}$$

If you don't know your body composition, estimate how much you would weigh in a normal body fat range.

## Protein

To kick off macronutrient calculations first start with protein. You will want to consume 1-1.5 gram of protein per pound of bodyweight each day.

Calculate this by multiplying 1-1.5 to your bodyweight. If you are overweight or obese, you will want to use a bodyweight number just above your lean body mass.

Example:                      A person is 130 pounds within a normal body fat range.

$$130 \text{ lb} \times 1 = 130 \text{ grams of protein per day}$$

Or

$$130 \text{ lb} \times 1.5 = 195 \text{ grams of protein per day}$$

Or

Somewhere in between the above numbers

How many calories is this?

Protein has 4 calories per gram. Multiply grams of protein consumed by calories per protein molecule.

$$140 \text{ grams of protein} \times 4 \text{ calories} = 560 \text{ calories}$$

$$\mathbf{140 \text{ grams of protein} = 560 \text{ calories}}$$



# Contest Prep Guide

Bikini, Figure, Physique



14

## Fat

The next macronutrient in line is fat. Fat should be about 20-25% of your starting caloric intake. If your maintenance caloric intake is 1900 calories, multiply that number by 20-25% to get the number of fat calories.

Example:  $1900 \text{ calories} \times .25 \text{ percent} = 475 \text{ calories}$

To get fat in grams per day you must know that fat has 9 calories per gram.  
Divide fat calories calculated above by 9 calories per fat molecule.

$475 \text{ fat calories} / 9 \text{ calories per gram of fat} = 52.8 \text{ grams of fat per day}$   
Round the number to 53 to keep it simple.

**53 grams of fat = 475 calories**

## Carbohydrates

Now we will fill in the remaining calories with carbs. Take your daily caloric intake number based on gaining, maintaining or losing weight and subtract the protein and fat calories.

Example:  
 $1900 \text{ total calories} - 475 \text{ fat calories} - 560 \text{ protein calories} = 865 \text{ remaining calories for carbs}$

Carbs have 4 calories per gram. Take the remaining calories and divide that by 4.

$865 / 4 = 216.25 \text{ grams of carbs per day. Round to 216.}$

**216 grams of carbs = 865 calories**

Based in the above example, the final macros are:

- ⊕ 216g carbs
- ⊕ 53g fat
- ⊕ 140 protein

# Contest Prep Guide

Bikini, Figure, Physique



15

## Setting Up The Meal Plan

To start, split all macro's among the number of meals/snacks you will eat in a day (usually 3-6 meals/snacks). I find it best to eat every 2-4 hours. If you go longer, you may be extremely hungry by your next meal and eat things you didn't plan on. Spreading meals out also helps to keep metabolic hormone levels more constant. For this example, let's split macros into 6 meals.

### Example macro distribution:

1900 total calories	Protein 140g	Carbs 235g	Fat 45g
<b>Meal 1 Breakfast</b>	25g	40g	10g
<b>Workout</b>	BCAA's		
<b>Meal 2 Post workout meal</b>	25g	40g	5g
<b>Meal 3 Lunch</b>	25g	40g	10g
<b>Meal 4</b>	20g	40g	5g
<b>Meal 5 Dinner</b>	25g	40g	10g
<b>Meal 6</b>	20	40g	5g

I split protein, carbs and fat fairly evenly among the 6 meals so the numbers workout to whole numbers as they will be easier to portion and measure. I want to note here that drinking 20-30 grams of dextrose (or a mix of dextrose and maltodextrin) with your BCAA's during your workout can really help give you energy while lifting, especially while in a calorie deficit. I highly recommend doing this (diabetics must use extreme caution). Redistribute the above macros so that the grand total is accurate. If you do not want to drink dextrose, make sure you have a meal at least 2-3 hours prior to working out. See the Supplements section.

Early morning lifters: If you can't get a meal in 2-3 hours before an early AM workout, drink a protein shake on the way to the gym and then start to drink dextrose (20-30 grams) right when you get to the gym. Avoid fasted lifting.

# Contest Prep Guide

Bikini, Figure, Physique



## Example Meal Plan

28 grams = 1 oz = 2 Tbsp

8 oz = 1 cup

16

MEAL #1	7-8 AM	SUGGESTED FOODS	GRAMS	PROTEIN	CARBS	FAT	FIBER
		Allotted		25	40	10	
		Smoothie to fit the macros( protein powder, almond milk, fruit) OR					
		1 Whole egg	56g/ 1/4 cup	6		5	
		3 egg whites	84g/ 6 Tbsp	12			
		sauté onions and bell peppers in eggs			5		
		Oatmeal	40 g/ ½ cup dry	5	27	3	4
		-strawberries in oatmeal	100g/ ¾ cup		8		2
		Workout					
		Drink BCAA's during lifting session (see supplements on pg 19)					
MEAL #2	9-10 AM	Post workout meal	GRAMS	PROTEIN	CARBS	FAT	FIBER
		Allotted		25	40	5	
		Protein Powder – within 30 minutes post workout		20	1-2	1-3	
		Sweet potatoes	200g/ 1.5 cups	4	40		6
		-grassfed butter for sweet potatoes	7 g/ 1 tsp			5	
MEAL #3	11-12		GRAMS	PROTEIN	CARBS	FAT	FIBER
		Allotted		25	40	10	
		Chicken, whitefish	85g/ 1/3 cup	20	0	1	
		Brown rice	45g dry/ 3/4 cup cooked	2	35		4
		Olive oil (coconut oil or kerrygold butter)	10g/ 2 tsp			10	
		Add high fiber veggie like broccoli	80 g/ 1 cup	2	5		2
MEAL #4	2-3 PM		GRAMS	PROTEIN	CARBS	FAT	FIBER
		Allotted		20	40	5	
		Chicken, whitefish	85g/ ½ cup	20	0	1	
		White potatoes, cut into fries and roasted- use spray oil on pan	250g / 1 cup	4	40		5
		Olive oil (coconut oil or kerrygold butter)	5g/ 1 tsp			5	3
MEAL #5	5-6 PM		GRAMS	PROTEIN	CARBS	FAT	FIBER
		Allotted		25	40	10	
		Chicken, whitefish	85g/ ½ cup	20		1	
		Brown rice	40g dry/ 1/2 cup cooked	2	30		4
		Avocado	70g/ 1/3 cup	1	6	10	5
		High fiber veggie- asparagus	85g / 12 spears	2	4		2
Meal #6	8-9 PM		GRAMS	PROTEIN	CARBS	FAT	FIBER
		Allotted		20	40	5	
		Protein shake		20	1-3	1-2	
		Sautéed chopped apples	250g		35		6
		Kerrygold butter	1 tsp			5	

# Contest Prep Guide

## Bikini, Figure, Physique



Each meal may be + or – a few macros but track your macros and adjust accordingly. For example, if you go over 2 g of fat on most meals, you will have gone over on fat by 10 grams = 90 calories. When making a detailed meal plan, fit macros for each meal as close as possible but at the end of the day, make sure the daily totals are right on. If you track throughout the day, adjust the last few meals of the day to fit your daily macros as close as possible.

Get creative. Wrap burgers and sandwiches in lettuce instead of bread. Use high quality condiments like a really good thick balsamic vinegar, mustard and spices to add flavor. Check out recipes online. See my Pinterest page: [Pinterest –Low Fat Recipes](#) & [Pinterest Home](#)

### Weighing food

Weighing your food with a digital food scale is by far the most accurate way of portioning food. Weighing food raw, precooked is best as cooking processes vary greatly. See more on weighing your food in the article: [How to Weigh Your Food](#).

### Food prep

Prep meals ahead of time at least 1x per week!!! As mentioned above, **all foods are weighed before you cook them!** (See also: [How to weigh your food](#)). Food scales are essential as measuring cups are not accurate across the board. I have the [OXO Good Grips Food Scale](#) and I love it!

An **example** for making a batch of rice: Put the pot on the scale, tare the scale. Weigh out 10 servings in grams of raw dry rice. Remove from scale and add 2x the amount of water. Once cooked, weigh cooked rice and divide that number by 10. You now have an accurate serving of cooked rice.

Make up all the things that freeze well like chicken, fish, rice and sweet potatoes and portion serving sizes into containers. Put these individually portioned foods or packaged meals in the freezer. Each night, pull out food needed for the next day. The rest of your food will consist of veggies, nuts and healthy oils.

Or skip the prep all together and go with a meal planning service. In the Minneapolis area, [Empower Meals](#) is an example... so convenient and delivered to your door weekly!

# Contest Prep Guide

Bikini, Figure, Physique



81

## Diet Guidelines

---

### **Weighing and measuring your food**

Weighing your food on a food scale is an excellent way to control portions. Using measuring cups can be very inaccurate. Also see: [How to Weigh Your Food](#)

### **Prep food ahead of time**

Get your portioned food together the night before. You can make up fish, chicken, beef etc, rice, sweet potatoes, squash and so on in big batches 1 day per week and then portion them into servings and throw them in the freezer. White potatoes and fresh veggies don't freeze well.

### **Track all food**

Track every bite that you eat and drink. It can be a total pain in the neck to track your food at first but once you are in the routine, it's not a problem. Sometimes it's convenient to enter all your food in the night before. Then you know exactly what you are eating throughout the day. Also, in a food tracking app, make sure to check the correct servings, correct macros and if the serving is dry, pre-cooked measure or cooked measure. Apps include Myfitnesspal.com, spark people or mymacros for example.

### **Drink water**

Drink  $\frac{3}{4}$ -1 gallon of water per day. 2% dehydration can decrease performance by 20%.

### **High fiber, low carb veggies**

Always take in enough veggies to get in enough nutrients and fiber for the day (25-30g of fiber for women, 40-50g of fiber for men). Steam veggies or eat them raw.

### **IIFYM: If It Fits Your Macros**

I advocate that you eat whole foods or eat clean most of the time but you can incorporate some treats or junk every once in a while... As long as it fits your macros. You want some cookies or pop tarts? Go for it. Just make sure you can stop at your allotted serving!

### **Stick to healthy fats**

Healthy fats such as olive oil, grass fed butter, nuts and nut butters are good choices. Peanuts are a "junk" nut. Eating other nuts or nut butters are healthiest.



# Contest Prep Guide

Bikini, Figure, Physique



61

## **Drinks count**

Anything you drink must be counted toward your macros.

## **No random bites**

Avoid random bites throughout the day, they add up!

## **Gum counts**

If you choose to chew gum or eat mints to curb cravings, they usually have 1-2 grams of sugar alcohols per stick or per mint. Doesn't sound like much but, if you chew 40 pieces of gum that day, you will have consumed 40+ extra sugar alcohols. In a calorie deficit, it does affect your carb intake and it adds up. Allot 2-3 pieces per day and tear each piece into halves or thirds to chew on throughout the day.

## **Artificial sweeteners**

Artificial sweeteners are in most low calorie and sugar free foods as well as supplements like protein powders, BCAA's, protein bars and gum. When in contest prep, these products can make things bearable but too much and you will find yourself gassy, bloated and crampy. Use sparingly.

## **Use Spices**

Spices are great to flav up your foods as long as they have no added sugar or you must count it.

## **Condiments count**

Things like ketchup, BBQ sauce and mayonnaise must be measured out and counted in your daily macros. You can use reduced sugar or sugar free condiments but watch the sucralose and other sugar substitutes as they are less than ideal to consume. Condiment substitutions:

- Non-sugar sweeteners
- Spices
- Butter/Cheese flavored sprinkles
- Fat Free butter spread or spray
- Lemons
- Heinz Reduced Sugar Ketchup
- Limes
- Balsamic vinegar
- Non-fat, low sugar salad dressings
- Mustard
- Hot sauce
- Walden Farms brand of calorie free condiments

## Refeed/ Cheat Meals

Refeed and cheat meals are nice to have in 1x per week. Especially when in a calorie deficit. Weight will usually go up after a refeed or cheat day but should come back down within a few days and continue for a new weekly low.

**Cheat meals** are meals you get 1x per week (a meal, not a day), where you can eat whatever you want until you are full, usually within 2 hours after your workout. You must work out the day of and the day after. There are no restrictions except that you should not overdo it. Eat until you are full but not overly full. It's a nice meal where you can relax and eat out or have some pizza. In most cases, cheat meals are best utilized in the off season.

**Refeed day** is a structured high carb, low fat day. It is a set of structured meals within 2 hours after your workout. The daily calories for a refeed day are about 1.5x your total daily calories. That increase coming from 80-100 extra carbs.

Example refeed meal day:

Daily total: 350 carbs, 35-40g Fat, 110-130 protein

**Meal 1:** protein, fat, 50g carbs

**Workout–** BCAA's

**Meal 2:** protein, fat, 100g carbs (low fat foods)

**Meal 3:** protein, fat, 100 carbs (low fat foods)

**Meal 4:** protein, fat, 100g carbs (low fat foods)

**Meal 5:** protein + fat if any macro's left

**Meal 6:** protein + fat if any macro's left

You must work out before the meal on refeed day and the next day must also be a work out day. An off day cannot fall on or after the refeed meal. Plan on working muscles you need to build around refeed days. If you are bulking or eating maintenance calories, refeed days aren't necessary. During a calorie deficit, refeed days are nice to have to replenish glycogen stores and give you a day to feel nice and full- for a short time.

Plan your refeed foods a day ahead and make things up like gluten free pancakes or low fat brownies. Then portion them out per meal. This makes it quick and easy so that you can come home from your work out and start chowing down!

## Calculate a Goal Weight

Now that you have a starting point for your diet, calculate a goal weight for weight loss. Keep in mind; this is just to give you an idea of how much you need to lose. During your prep, you may gain or lose muscle which will affect the scale. Take this goal weight number with a grain of salt and use pictures as your guide.

### Calculate lean body mass

**Lean Body Mass (LBM):** -all *but* the fat like muscle, bone, organs and such.

$$\text{LBM} = \text{Your Body Weight} - (\text{Your Body Weight} \times \text{Your Current Body Fat Percentage})$$

For example:

A person weighs 148 pounds at 20% body fat

$$148 \text{ lb} \times .2 = 29.6 \text{ lb fat}$$

$$148 - (148 \times .2) = 118.4 \text{ Lean Body Mass}$$

This person has a lean body mass of 118.4 pounds and 29.6 pounds of fat.

### Goal weight

Now that you know your LBM and how much fat is on your bod, you can calculate your desired goal weight. Below is a list of body fat ranges for each division. Calculating a goal weight will give you an idea of how much you need to lose and how long you should cut calories BUT, your weight is just a number and **pictures will be your best tracking tool.**

Choose a desired body fat range:

Bikini	10-15%
Figure & Fitness	8-12%
Physique	8-10%
Bodybuilding	8-10%
Non-competitor (female):	15%-25%

# Contest Prep Guide

Bikini, Figure, Physique



22

## Goal Weight Calculation:

A person that wants to compete in figure at 8% BF with a current lean body mass of 118.4 lb will get a goal weight of about 129 lb.

$$\text{LBM} / (1 - \text{desired body fat \%}) = \text{goal weight}$$

Example:

$$118.4 \text{ LBM} / (1 - .08) = \mathbf{128.7 \text{ lb goal weight}}$$

## Cutting Calories

**Creating a calorie deficit is where many can go wrong initially. Starting with calories that are too low can set you up for failure. Make sure you have set your starting calories correctly in a mild deficit as shown in the Calorie Intake Calculations- Fat loss section.**

Cutting calories during contest prep, or reversing calories for that matter is kind of an intuitive science... if that makes any sense. It's hard to write a simplified prep guide as so many factors must be taken into account. What works for one person may not work for another. But, as a very general rule, aim for cutting 50-100 calories a day each week. You create a calorie deficit by decreasing food or by adding cardio.

## Goals

Aim for a 1-1.5 pound weight loss per week. Be prepared as there will be weeks when your weight doesn't drop. Don't freak and make drastic changes like adding an hour of cardio every day for that week. Continue with your plan. A plateau isn't a plateau until you are stuck for 3+ weeks. Make sure you are tracking yourself in the mirror as well as with pics! Getting a dexa scan done is also a nice piece of mind. Aim to be at your goal physique at least one week prior to your show.

## Limits

Protein will essentially stay the same throughout the diet as you manipulate carbs and fat, mostly carbs. Total calories shouldn't get below 1200 ish as you have to take in a certain amount of nutrition at the very least. There are exceptions to this. Close to your show, maybe the last few weeks, you may need that extra push to either do HIIT sessions every day, or go a bit below that 1200 calories per day mark. Use extreme caution and only for that short time. If

# Contest Prep Guide

## Bikini, Figure, Physique



23

you set yourself up in the off season and cut the minimal amount of calories to continue leaning out, hopefully you won't have to be in a severe calorie deficit from diet and cardio. Have an experienced person help you track your physique as the demons usually set in the last four weeks and you will think you are fat, not ready, the scale isn't moving (when you are still leaning out), you may push yourself past limits that you didn't need to. Keep your head on straight. Also, fat shouldn't go below 25-30 grams a day for females and 40-50 g for males.

### Cutting calories

Cut 50-100 calories per day each week by adding cardio or decreasing carbs or fat. Your body composition and weight loss will dictate how and when you cut. It may be weekly or 2x per month for example.

When adding cardio, add 1-2 intervals per HIIT session a week or at three 10 min MISS sessions. (see cardio options below)

When cutting calories, know that fat contains 9 calories per gram. If you cut fat one week, decreasing fat by 5-10 grams equates to 50-100 calories. Cut fat first from meals that are around your workouts.

If you cut carbs one week, carbs have 4 calories per gram. For a 50-100 calorie cut, decrease daily carbs by 10– 25 grams = 40-100 calories. Cut carbs first from meals away from your workout. For example, if you work out in the evening, cut carbs from morning meals. Keeping carbs around your workouts will be important as your calorie deficit increases. You will need that energy to get a good workout in.

### Cardio options to utilize -also see [It's Not Nice to HIIT, cardio explained](#)

**Low Intensity Steady State (LISS)** cardio is typically done at a constant pace for 30-60 minutes or more keeping heart rate less than 65% of V02 max. **Usually under 130 beats per minute (BPM).**

**Moderate Intensity Steady State (MISS)** cardio is typically done at 65%-70% of V02 max keeping your heart rate in the range of **130-150 BPM.**

**Medium Intensity Interval Training (MIIT)** is done in a similar V02 max as MISS with the same benefits but, MIIT is done as intervals rather than as a steady pace. Heart rate range is around **140-165 BPM.**



# Contest Prep Guide

Bikini, Figure, Physique



24

An example of MIIT would be doing a fast job (hard but not all out like HIIT) for 45-60 seconds on with 1 minute active rest like slow jogging or walking, then repeat. Essentially, 1 minute on, 1 minute off.

**High Intensity Interval Training (HIIT)** cardio is done by alternating very high intensity cardio with an active rest period. Target heart rate range is typically **160-180 BPM** or around 85% of V02max.

HIIT cardio is typically done with a 1:3 work rest ratio. For example, go as hard as you can possibly go for 20-30 seconds, then actively rest with a slow jog or fast walk for 60-90 seconds and repeat. If you can go longer than 30 seconds, you are not going hard enough.

General HIIT guidelines:

- HIIT should not exceed 30 minutes, averaging about 15-20 minutes total.
- HIIT should be utilized 1-3x per week.
- In contest prep, HIIT may be utilized far more than above when close to a show but only for short periods of time, like weeks, not months.

HIIT sessions can include sprints, incline sprints on a treadmill, biking, car pushes, battle ropes, tire flips and rowing to name a few.

## Cardio & cutting example

During a build phase I don't recommend you do more cardio than necessary so that your body will respond well to dieting down. When starting your contest prep, you could add 2 [HIIT sessions](#) at 4 intervals each for week 1. Then for the following weeks you might do something like this:

**Week 2:** decrease carbs by 20 g of carbs (4 calories to 1 g carb-  $20 \times 4 = 80$  calories down). If your weight loss is in a good spot, then...

**Week 3:** decrease fat by 5 grams (9 calories per gram of fat-  $5 \times 9 = 45$  calories)

**Week 4:** add another [HIIT](#) session at 4 intervals or add 1-2 intervals onto existing [HIIT](#) sessions.

and so on....

# Contest Prep Guide

Bikini, Figure, Physique



25

Alternate adding cardio ([MISS or HIIT](#)) one week, decrease fat one week and then carbs another week. Some weeks you may do both or nothing at all.

Again, there may be weeks that your weight doesn't drop but you are still leaning out! Or your body will retain water before your period, then drop when you get it. **Don't get stuck on the scale! It's just a number used to track progress.** Again, body composition and the mirror will define your end point. 😊

## Recap

- Aim for 1-1.5 lb per week weight loss
- Cut 50-100 calories a day per week
- Don't go below 1200 calories (unless absolutely necessary in the last few weeks)
- Females, don't go below 25-30 fat grams per day

## Weight Plateaus

---

Your weight may stall for a week here and there. This is not a plateau. A weight plateau is when, despite your efforts, you are not losing weight for 3 or more weeks. Be patient and stick to your plan. If you really do plateau you may need to try carb cycling, keto diet or reverse diet. See [Reverse Dieting-who needs it and how to](#) & [3 Reasons for Diet Plateaus + 7 tips and tricks to break through it.](#)

## Supplement Suggestions

---

Most supplements are not as effective as you think but there are some that have been shown in study after study to be highly effective. I have outlined 6 suggested supplements below. There are of course many more common supplements people use but studies have shown mixed results. You can also see an info-graph including references to the studies here: [Top 6 Supplements for the Female Physique.](#)

# Contest Prep Guide

Bikini, Figure, Physique



26

## 1) Whole food multivitamin

In theory, a high quality multivitamin is necessary in this day and age because:

- We consume poor quality food grown in deficient soils and shipped great distances
- Exposure to pollution, toxins and electromagnetic radiation
- Taking medications can deplete our body of specific nutrients
- Highly active people need added nutrition

## 2) Fish or krill oil

- Can help reduce inflammation
- Beneficial for heart health
- Buy a high quality fermented cod liver oil or krill oil. Do not buy in bulk
- The American Heart Association recommends 1 gram per day

## 3) Protein powder

- Quick and easy and usually tasty
- Higher protein diets have shown to keep you fuller longer thus consuming less calories
- Can aid in increasing muscle mass and strength
- Great post workout drink
- It can be more expensive per serving than a whole food source
- Not all protein powders are created equal
- See also [The Ultimate Get Fit Girls Guide to Protein](#)

## 4) [Creatine monohydrate](#)

- Improves power output and strength
- Increases high intensity exercise capacity
- Increases lean body mass
- Can cause initial water retention with high doses
- Take 3-5 grams per day at any time in the day

## 5) Beta-Alanine

- Enhances muscular endurance
- Take 2-5 grams per day, popularly taken around or during your workout

# Contest Prep Guide

Bikini, Figure, Physique



27

## 6) [BCAA's](#): branched chain amino acids

- Promotes increase muscle growth & is muscle sparing
- Prevents fatigue in novice athletes
- Necessary when in a caloric deficit
- Popular as a pre or intra workout drink

## Other supplements to consider

[Acetyl L carnitine](#)- supposed to help mobilize fat but hasn't shown consistently in studies to be effective for this. It is, however, great for alleviating the side effects of aging like neurological decline and chronic fatigue. It can also improve insulin sensitivity, blood vessel health and protect neurons.

[Dextrose](#) - Dextrose is usually taken post or intra workout. It bypasses digestion and is readily available for energy within about 15 minutes of consumption. During a cut phase, sipping on dextrose with your BCAA's helps with energy to get your best workout in. Dextrose is ideal because it contains no fructose which hinders the release of human growth hormone, a hormone which aids in muscle repair and growth among other important things.

\*I take a mixture of 2/3 dextrose to 1/3 [maltodextrin](#). For biochemical reasons, the combination makes dextrose more digestible leading to faster and greater absorption.

### Not to forget my pre-workout protein coffee...

Dissolve a half scoop of chocolate protein in a little bit of cold water to make a thick slurry. Pour in hot coffee while stirring and enjoy!

I like to buy supplements in bulk whenever possible from [BulkSupplements.com](#). Otherwise I really like to check out [AllStarHealth.com](#), [Vitacost.com](#), and [Amazon.com](#).

Read a more in depth regarding supplements in this PDF – [Supplements Explained](#)

# Contest Prep Guide

Bikini, Figure, Physique



82

## How I take my supplements:

AM with breakfast: Suppress by Natty Nutrition, greens powder + protein coffee.

Intra workout: Dextrose/maltodextrin + BCAA's + Beta alanine. All powders mixed into my water.

Post workout: Protein powder, creatine, acetyl L carnitine and sometimes added glutamine mixed together. Then I add water when I am ready to drink. Don't let your mix sit in water for a long time as some supplements can start breaking down making them ineffective.

## Workouts

---

There are many methods and workout plans out there and they are nice to rotate through. Depending on which division you want to compete in; bikini, figure or physique, your plan will all depend on where you are starting and what your goals are. Also see [Divisions Explained](#).

Read through the guidelines and check out the workout.

**Choose a weight** that you can lift within the repetition range that is challenging. If you are supposed to do 3 sets of biceps curls for 10-15 repetitions (reps) and you choose a weight that you can only lift for 8 reps, then you need a lighter weight. If you can lift more than 15 reps, you need a heavier weight.

**Proper form above all!** Make sure you have proper form and posture. This is of the utmost importance. If you have never lifted before and are brand new to this gym thang, then I advise you to set up a session or three with a personal trainer to go over form with you. Especially on squats, bench press, overhead shoulder press/military press, dead lifts and barbell rows. If you neglect this piece of advice, you could risk serious injury or injuries that creep up over time that will put you out of the gym for weeks, months or for good!

**Work hard!** If you don't challenge yourself and push your limits (safely) in the gym, then you won't see results! This doesn't mean you should be sore after every workout. You will be at first but as time goes on, being sore may not happen every time. It is not an essential sign that you worked hard or not.



# Contest Prep Guide

Bikini, Figure, Physique



29

**Consistency and perseverance** is key to improvement and results!

**Short on time:** superset 2 or 3 exercises.

**Rest** 30-60 seconds between sets. When you start lifting heavier in lower reps ranges, more rest is needed.

**Substitute:** If your gym does not have a piece of equipment for any of the exercises specified below, there are many exercises you can substitute. Check out the [Exercise Bank](#). As a general rule of thumb, switch out a compound exercise for another compound exercise and an isolation exercise for another isolation exercise.

**Don't lift to failure.** Lift until you feel the burn but could still do 1-2 more reps. You will cycle overreaching into your program.

**There are 3 weeks' worth of workouts here.** Start with week one, then do week two and three. Once week three is complete, start over on week 1 trying to beat what you did the previous time around. Workout sessions that are done 2x per week you will do in the heavy rep range and then the high rep range where specified. For example, for week 1, you have heavy leg day on day 3 and high rep leg day on day 6. On day 3, you would do the week 1 leg workout in the lower rep ranges (6-8). Then on high rep leg day 6 you would do week 1 leg day in the 10-15 rep range.

## Cycle an overreach period:

Your body is very efficient at adapting to your activity level. Every 8-12 weeks, it is a good idea to really push the envelope and overreach. This is then followed by a de-load week.

For an overreaching period you can do a few different things:

- Do every set to failure plus a drop set to for 2 weeks. **A drop set** is where you do 3 or 4 sets of an exercise, then, immediately after the last set, pull off some weight and burnout. Minimal to no rest between the last set and the drop set.
- Add an extra set to every exercise and push to absolute failure on every set for 2 weeks.

After you are through with your overreaching cycle, de-load for a week where you lift only higher rep ranges NOT to failure. For example: heavy day may be 15-20 reps and high rep day will be in the 20-30 reps.

# Contest Prep Guide

Bikini, Figure, Physique



You can also Run the rack where you start with a very heavy weight and go to failure, then immediately pick up the next lightest weight and go to failure with the same exercise and continue on down until you run out of weights or you can't possibly lift anymore.

**Other ways to schedule in some recovery** regardless of what you are doing is to take 2-3 days off every 4-5 weeks, or take a de-load week when needed every 6-12 weeks.

**Superset**: do the first exercise,(no rest) then the 2<sup>nd</sup> exercise and/or the 3rd, then rest and repeat.

**BB**: Barbell

**DB**: Dumbbell

**BW**: bodyweight

**Push**- chest, shoulders, triceps

**Pull**- back, biceps

**HR**: high repetition day

**Heavy**: low repetition day

**Reps**: Repetitions: number of times you perform the exercise.

**Set**: number of cycles of reps that you complete. 3 sets for 15 reps means you do 15 reps of an exercise, rest, repeat 2 more times.

## *Splits*

### **5 day split**

Day 1: Push Heavy  
Day 2: Pull Heavy  
Day 3: Legs Heavy  
Day 4: Back/ chest/ biceps/ triceps HR  
Day 5: Legs/ shoulders HR

### **6 day split**

Day 1: Push Heavy  
Day 2: Pull HR  
Day 3: Legs Heavy  
Day 4: Push HR (do giant set for shoulders)  
Day 5: Pull Heavy  
Day 6: Legs HR

Rep ranges will vary based on your desired goal. Read below.

- 1-5 reps = Strength
- 6-12 = Hypertrophy
- 12+ = Endurance

^^ a general rule of thumb.

# Contest Prep Guide

Bikini, Figure, Physique



31

## **Serious muscle building- figure and physique**

Do 3-5 sets per exercise

Heavy days: rep ranges 6-8

High rep days: rep ranges 10-15

If you have been lifting consistently for 2-5 years and find you need to build up a particular muscle group that is lagging in proportion to other muscle groups, increase the volume for that particular muscle group, such as, working your shoulders 3x per week doing less sets per session and more total sets over the course of a week.

For example:

Say you are hitting shoulders 2x per week doing 12 sets of exercises per session for a total of 24 sets a week. If you start hitting shoulders 3x per week, you would do 10 sets each session for a total of 30 sets each week. Less sets per session, but more per week. Vary the rep ranges each session where you can do a 3-5 rep range one session, 15-20 the next and then 8-10 on the 3<sup>rd</sup> sesh leaving at least 1 day of non-shoulder work between shoulder shredding sessions. Be sure to lift safely, with proper form and use a spotter when appropriate.

## **Want to build but keep a more slender figure-bikini**

Work in higher hypertrophy and endurance rep ranges. Let me note here that woman don't build muscle like men. Don't be afraid to really work hard with the dumb bells to build some sexy curves! You can always start in the "serious muscle building" section and once you have reached your desired physique, work in higher rep ranges for muscle groups that are sculpted to your desire. See also [Lift Like a Man, Look Like a Goddess](#).

Do 3-5 sets per exercise

Heavy days: 10-15

High rep days: 15-20 or 20-30

For muscle groups that you really need to build, work in lower rep ranges on heavy days such as 6-8 or 8-10 or increase the frequency you work them. Instead for 2x per week, do 3x in varying rep ranges for example.

# Contest Prep Guide

Bikini, Figure, Physique



32

## CORE

Your core is a VERY important group for strength and stability that carries over into your other workouts. Do the following core workouts 2x each week on the days of your choosing after your regular lifting sessions. If you cannot superset due to a busy gym or equipment layout, do the exercises separate or make a different combo. Try to work upper abs, lower abs and oblique's or deep core in your super set.

### *Week 1 Core*

---

**Superset: 3x through, 12-20 reps each exercise**

- Weighted Swiss ball crunch
- Half kneeling stability chop
- Swiss ball pass-legs to hands

### *Week 2 Core*

---

**Superset: 3x through, 12-20 reps each exercise**

- Floor crunch
- Plank
- Weighted reverse crunch

### *Week 3 Core*

---

**Superset: 3x through, 12-20 reps each exercise**

- Weighted decline crunches
- Side plank
- Hanging leg raises

# Contest Prep Guide

Bikini, Figure, Physique



## 5 DAY SPLIT

### *Week 1: Push*

---

#### **Chest:**

- Flat bench press
- Superset:
  - Incline flyes
  - Push-ups

#### **Shoulders:**

- BB Military Press
- Upright rows -narrow grip
- Lateral DB raises
- Rear delt cable extensions

#### **Triceps:**

- EZ bar Skull crushers
- Overhead triceps rope extensions
- Dips

### *Week 1: Pull*

---

#### **Back:**

- Lat pulldowns (wide grip)
- Single arm DB rows
- Seated cable rows (grip-shoulder width apart or narrow)
- Back extensions

#### **Biceps:**

- EZ bar curls
- DB curls
- Rope curls

### *Week 1: Legs*

---

- Squats- BB
- Leg press
- Walking Lunges with DB,EZ bar or BB
- Seated hamstring curl machine or standing cable leg curl
- Hip Thruster



# Contest Prep Guide

## Bikini, Figure, Physique



34

### *Week 1: Back, chest, biceps, triceps- high rep*

---

#### **Back/ biceps:**

- Superset:
  - Lat pulldowns wide grip
  - DB bicep curls
- Superset:
  - Single arm DB rows
  - Cable curls

#### **Chest / Triceps:**

- Superset:
  - Flat bench press
  - Bench dips to near failure
- Superset:
  - Incline DB flies
  - Overhead triceps extension with EZ bar

### *Week 1: Legs, shoulders- high rep*

---

- Superset:
  - BB back squats
  - DB Military Press
- Superset:
  - Leg press
  - Upright rows (narrow grip)
- Superset:
  - Walking Lunges with DB or Ez bar/BB
  - Lateral DB raises
- Superset:
  - Seated hamstring curl machine or standing cable leg curl
  - Rear delt extensions- cable or DB

### *Week 2: Push*

---

#### **Chest:**

- Incline DB bench press
- Pec dec machine

#### **Shoulders:**

- DB shoulder Press
- Upright rows (wide grip)
- Rear delt machine
- Front DB raises

#### **Triceps:**

- Skull crushers- DB
- Seated overhead DB triceps extensions
- Underhand cable extensions

# Contest Prep Guide

Bikini, Figure, Physique



## *Week 2: Pull*

---

### **Back:**

- Deadlifts
- T-bar row
- Seated cable rows (wide grip)
- Inverted rows/ Horizontal pullups

### **Biceps:**

- BB curls
- DB hammer heads
- Concentration curls

## *Week 2: Legs*

---

- Hack squat
- Narrow leg press
- Smith machine lunges
- Superset:
  - Side step ups on high platform
  - Sumo squats holding a kettlebell

## *Week 2: Back, chest, biceps, triceps- high rep*

---

### **Back/ biceps:**

- Superset:
  - Bent over barbell rows
  - Seated incline DB bicep curls
- Superset:
  - Seated cable rows (wide grip)
  - EZ bar biceps curl

### **Chest/ triceps:**

- Superset:
  - Incline DB press
  - DB skull crushers
- Superset:
  - Pec fly deck
  - Triceps DB kickbacks

# Contest Prep Guide

## Bikini, Figure, Physique



### *Week 2: Legs, shoulders- high rep*

---

- Combo: modified snatch to back squat
- Superset:
  - Sumo squats holding a kettlebell
  - Stationary alternating lunges with DB or short BB/EZ bar
- Superset:
  - Rear delt machine
  - Front DB raises
- Kettlebell swings

### *Week 3: Push*

---

#### **Chest:**

- DB bench press
- Decline DB bench
- Medicine ball throws

#### **Shoulders:**

- Arnold Press
- Alternating DB press, hold “resting arm” at 90
- Cable face pull
- Side cable lateral raises

#### **Triceps:**

- Overhead EZ curl bar extensions
- DB triceps kickbacks
- Bench dips

### *Week 3: Pull*

---

#### **Back:**

- Bent over barbell row
- Pull-ups
- Standing lat straight arm push down on cable machine

#### **Biceps:**

- Superset:
  - EZ bar preacher curls
  - DB Hammer head
  - Concentration DB curls

# Contest Prep Guide

Bikini, Figure, Physique



37

## *Week 3: Legs*

---

- Front BB squat
- Leg extension machine- 1 legged
- Deadlifts
- Cable machine kick backs
- Straight leg dead lift

## *Week 3: Back, chest, biceps, triceps- high rep*

---

### **Back/biceps:**

- Superset:
  - Close grip lat pulldowns
  - Single arm DB preacher curls
- Superset:
  - Standing lat straight arm push down on cable machine
  - Concentration curls- DB

### **Chest/Triceps:**

- Superset:
  - DB flat bench press
  - Underhand cable ext
- Superset:
  - Decline DB bench
  - Dips (on the bars of the dip station)

## *Week 3: Legs, shoulders- high rep*

---

- Superset:
  - Front BB squat or Cable hack squat machine
  - Arnold Press
- Superset:
  - Leg extension machine
  - Alternating DB press, hold “resting arm” at 90
- Superset:
  - kick backs- cable machine
  - Lateral DB raises
- Smith machine lunges with high knee

# Contest Prep Guide

Bikini, Figure, Physique



## 6 DAY SPLIT

### *Weeks 1-3: Giant Set- shoulders*

---

Go through each exercise without rest between. Once you have reached the last exercise, rest and repeat 2 more time. This is done for shoulders on the high rep day.

Do 3 sets 15-20 reps each exercise:

- Seated Military Press – DB or BB
  - Upright rows
  - Front plate raise
  - Double arm lateral raises with DB's
  - Standing rear delt raise
- Rest 2-5 minutes, and repeat 2 more times

### *Week 1: Push*

---

#### **Chest:**

- Flat bench press
- Superset:
  - o Incline flyes
  - o Push-ups

#### **Shoulders:**

- Military Press- BB
- Upright rows (narrow grip)
- Lateral DB raises
- Rear delt cable extensions

#### **Triceps:**

- Skull crushers- EZ bar
- Overhead triceps rope extensions
- Dips

### *Week 1: Pull*

---

#### **Back:**

- Lat pulldowns (wide grip)
- Single arm DB rows
- Seated cable rows (grip-shoulder width apart or narrow)
- Back extensions

#### **Biceps:**

- EZ bar curls
- DB curls
- Rope curls



# Contest Prep Guide

## Bikini, Figure, Physique



### *Week 1: Legs*

---

- Squats- BB
- Leg press
- Walking Lunges with DB,EZ bar or BB
- Seated hamstring curl machine or standing cable leg curl
- Hip Thruster

### *Week 2: Push*

---

#### **Chest:**

- Bench press- Incline DB
- Pec dec machine

#### **Shoulders:**

- DB shoulder Press
- BB upright rows -wide grip
- Rear delt machine
- Front DB raises

#### **Triceps:**

- Skull crushers- BD
- Seated overhead DB triceps extensions
- Underhand cable extensions

### *Week 2: Pull*

---

#### **Back:**

- Deadlifts
- T-bar row
- Seated cable rows (wide grip)
- Inverted rows/ Horizontal pullups

#### **Biceps:**

- BB curls
- DB hammer heads
- Concentration curls

### *Week 2: Legs*

---

- Hack squat
- Narrow leg press
- Smith machine lunges
- Superset:
  - Side step ups on high platform
  - Sumo squats holding a kettlebell

# Contest Prep Guide

Bikini, Figure, Physique



40

## *Week 3: Push*

---

### **Chest:**

- DB bench press
- Decline DB bench
- Medicine ball throws

### **Shoulders:**

- Arnold Press
- Alternating DB press, hold “resting arm” at 90
- Cable face pull
- Side cable lateral raises

### **Triceps:**

- Overhead EZ curl bar extensions
- DB triceps kickbacks
- Bench dips

## *Week 3: Pull*

---

### **Back:**

- Bent over barbell row
- Pull-ups
- Incline DB rows
- Standing lat straight arm push down on cable machine

### **Biceps:**

- Superset:
  - EZ bar preacher curls
  - DB Hammer head
  - Concentration DB curls

## *Week 3: Legs*

---

- Front BB squat
- Leg extension machine- 1 legged
- Deadlifts
- Cable machine kick backs
- Straight leg dead lift

# Contest Prep Guide

Bikini, Figure, Physique



# BIKINI GIRL WORKOUT



## Schedule

**Day 1-** Full body 6-10 rep ranges -heavier weight day.

**Day 2-** Back and plyo 15-20

**Day 3-** Hamstrings, shoulders, abs 12-20 rep ranges

**Day 4-** Chest, biceps, triceps 12-20 rep ranges

**Day 5-** Plyo/agility day/ core

**Day 6-** Legs and booty 12-20

**Day 7- OFF**

Make sure to warm up before starting the following:

## Week 1

### Full body

- Squat 8-10, 3 sets
- Shoulder press 8-10, 3 sets
- Barbell rows, palms down (back) 8-10, 3 sets
- Cable hammer curl (biceps) 8-10, 3 sets
- Skull crushers (triceps) 8-10, 3 sets

### Back and Plyometrics

**Superset:** 4x through

- BB bent over rows 15-20
- Platform jumps for 60 seconds (increase height each set, if equipment is available)
- Rest for 30-60 seconds
- Repeat

**Superset:** 4x through

- Wide grip lateral pull down machine 15-20
- Jumping lunges (alternate legs every rep) TIME-60 seconds
- Rest for 30- 60 seconds
- Repeat

**Superset:** 4x through

- Seated row machine (narrow grip) 15-20
- Leap frogs 60 seconds
- Rest for 30-60 seconds
- Repeat

# Contest Prep Guide

## Bikini, Figure, Physique



42

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Pull-ups : palms away from you shoulder width apart-Unassisted or assisted pull-up machine or bands- 3 sets
- Wide to Narrow JUMP squats to failure - 3 sets

## Hamstrings & Shoulders

**Superset:** 4x through

- Lying hamstring curl - single legged 15-20
- DB side raises 12-15
- Rest for 30-60 seconds
- Repeat

**Superset:** 4x through

- Straight leg deadlift BB 15-20 reps
- DB shoulder press, alternate arms, hold your arms so the elbow is at a 90 degree angle in line with the shoulder 12-15 reps
- rest for 30- 60 seconds
- repeat

**Superset:** 4x through

- HACK squat on machine, feet wide, push through heels 12-15 reps
- BB upright rows (lift straight up to chin) wide grip 15-20 reps
- rest for 30-60 seconds
- repeat

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- kettle or DB swing (focus on lifting past parallel) 15-25, 3 sets
- Superset 3 times : Weighted reverse crunch on bench /ball crunch/supine bicycle crunches

## Chest , Triceps, Biceps

**Superset:** 4x through

- Chest presses with DB 15-20
- DB hammer curls 12-15
- Rest for 30- 60 seconds

**Superset:** 4x through

- Triceps cable push down 15-20
- Barbell bicep curl (use EZ curl bar) 12-15
- Rest for 30-60 seconds

**Superset:** 4x through

- DB overhead triceps extension (seated) 15-20
- Biceps cable rope curl 12-15
- Rest for 30-60 seconds

# Contest Prep Guide

## Bikini, Figure, Physique



34

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Chin ups - palms toward you (unassisted or assisted with bands or machine) 3 sets
- Push-ups to failure! 3 sets. Can be on knees or standing pushing against a wall or bench

### Plyometric, Agility

**Superset:** 3x through

- Box jumps 30-60 seconds
- TRX Mountain climber – slow and hold the knee near your chest for 3 count. 30-60 seconds
- Rest for 60 seconds and repeat.

**Superset:** 3x through

- Single leg pump steps ups 30-60 seconds
- TRX pistol squats 30-60 seconds
- Rest for 60 seconds and repeat this 3 times (3 sets)

**Superset:** 3x through

- TRX Speed skater 30-60 seconds
- Burpee to reverse burpee 50-90 seconds
- Rest for 60 seconds and repeat this 3 times

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Assisted pullups (machine) to failure- 3 sets
- Jump alt lunges TRX to failure- 3 sets

### Legs & Glutes

**Superset:** 4x through

- BB Back squats- slow (4 sec down, 4 sec up) increase weight 5-10 # every set 12-20  
-Start with a doable weight for higher rep (15-20) that allows you to increase lb to the most challenging weight in lower reps (10-12 ish)
- Bench alternating single leg step ups 20-25
- Rest for 30-60 seconds
- Repeat

**Superset:** 4x through

- BB or DB lunges (stationary alternating) 15-20
- DB/ kettlebell sumo squats 15-20
- Rest for 30-60 seconds
- Repeat

**Superset:** 3x through

- Leg press machine (feet positioned high and wide) 15-20
- Deficit kettlebell straight leg deadlift (standing on platform) 15-25
- Rest for 30-60 seconds
- Repeat



# Contest Prep Guide

## Bikini, Figure, Physique



**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Weighted hip thrusts to failure 3 sets
- Lying down hamstring curl to failure 3 sets

## Week 2

### Full body

- Front squat 8-10
- Deadlift 8-10 3 sets
- Arnold press (shoulders) 8-10 3 sets
- Barbell rows, palms up (back) 8-10 3 sets
- DB bicep curls 3 sets 8-10
- Overhead DB triceps extensions 3 sets 8-10 reps

### Back and Plyometrics

**Superset:** 4x through

- One arm DB bent over rows 15-20
- Platform jumps for 60 seconds (increase height each set, if equipment is available)
- Rest for 30-60 seconds
- Repeat

**Superset:** 4x through

- Cable pull down (aka cable pullover) 15-20
- Jumping lunges (alternate legs every rep) TIME-60 seconds
- Rest for 30- 60 seconds
- Repeat

**Superset:** 4x through

- Narrow grip seated cable row 15-20
- Leap frogs 60 seconds
- Rest for 30-60 seconds
- Repeat

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Pull-ups: palms away from you shoulder width apart, unassisted or assisted pull-up machine or bands 3 sets
- Wide to Narrow JUMP squats to failure 3 sets

# Contest Prep Guide

Bikini, Figure, Physique



54

## Hamstrings & Shoulders

**Superset:** 4x through

- Cable hamstring curl 15-20
- Cable side raises 12-15
- Rest for 30-60 seconds
- Repeat

**Superset:** 4x through

- Cable pull through (glutes) 15-20
- DB Arnold press 12-15
- Rest for 30- 60 seconds
- Repeat

**Superset:** 4x through

- Kettlebell one legged deadlift 12-15
- BB upright rows (lift straight up to chin) narrow grip 15-20
- Rest for 30-60 seconds
- Repeat

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Smith machine lunges 3 x 15-20 each side
- Superset 3 times : Cable crunch/ plank/ slow mountain climber

## Chest , Triceps, Biceps

**Superset:** 4x through

- Incline chest presses with BB 15-20
- Single arm DB preacher curls 12-15
- Rest for 30- 60 seconds

**Superset:** 4x through

- Underhand Triceps cable extension 15-20
- Barbell bicep curl (use 20-30 lbs EZ curl bar) 12-15
- Rest for 30-60 seconds

**Superset:** 4x through

- skull crushers –EZ curl bar 15-20
- DB concentration curls 12-15
- Rest for 30-60 seconds

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Chin ups - palms toward you, unassisted or assisted with bands or machine, 3 sets
- Explosive push-ups 3 sets. Explode on the push so your hands leave the ground, bench or wall. Make sure core is braced to protect your back. Do these as incline push-ups pushing off a bench or platform or on the ground on knees or plank position.

# Contest Prep Guide

## Bikini, Figure, Physique



6  
4

### Plyometric, Agility

**Superset:** 3x through

- Box jumps 45-70 seconds
- Paper plate Mountain climber –fast. 45-60 seconds (use paper towels under your feet and slide)
- Rest for 60 seconds and repeat

**Superset:** 3x through

- Single leg bench hop overs. (move at a safe pace but quickly if you can) 30-60 seconds
- Rocket jump 30-60 seconds
- Rest for 60 seconds and repeat

**Superset:** 3x through

- Speed skaters 30-60 seconds
- Sliding burpee 50-70 seconds, (with paper towel or paper plates under your feet)
- Rest for 60 seconds and repeat this

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Assisted pullups (machine) to failure 3 sets
- Jump alt lunges to failure 3 sets

### Legs & Glutes

**Superset:** 4x through

- BB Front squats 12-20
- Bench alternating single leg step ups 20-25
- Rest for 30-60 seconds
- Repeat

**Superset:** 4x through

- Walking barbell lunge 15-20
- DB/ kettlebell sumo squats 15-20
- Rest for 30-60 seconds
- Repeat

**Superset:** 3x through

- LEG press machine (feet positioned high and wide) 3 x 15-20
- Donkey kicks 3 x 20
- Rest for 30-60 seconds
- Repeat

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Weighted hip thrusts to failure 3 sets
- Lying down hamstring curl to failure 3 sets

# Contest Prep Guide

## Bikini, Figure, Physique



### Week 3



#### Full body

- Bear complex 10-12 , 3 sets
  - Weight shouldn't be super heavy. I want it to be sort of a warm up but a bit more challenging than that.
- Bench press 8-10 reps, 3 sets
- Face pulls (shoulders) 8-10 reps, 3 sets
- Lat pulldown (back) 8-10 reps, 3 sets
- DB concentration curls 8-10 reps, 3 sets
- Triceps kickback 8-10 reps, 3 sets

#### Back and Plyometrics

**Superset:** 4x through

- Reverse grip BB bent over rows 15-20
- Platform jumps for 60 seconds (increase height each set, if equipment is available)
- Rest for 30-60 seconds
- Repeat

**Superset:** 4x through

- Horizontal pullups
- Jumping lunges (alternate legs every rep) 60 seconds
- Rest for 30- 60 seconds
- Repeat

**Superset:** 4x through

- Close grip lat pull downs 15-20
- Leap frogs or rocket jumps 60 seconds
- Rest for 30-60 seconds
- Repeat

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Pull-ups: palms away from you shoulder width apart-Unassisted or assisted pull-up machine or bands. 3 sets
- Wide to Narrow jump squats to failure 3 sets

#### Hamstrings & Shoulders

**Superset:** 4x through

- Cable kickbacks 15-20
- Cable front raises 12-15
- Rest for 30-60 seconds & repeat

# Contest Prep Guide

## Bikini, Figure, Physique



### **Superset:** 4x through

- Seated leg curls 12-15
- DB military press 12-15 reps
- Rest for 30- 60 seconds
- Repeat

### **Superset:** 4x through

- Smith machine lunges 15-20 each side
- DB rear delt raise 15-20
- Rest for 30-60 seconds
- Repeat

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Single leg bridge on Swiss ball 3x to failure
- Superset 3 times : Reverse crunch/Swiss ball roll out/weighted floor crunch

## Chest , Triceps, Biceps

### **Superset:** 4x through

- Overhead Rope Triceps cable extension 15-20
- Cable preacher curl 12-15
- Rest for 30- 60 seconds

### **Superset:** 4x through

- DB flies 15-20
- EZ bar bicep curl (use 20-30 lbs EZ curl bar) 12-15
- Rest for 30-60 seconds

### **Superset:** 4x through

- DB Triceps kickbacks 15-20
- Incline bench DB bicep curls 12-15
- Rest for 30-60 seconds

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Narrow – wide pushups to failure 3 sets  
Ex: wide push followed by narrow, explode on push so your hands leave the ground/ bench / wall to the next position. Make sure core is braced to protect your back. Do these as incline push-ups pushing off a bench or platform , wall or on ground on knees or plank position
- Bench triceps dips (use body weight) to FAILURE. 3 sets  
Can make this easier with feet closer to the bench with bent knees or harder by putting feet up onto another bench.



# Contest Prep Guide

Bikini, Figure, Physique



94

## Plyometric, Agility (same as week 1)

### Legs & Glutes

#### **Superset:** 4x through

- Single leg, leg extension machine 15-20
- Bench alternating single leg step ups 20-25
- Rest for 30-60 seconds
- Repeat

#### **Superset:** 4x through

- Walking barbell lunge with kick back 15-20
- DB/ kettlebell sumo squats 15-20
- Rest for 30-60 seconds
- Repeat

#### **Superset:** 3x through

- DB or BB or smith machine: Narrow squat 15-20
- DB or with smith machine -Split squat- back leg on platform/bench 15-20
- Rest for 30-60 seconds
- Repeat

**Burn out exercises:** choose a weight that will put you at failure. Push hard to the end!

- Weighted hip thrusts to failure 3 sets
- Lying down hamstring curl to failure 3 sets

# PEAK WEEK

Here is a sure fire way to go about peak week. Peak week is the week prior to your contest. This is not a week that you try and lose weight, change things drastically or do anything crazy. You should have hit your goals and physique at least 1 week prior to your show. Here is a peak week example to follow:

### **Sea salt, sodium & artificial sweeteners**

- Keep all sea salt IN your diet. Don't take sodium out!
- After your refeed, avoid or keep to a minimum diet sodas or other artificial sweeteners or drinks, especially if they cause issues for you. Drink water until the show.

# Contest Prep Guide

Bikini, Figure, Physique



05

## Water

- After refeed all the way through Friday night, drink 2 EXTRA liters of water a day (on top of the current amount you are drinking.)
- Make sure to get all your water in on all days. This is VERY important!!!

## Carb up on Monday

If you have normal refeeds each week and they fall on a Wednesday-Sunday, skip it the week prior to peak week and do the Monday refeed. You should know by now how much you can refeed on based on how the refeeds went during your prep.

- Continue taking creatine all week to help pull water and carbs into the muscle.
- Take 1 extra serving of creatine with your refeed meal.
- Avoid HIIT cardio after Monday. You want to avoid depleting glycogen stores too much.
- Practice posing transitions and posing routines every day.

Begin your refeed within 30 min of finishing your workout. Protein and fat do not have to be perfectly spaced. Just hit daily totals for those. Make sure to get your whey protein within 30 min post workout.

## Tue-Thursday

- Continue to drink extra water.
- Workouts stay the same but lighten them up a bit. Use a lighter weight. Still work but not like you are in SUPER beast mode.
- Continue with MISS/MIIT cardio.

## Friday

- NO workout, relax, Friday night at 8 pm, cut water off.

## Saturday- Show Day!

**Show day!** See example meal plan below.

Your show day diet is a balance of water and carbs. Don't dehydrate but don't go crazy on the water either.

# Contest Prep Guide

## Bikini, Figure, Physique



Show day diet will be higher in fat and carbs than your prep diet. Having paid attention to your body in the last few months of prep will help you pinpoint the macro balance that you look best at. Look at yourself in the mirror every day after refeeds to see what day you look best on. Also pay attention to how much you have to lift to get the best and fullest look as you will pump up after meals and prior to getting on stage.



### Show day diet example:

This client of mine ended her prep on

<b>Protein 120 g =480 kcal</b>	<b>Carbs 120 g= 480 kcals</b>	<b>Fat 40 g = 360 kcals</b>
--------------------------------	-------------------------------	-----------------------------

Her show day diet looked like this:

	120g protein	180 g carbs	60g fats	water
Meal 1: 5 hours before stage	20 g Chicken or fish	30g Rice, rice cakes, or oatmeal	10 g Almond butter/ almonds or butter or olive oil	10 oz/ 295 ml
15 mins after your meal, do a light 10 min pump workout with resistance bands. Do 4-5 sets for every body part in higher reps to just get a decent blood flow to pull water, salt and carbs into muscles.				
Meal 2: 3-4 hours before stage	20 g Chicken or fish	30g Rice or rice cakes	10 g Almond butter/ almonds or butter or olive oil	8 oz/ 240 ml
15 mins later do a light 10 min workout as stated above.				
Meal 3: 1.5-2 hours before stage	20 g Can do a cliff builder bar for all macros if convenient, other wise same as meal 2	30g Rice cakes (omit if doing builder bar)	10 g Almond butter/ almonds or butter or olive oil (omit if doing builder bar)	8 oz/ 240 ml
30 min before stage		15g- Gatorade with 1/8 tsp salt		
Start drinking a 10 oz Full sugar Gatorade with 1/8 tsp sea salt in it. If not finished, continue to drink it while pumping up. Start pumping up 20-30 minutes before hitting the stage. Don't over do the workout or you will miss the peak. It's like a light high rep day.				

**\*\*Repeat meal 1-3 for the finals show.**

# Contest Prep Guide

## Bikini, Figure, Physique



52

Most shows have a pre-judging in the morning and finals in the evening. After the prejudging you will have a long break. When you get hungry start the meals over again from the morning. Stick to your diet! Placings have already been decided in the morning but if you go up for overall you need to look your best!

Also see [What to Expect on Show day](#).

If the show is a running format where the pre-judging and awards are all at once, your meals will be timed the same, you just won't be sticking to all the meals the entire day. Stick to all the meals up until you are completely done and awards have been handed out for your classes.

Sunday, the day after the show, just relax, eat whatever but don't go crazy! Don't eat things just because you can. Eat when you are hungry and stop when you are full. Start your [reverse diet](#) on Monday!!!

## Show day packing list

---

If you are doing your first bikini, figure, fitness or physique competition, you have a lot to think about the week of your show. Use this packing list to take some pressure off forgetting anything you may need!

1. Competition suit and other costumes (fitness)
2. Many have suggested to me to have my suit on before I get to the venue. But, I have found this not necessary, especially if you know the order the classes will be judged in.
3. Competition shoes
4. Small sewing kit (needle, thread, scissors, safety pins)
5. Oil/glaze
6. DIY tanning products if you did not use the event tanner
7. Spray adhesive glue + fat popsicle sticks for application
8. Resistance bands
9. Dark clothing/flip flops (which you should be wearing there)
10. Make-up
11. Curling irons
12. Comb/ teaser brush etc
13. Hair spray or other products. Dry shampoo is a good mid day refresher.
14. Mirror
15. Jewelry

# Contest Prep Guide

## Bikini, Figure, Physique



16. Rags or hand towels for wiping hands free of oil or tan
17. A stack of disposable Dixie cups with holes in them to pee through- yes weird but you don't want to splash on your tan! It happens and you can touch it up. I have also used hand towels placed inside of each leg to prevent splashing on my tan. Also see What to Expect on Show Day and the Not so Glam for more options.
18. Ibuprofen
19. Camera
20. Cell phone
21. Music player or a book for down time
22. Cooler + food + drinks + timeline of what to eat when + napkins + plates/tupperware
23. Clothing to wear after the show (out to eat/ after party)
24. Cash
25. Directions to venue
26. If you are traveling and staying overnight at the hotel bring old sheets to sleep on. The competition tan gets on everything!

### Other things to consider:

- Extension cord
- Phone charger
- Blanket

Most of the time competitors camp out back stage and in hall ways spreading out blankets, food, mirrors or to just plain lay down and put their feet up.

# Good luck!!!

If you have questions or feedback, something doesn't make sense or you just plain need a coach, email me at [GetFitGoFigure@gmail.com](mailto:GetFitGoFigure@gmail.com)

@GetFitGoFigure #GF2Crew #getfitgofigure