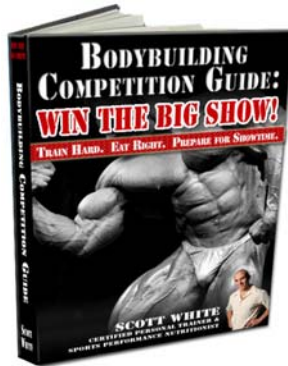


Bodybuilding Competition Guide

Secrets of Winning a Bodybuilding Show



Personal Power Training
by Scott White

www.personalpowertraining.net

Bodybuilding is not a joke, frivolous activity, or a simple pastime. It is as serious and athletic a sport as football. It takes tons of discipline, hard work, perseverance, and commitment to make a mark in the biggest bodybuilding league. So if you love going to the gym, but are not willing to sacrifice or give any extra time or energy to take it to the next level, you can assume that competitions are not for you.

The biggest trait a bodybuilder should have is the attitude to constantly strive to improve. No one is perfect or ever will be perfect. That's just the human body for you. Some may be more muscular, while others are leaner and more defined; some lack symmetry or might have some excess body fat. But, none of these factors is a hindrance to bodybuilding. Because there's always room for improvement, you can always find something to improve.

Another important trait every bodybuilder needs is confidence. Like most sports, the conditioning for bodybuilding begins in your head. Confidence in your own abilities can take you to new heights, if you let it. Overall, the total attitude toward bodybuilding and life, in general, will make the difference for any contestant.

Before going into the details about how to win a bodybuilding show, including how to prepare, diet, posing, etc., here is some brief info about the various bodybuilding organizations and sanctioned bodybuilding competitions worldwide.

Joining a Bodybuilding Organization:

You may have to purchase a membership in these organizations in order to compete in any of the competitions they organize. Membership can cost anywhere between \$35 and \$60 per year. This usually can be done in advance or the day of the competition.

The popular bodybuilding organizations include the:

- [Amateur Bodybuilding Association](#) (ABA) — Affiliated with Zeus Productions; sponsors natural bodybuilding competitions. Web site has information, including list of banned substances, rules and regulations, and judging criteria.
- [Australasian Natural Bodybuilding](#) (ANB) — The official Web site of the ANB provides information on results, competitions, rules, banned drugs, and contact information.
- [British Natural Bodybuilding Federation](#) — Dedicated to drug-free British bodybuilding, both amateur and professional. Covers training, diet, and competitions.
- [Exercise Group](#) — Official site of the World Natural Bodybuilding Federation (WNBF) and International Natural Bodybuilding Federation (INBF). Includes a variety of drug-free exercise information.
- [Fitness Universe](#) — Muscle Mania Bodybuilding Competitions; figure, fitness model, and bikini competitions.
- [International Drug-Free Athletics](#) (IDFA) — An organization committed to supporting drug-free bodybuilding worldwide.
- [Manitoba Amateur Body Building Association](#) - Calendar of events and results of Manitoba's amateur bodybuilding scene.
- [National Amateur Body Builders Association International](#) (NABBA International) — News and information on Mr. Universe, Ms. Universe and other contests; provides the athlete with the opportunity to compete at an international level.
- [National Amateur Body Builders Association USA](#) (NABBA USA) — Information about the association, including codes of ethics, rules and regulations, and contest schedules.
- [National Gym Association, Inc.](#) (NGA) — Personal fitness certification course and natural bodybuilding and fitness shows for men and women, including professional and amateur athletes.
- [Natural Physique Association](#) (NPA) — An independent bodybuilding association which promotes drug-free amateur and professional bodybuilding events within the continental United States.
- [Neutron Fitness & Sports Organization](#) — Their purpose is to promote an ethical lifestyle and to provide drug-free athletes with a natural platform to showcase their talents around the world.
- [North American Natural Bodybuilding Federation](#) (NANBF) — Natural bodybuilding links and contest schedules. Includes pictures, exercise tips, and results.
- [Organization of Competitive Bodybuilders](#) (OCB) — Information about North American drug-free bodybuilding, fitness, and figure competitions.
- [Ohio Natural Bodybuilding Federation](#) (ONBF) — A natural bodybuilding organization structured to provide natural competitors with a “level playing field.”
- [South Carolina National Physique Committee](#) — The official information site for all South Carolina bodybuilding, fitness, and figure competitors.
- [Supernatural Bodybuilding & Fitness](#) — The Southeast’s premier amateur bodybuilding and fitness competitions since 1996.

- [United States Bodybuilding Federation](#) (USBF) — Their mission is to offer natural athletes the opportunity to compete in bodybuilding local, regional, and national competitions where fair and objective drug testing is a priority. The site contains events, gallery, and rulebook.
- [World Federation of Natural Athletes](#) (WFNA) — A new organization in the Pacific Northwest that promotes all-natural bodybuilding, fitness, and physique competitions. All contests require a mandatory polygraph test for EVERY competitor that enters their shows for a minimum of seven drug-free years, thus enabling a completely fair playing ground for all natural athletes.
- [World Natural Bodybuilding Federation](#) (WNBF) — The world leader in DRUG-TESTED bodybuilding and figure competitions!
- [World Body Building Association](#) — Home of the Mr. and Mrs. America Contest. The site offers contest results, photos, and schedules.
- [World Natural Sports](#) — Sponsors drug-tested and televised bodybuilding competitions across the country. Includes policies, membership information, news, and event schedule.
- [Zeus Productions](#) — Home of the Natural Olympia. The only organization testing with IOC/WADA standards.

ABOUT THE AUTHOR

Scott White is a certified nutritionist and personal trainer who is sought out by top clients around the world; he has trained models, athletes, and professionals and consulted with many others to help them achieve maximal results. Scott is an Optimal Performance Exercise Kinesiologist whose credentials include a BS in Kinesiology from Arizona State University and International Sports Science Association certification.

Scott has been a fitness model and has trained many elite athletes in his career as a professional trainer. Since 1998, Scott has been offering expert fitness training and providing nutritional guidance for optimal results to high-caliber clients, including:

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|--|--|
| <ul style="list-style-type: none"> • Producers of major motion pictures, and primetime TV shows • Directors of major motion pictures, and primetime TV shows • Top actors from hot TV shows and major films • Stuntmen from <i>Pirates of the Caribbean</i> and other motion pictures • Major agents for models and actors • Olympic medal winners | <ul style="list-style-type: none"> • Professional elite boxers and the top female boxer in the world • Top-ranked professional beach volleyball players • World-class surfers • World Series all-stars and some of baseball's greats • NBA and WNBA players, as well as professional basketball players from abroad |
|--|--|



- Professional football players from the Arizona Cardinals, Philadelphia Eagles, and San Francisco 49ers
- Collegiate football players from UCLA, Cal, Stanford, Arizona State University, University of Arizona, Oregon, and other major universities around the nation
- Top soccer professionals
- Collegiate athletes in tennis, track, basketball, wrestling, football, gymnastics, and golf
- Professional and amateur golfers to improve their game, power and flexibility to hit the ball with greater speed and accuracy
- World-class ultimate fighters and cage fighters

In addition to training this extensive list of elite clients, Scott also has created fitness programs for individuals, schools, church groups, civic and community groups, retired people, handicapped individuals, people recovering from surgeries and other injuries, and many others. Each has been able to accomplish their fitness goals because Scott worked with them to help them design programs tailored to their individual needs.

Besides being a world-class trainer and certified nutritionist, Scott white is an educator who has been lecturing and advising all levels of fitness seekers for years, teaching them the secrets about how to get lean quickly and safely. Because of Scott's training, many of his clients have achieved huge successes outside their specific fitness goals. Getting in shape gives them confidence and self-esteem that allows them to pursue goals they would never have dreamed possible. Virtually all increase their income. Some have landed promotions, begun speaking careers, and been invited to participate in amazing joint-venture partnerships. Scott's thorough fitness and nutrition knowledge, coupled with his inside secrets, enable him to constantly produce results for his fitness clients.

Health Alert

The workouts and other health-related programs suggested herein this designed by Scott White, were developed by the author to be used as an adjunct to improve your strengthening, conditioning, health, and fitness. These suggestions may not be appropriate for every individual. Anyone suffering from any disease or recovering from an injury of any sort should consult their physician regarding the advisability of participating in any of the programs or activities suggested herein. The author has researched and diligently studied the concepts presented in this book. However, he is neither responsible nor liable for any harm or injury resulting from participation in any activities related to this program or resulting from these activities or the use of the exercises or exercise devices described herein.

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12-Week Fitness Training Program

www.personalpowertraining.net

By Scott White

Sport/Activity: Bodybuilding

Trainer: Scott White

For more workouts, visit: www.exercisettrainingprogram.com. To see online workout videos, visit: www.bodybuildingworkoutvideos.com. Join this membership program now to view tons of workouts that will enable you to build maximal amounts of muscle and learn proper form so you can get the best results. Keep checking back, because we are constantly adding new programs for you.

Periodization Program

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	A (1)	A	A (1)	A	A (1)	REST	REST
2	A (1)	A	A (1)	A	A (1)	REST	REST
3	A (1)	A	A (1)	A	A (1)	REST	REST
4	A (1)	A	A (1)	A	A (1)	REST	REST
5	A (1)	A (1)	A (1)	A (1)	A (1)	REST	REST
6	B (3)	B (1)	B (3)	B (1)	B (3)	REST	REST
7	B (3)	B (3)	B (3)	B (3)	B (3)	REST	REST
8	B (3)	B (3)	B (3)	B (3)	B (3)	REST	REST
9	B (3)	B (3)	B (3)	B (3)	B (3)	REST	REST
10	C (3)	C (2)	C (3)	C (2)	C (3)	REST	REST
11	C (3)	C (2)	C (3)	C (2)	C (3)	REST	REST
12	C (3)	C (2)	C (3)	C (2)	C (3)	REST	REST

Notes:

Program A is designed to build muscle and start getting used to really stressing the muscles to break down the tissue, and allow plenty of time for recovery so you can build maximal amounts of muscle. You don't want to exceed the given sets and reps; in fact, you shouldn't be able to do much more if you are stressing yourself enough, using ample weights, following the rest periods indicated, allowing proper recovery time, and working enough time under tension.

Program B is similar, though each exercise is to be a forced negative (eccentric) movement. This means your lifting partner will put more force on you during the negative movement. For example: During a bench press, you press up while your partner forces more resistance down on the bar requiring you to use more control when lowering. This is to really break down the muscle tissue, which will stimulate greater growth and size. Likewise, during a pull-up, you would pull up, resisting against your partner who is pulling you down against the pull-up; then pull yourself back up without the additional resistance; and then have your partner force you down as you resist.

Program C is designed to get you used to lifting heavy weights again so that when you go back to a muscle-building phase, you have additional strength to stress the muscles so they develop even more mass the next time around. It is always recommended to change your program, sets, and reps to add additional stress to the body and continue making improvements. You don't want your body to adapt and get used to the training stimulus.

To view workouts and exercises, visit: www.workoutvideos.com.

* 3-1-3 = 3 seconds to lower the weight (negative movement), 1-second pause at the bottom, and 3 seconds to raise the weight (positive movement).

* XOX = as fast as you can move with good form

Cardio Program

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
Treadmill (1)	0	Incline 8%	1	3 mph	30 min	
Bike (2)	0	Moderate resistance	1	10 mph	30 min	
Elliptical (3)	0	Moderate resistance	1	8 mph	30 min	
Stair Mill Interval Training (4)	0	Level 10/20,	15	10/20	30 min	
Sprints (5)	0	Walk 1 min/ sprint 1 min	15	1/1 min	30 min	
Treadmill Interval (6)	0	Walk 1 min/ sprint 1 min	15	1/1 min	30 min	

Notes: The light low-intensity cardio is great for shedding fat; high-intensity cardio taps into a lot of muscle stores if done for too long. Most bodybuilders do the very low-intensity cardio because they don't want to sacrifice any lean (muscle) tissue. If you need to get lean and you're thinking about doing high-intensity cardio, you be aware that your body can tap into your lean tissue for energy, which in turns burns precious muscle. Most bodybuilders do long, slow cardio at very low intensities, so they burn only fat for their fuel source while performing the cardio. It may not get you as lean as quickly as the higher intensity cardio workouts, but you don't risk the chance of losing any lean tissue.

You may view how to do cardio here: www.cardioworkoutvideos.com

Weight Training Program: A

Training Phase: Building Muscle Mass – 5-day Split

Objective: Build muscle mass

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
Squats	60-120 s		8-12	3-1-3	4	
Stiff leg dead lifts	60-120 s		8-12	3-1-3	4	
Lunges	60-120 s		8-12	3-1-3	3	
Glute ham raises	60-120 s		8-12	3-1-3	3	
Single leg squats	60-120 s		8-12	3-1-3	3	
Straight leg calf raise	60-120 s		8-12	3-1-3	4	
Bent leg calf raise	60-120 s		20	3-1-3	4	

Notes: Use maximum weights to failure with good form within the rep range given. Weight is dependent on the number of reps.

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
Pull-ups	60-120 s		8-12	3-1-3	5	
One-arm bent-over rows	60-120 s		8-12	3-1-3	3	
DB pullovers	60-120 s		8-12	3-1-3	3	

Notes: Pull-ups should be weighted if you can do more than 12 reps with your own bodyweight. Add a weight so you can only perform the rep range.

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
DB bench press	60-120 s		8-12	3-1-3	4	
Incline bench	60-120 s		8-12	3-1-3	3	
Cable flies	60-120 s		8-12	3-1-3	3	
Swiss ball push-ups	60-120 s		8-12	3-1-3	3	

Notes:

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
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DB skull crushers	60-120 s		8-12	3-1-3	4	
Incline bicep curl	60-120 s		8-12	3-1-3	4	
Close-grip tricep bench press	60-120 s		8-12	3-1-3	3	
Hammer curls	60-120 s		8-12	3-1-3	3	
Cable tricep kick-backs	60-120 s		8-12	3-1-3	3	
Single arm bicep curl	60-120 s		8-12	3-1-3	3	
Notes: Cable kick-backs are only to be performed with the cable. It isn't a good exercise to do with DBs – doesn't work well.						

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
DB shoulder press	60-120 s		8-12	3-1-3	3	
Lateral raises	60-120 s		8-12	3-1-3	3	
Reverse flies	60-120 s		8-12	3-1-3	3	
Frontal raises	60-120 s		8-12	3-1-3	3	
Notes:						

Weight Training Program: B

Training Phase: Building Muscle Mass – 5-day Split

Objective: Build muscle mass

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
Squats	60-120 s		8-12	3-1-3	4	
Stiff-leg dead lifts	60-120 s		8-12	3-1-3	4	
Lunges	60-120 s		8-12	3-1-3	3	
Glute ham raises	60-120 s		8-12	3-1-3	3	
Single-leg squats	60-120 s		8-12	3-1-3	3	
Straight-leg calf raise	60-120 s		8-12	3-1-3	4	
Bent-leg calf raise	60-120 s		20	3-1-3	4	

Notes: Use maximum weights to failure with good form within the rep range given. Weight is dependent on the number of reps.

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
Pull-ups	60-120 s		8-12	3-1-3	5	
Bench press	60-120 s		8-12	3-1-3	5	
Cable rows	60-120 s		8-12	3-1-3	5	
Incline press	60-120 s		8-12	3-1-3	5	

Notes: Pull-ups should be weighted if you can do more than 12 reps with your own bodyweight. Add a weight so you can only perform the rep range.

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
Skull crushers	60-120 s		8-12	3-1-3	4	
Bicep curls	60-120 s		8-12	3-1-3	3	
Shoulder press	60-120 s		8-12	3-1-3	3	
Close-grip tricep press	60-120 s		8-12	3-1-3	3	
Hammer curls	60-120 s		8-12	3-1-3	3	
Lateral raises	60-120 s		8-12	3-1-3	3	
Notes:						

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
Dead lifts	60-120 s		8-12	3-1-3	4	
Stiff-leg dead lifts	60-120 s		8-12	3-1-3	4	
Lunges	60-120 s		8-12	3-1-3	3	
Side step-ups	60-120 s		8-12	3-1-3	3	
Straight-leg calf raise	60-120 s		8-12	3-1-3	4	
Bent leg calf raise	60-120 s		20	3-1-3	4	
Notes: Cable kick-backs are only to be performed with the cable. It isn't a good exercise to do with DB's – doesn't work well.						

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
Pull-ups	60-120 s		8-12	3-1-3	5	
Bench press	60-120 s		8-12	3-1-3	5	
Bent-over row	60-120 s		8-12	3-1-3	5	
Cable flies	60-120 s		8-12	3-1-3	5	
Notes:						

Weight Training Program: C

Training Phase: Strength – 5-day Split

Objective: Strength

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
Squats	60-120 s		6	XOX	4	
Stiff-leg dead lifts	60-120 s		6	XOX	4	
Lunges	60-120 s		6	XOX	3	
Glute ham raises	60-120 s		6	XOX	3	
Single leg squats	60-120 s		6	XOX	3	
Straight-leg calf raise	60-120 s		6	XOX	4	
Bent-leg calf raise	60-120 s		10	XOX	4	

Notes: Use maximum weights to failure with good form within the rep range indicated. Weight is dependent on the number of reps.

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
Pull-ups	60-120 s		6	XOX	5	
One-arm bent-over rows	60-120 s		6	XOX	3	
DB pullovers	60-120 s		6	XOX	3	

Notes: Pull-ups should be weighted if you can do more than 12 reps with your own bodyweight. Add a weight so you can only perform the rep range.

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
DB bench press	60-120 s		6	XOX	4	
Incline bench	60-120 s		6	XOX	3	
Cable flies	60-120 s		6	XOX	3	
Swiss ball push-ups	60-120 s		6	XOX	3	

Notes:

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
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DB skull crushers	60-120 s		6	XOX	4	
Incline bicep curls	60-120 s		6	XOX	4	
Close-grip tricep bench presses	60-120 s		6	XOX	3	
Hammer curls	60-120 s		6	XOX	3	
Cable tricep kick-backs	60-120 s		6	XOX	3	
Single-arm bicep curl	60-120 s		6	XOX	3	

Notes: Cable kick-backs are only to be performed with the cable. It isn't a good exercise to do with DB's – doesn't work well.

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS	TOTAL
DB shoulder press	60-120 s		6	XOX	3	
Lateral raises	60-120 s		6	XOX	3	
Reverse flies	60-120 s		6	XOX	3	
Frontal raises	60-120 s		6	XOX	3	

Notes:

Stretching Program

www.personalpowertraining.net

Stretching should always be performed after your exercise program to improve your flexibility and keep your muscles functioning at their best. Stretching is GREAT for recovery and flexibility. Make it a habit to stretch for a good 15 to 30 minutes or more after you finish working out.

Stretching Objectives: To become more flexible and help the muscles recover faster.

View videos about how to stretch at:

www.stretchingexercisevideos.com

STRETCH	REPS	DURATION	REST
Hamstring stretch 1	1	30-60 sec	0
Hamstring stretch 2	1	30-60 sec	0
Hamstring stretch 3	1	30-60 sec	0
Quad Stretch	1	30-60 sec	0
Hip Flexor	1	30-60 sec	0
Butterfly Stretch	1	30-60 sec	0
Chest stretch on Swiss ball, or wall	1	30-60 sec	0
Lat stretch on Swiss ball	1	30-60 sec	0

Notes: Remember to contract and relax, pushing down as hard as you can and then relaxing the muscle. Go deeper and deeper into the stretch, contracting the muscle again, forcing it to try and move but not letting it, and then relaxing and dropping even lower. If you're a beginner, just get down as low as you can into a deep stretch, and hold for the given time. Do *not* bounce while stretching.

Picture Hamstring Stretch 1

Picture Hamstring Stretch 2

Picture Hamstring Stretch 3

Diet

www.personalpowertraining.net

View videos about healthy cooking at:

www.healthycookingvideos.com

Personal Power Training Bodybuilding Nutrition Program 12-week program

by Scott White

www.personalpowertraining.net

Off-Season Eating Plan

Important details: ALL foods should be organic, including grass-fed free-range beef, wild fish, and organic fruits and veggies. You want to eat organic only because it provides your body with more nutrients per serving, which means you will feel better by eating less food. Additionally, organic food isn't treated with harsh chemicals, pesticides, and additives that make you fatter.

As far as beverages go, the only thing you should consume is water; you should drink a minimum of one-half your body weight in ounces daily. I would recommend at least a gallon a day. Drink a minimum of 24 ounces of water on waking in the morning. This means no soda, no juices, nothing but real water . . . none of that flavored water either. If you want to flavor your water, add some real lemons or grapefruit to your water. You can also juice your organic vegetables for a drink. Feel free to juice any veggies with a juicer.

Avoid nuts, including peanut butter. Eat only what is on the menu plan. You can have caffeine pills or, better yet, green tea pills if you need them, but preferably no coffee. You should remove protein shakes from your menu for the last two weeks before the competition. Make sure to keep me posted on how you are feeling on this eating plan. For the first couple weeks, I have given you days 1, 2, and 3 to go off the menu and eat different foods. Toward the end, though, I want you to eat a lot of fish. Every so often, you may substitute the same portion size of chicken or turkey for the fish.

Seasoning: Feel free to add sea salt or pepper until the last 3 weeks before the contest. Use coconut oil to cook with, or olive oil, if you cook at temperatures below 350 degrees.

Day 2		Amount	Item	Cal	Seasons
Time	Breakfast				
6 am		1 coops	Jay Robb's Protein Powder		
		2 scoops	Living Fuel		
		2	Organic Raw Eggs		
		1 tbs	Fish Oil		
		1/4 cup	Flax Seeds		
		1 cup	Organic Frozen Fruit		
9 am		2	Steel-Cut Oats		
		5	Whole Organic Eggs		
	Snack				
11 am		6 oz	Salmon (any fish)		
		3 cups	Brown Rice		
12:15		1/2	Onion		
		1/2	Broccoli		
	Lunch				
1:30		6 oz	Salmon (any Fish)		
		3 cups	Leafy Greens		
		1	Apple (any fruit)		
		1	Tomato		
	Snack				
3		6oz	Salmon (any Fish)		
		3 cups	Spinach		
		1	Sweet Potato		
	Dinner				
6		6oz	Salmon (any Fish)		
		3 cups	Spinach		
8		1 scoop	Jay Robb's Protein Powder		
		2 scoops	Living Fuel		
		3	Organic Raw Eggs		
		1 tbs	Fish Oil		
		1/4 cup	Flax Seeds		
		1 cup	Organic Frozen Fruit		
			Total Calories		

Personal Power Training Bodybuilding Nutrition Program 12-week program

by Scott White

www.personalpowertraining.net

In-Season Eating Plan

Important details: ALL foods should be organic, including grass-fed free-range beef, wild fish, and organic fruits and veggies. You want to eat organic only because it provides your body with more nutrients per serving, which means you will feel better by eating less food, you will maintain more muscle mass, and you will get leaner. Additionally, organic food isn't treated with harsh chemicals, pesticides, and additives that make you fatter.

As far as beverages go, the only thing you should consume is water; you should drink a minimum of one-half your body weight in ounces daily. I would recommend at least a gallon a day. Drink a minimum of 24 ounces of water on waking in the morning. This means no soda, no juices, nothing but real water . . . none of that flavored water either. If you want to flavor your water, add some real lemons or grapefruit to your water. You can also juice your organic vegetables for a drink. Feel free to juice any veggies with a juicer.

Avoid nuts, including peanut butter. Eat only what is on the menu plan. You can have caffeine pills or, better yet, green tea pills if you need them, but preferably no coffee. You should remove protein shakes from your menu for the last two weeks before the competition. Your energy should remain naturally high; if not, add more veggies to your diet. Make sure to keep me posted on how you are feeling on this eating plan. For the first couple weeks, I have given you days 1, 2, and 3 to go off the menu and eat different foods. Toward the end, though, you need to eat a lot of fish. Every so often, you may substitute the same portion size of chicken or turkey for the fish.

Seasoning: Feel free to add sea salt or pepper until the last 3 weeks before the contest. Use coconut oil to cook with, or olive oil, if you cook at temperatures below 350 degrees.

Supplements: Supplements may include fish oil (substitute cod liver oil instead of fish oil if you don't get much sun); Living Fuel; Jay Robb's protein powder; others if needed.

Week 12-9 Day 1		Amount	Item	Cal
Time	Breakfast			
6 am		2 scoops	Living Fuel	240
		1 scoop	Jay Rob Protein	113
9 am		½ cup	Steal cut oats	340
		3	Whole Organic eggs	225
	Snack			
11 am		4-6 oz	Salmon (any fish)	200-300
		3 cups	spinach	36
12:15		1 scoop	Living Fuel	170
		1 scoop	Jay robs protein powder	113
	Lunch			
1:30		4-6 oz	Salmon (any fish)	200-300
		3 cups	Leafy Greens	24
		1	Apple (any fruit)	70
	Snack			
3		4-6 oz	Salmon (any fish)	200-300
		3 cups	broccoli	72
	Dinner			
6		4-6 oz	Salmon (any fish)	200-300
		3 cups	Spinach	34
			Total Calories	2237-2637

Weeks 12-9 Day 2		Amount	Item	Cal
Time	Breakfast			
6 am		2 scoops	Living Fuel	240
		1 scoop	Jay Robb's Protein Powder	113
9 am		½ cup	Steel-Cut Oats	340
		3	Whole Organic eggs	225
	Snack			
11 am		4-6 oz	Chicken or Turkey	200-300
		3 cups	Spinach	36
12:15		1 scoop	Living Fuel	170
		1 scoop	Jay Robb's Protein Powder	113
	Lunch			
1:30		4-6 oz	Chicken or Turkey	200-300
		3 cups	Leafy Greens	24
		1	Apple (any fruit)	70
	Snack			
3		4-6 oz	Chicken or Turkey	200-300
		3 cups	Broccoli	72
	Dinner			
6		4-6 oz	Chicken or Turkey	200-300
		3 cups	Spinach	34
			Total Calories	2237-2637

Weeks 12-9 Day 3		Amount	Item	Cal
Time	Breakfast			
6 am		2 scoops	Living Fuel	240
		1 scoop	Jay Robb's Protein Powder	113
9 am		½ cup	Steel-Cut Oats	340
		3	Whole Organic Eggs	225
	Snack			
11 am		3-6 oz	Beef	300-600
		3 cups	Spinach	36
12:15		1 scoop	Living Fuel	170
		1 scoop	Jay Robb's Protein Powder	113
	Lunch			
1:30		3-6 oz	Beef	300-600
		3 cups	Leafy Greens	24
		1	Apple (any fruit)	
	Snack			
3		3-6 oz	Beef	300-600
		3 cups	Broccoli	72
	Dinner			
6		3-6 oz	Beef	300-600
		3 cups	Spinach	34
			Total Calories	2303-3503

Weeks 8-6		Amount	Item	Cal
Time	Breakfast			
6 am		2 scoops	Living Fuel	240
		1 scoop	Jay Robb's Protein Powder	113
9 am		2	Whole Organic Eggs	150
		¼ cup	Steel-Cut Oats	170
	Snack			
11 am		4-6 oz	Salmon (any fish)	200-300
		3 cups	Spinach	34
12:15		1 tsp	Coconut Oil	
		1 scoop	Jay Robb's protein powder	113
	Lunch			
1:30		4-6 oz	Salmon (any fish)	200-300
		3 cups	Leafy Greens	24
	Snack			
3		4-6 oz	Salmon (any fish)	200-300
		3 cups	Broccoli	72
	Dinner			
6		4-6 oz	Salmon (any fish)	200-300
		3 cups	Spinach	34
			Total Calories	1750-2150

Weeks 5-3		Amount	Item	Cal
Time	Breakfast			
6 am		2 scoops	Living Fuel	240
9 am		1 scoop	Jay Robb's Protein Powder	113
		3	Whole Organic Eggs	225
	Snack			
11 am		4-6 oz	Salmon (any fish)	200-300
		3 cups	Spinach	24
12:15		1 tsp	Coconut Oil	
		1 scoop	Jay Robb's Protein Powder	113
	Lunch			
1:30		4-6 oz	Salmon (any fish)	200-300
		3 cups	Leafy Greens	24
	Snack			
3		4-6 oz	Salmon (any fish)	200-300
		3 cups	Broccoli	72
	Dinner			
6		4-6 oz	Salmon (any fish)	200-300
		3 cups	Spinach	24
			Total Calories	1560-2035

Weeks 2-0		Amount	Item	Cal
Time	Breakfast			
6 am		2 scoops	Living Fuel	240
9 am		3	Whole Organic eggs	225
	Snack			
11 am		4-6 oz	Salmon (any fish)	200-300
		3 cups	Spinach	24
12:15		1 scoops	Living Fuel	170
	Lunch			
1:30		4-6 oz	Salmon (any fish)	200-300
		3 cups	Leafy Greens	24
	Snack			
3		1 scoops	Living Fuel	170
	Dinner			
6		4-6 oz	Salmon (any fish)	200-300
		3 cups	Spinach	24
			Total Calories	1376-1676

Supplements

Protein Powders

Protein shakes are great morning meals for those get-up-and-go types who are short on time but understand how important breakfast is to losing fat and gaining muscle. Breakfast is the most important meal of any healthy diet, so a quick protein shake is a must for people who just don't have time to prepare a good breakfast.

Protein shakes are excellent post-workout meals to provide the body with high-quality protein, because it's then that the body is in need of protein since you just broke down tissue. Your body has the greatest demand for protein, so consuming more protein right after working out is an efficient way to build that beautiful physique you are looking for. So remember to drink your protein shake immediate after working out; then, consume a meal containing a high-quality protein source a few hours after working out.

The best protein powders or shakes are made from whey or egg. Use casein, protein from dairy products, sparingly. Avoid soy proteins, as these are the cheapest products you can buy and typically are genetically modified. Genetic modification means scientists have altered the organism from its natural state, a practice discouraged by most non-soy-paid scientists. Do your own independent research if you like, but always consider the source. Take with a grain of salt the comments by "specialists" who are paid by companies to say theirs is the best stuff for your body.

Remember, these are general protein recommendations. If there's something on this list that you are allergic to, that obviously would not be a good product for you. A food allergy test is recommended before you begin any supplementation program to determine if you have specific allergies, or if there are particular substances your body has problems processing.

One last note: All the protein in the world won't help you if your body is deprived of other nutrients, such as essential vitamins and minerals. For optimal health, make sure you consume enough protein, eat organic foods, and supplement with a great multivitamin.

The number one recommended protein products will deliver the highest amounts of quality protein to your body and will give you the most gains and help you lose the most fat. [Read more](#) here.



Buy the Top Protein Powders on the Market (listed in order of quality)

1. Jay Robb's Protein Powder
2. [Nature's Best - Low Carb Isopure \(3 lbs\)](#)
3. [Optimum Nutrition 100% Whey Protein \(10 lbs\)](#)
4. [Optimum Nutrition Pro Complex \(4.4 lbs\)](#)

5. [Champion Nutrition Met Max \(2.7 lbs\)](#)
6. [HDT Pro Blend 55 4 lbs](#)

Meal Replacements

Meal replacements are probably one of the most important supplements on the market. We all know that eating multiple times during the day — like the rule of eating 6 small meals throughout the day — will help speed up your metabolism. A high-quality meal replacement shake can provide a great source of protein, vitamins, and minerals. There are some really great meal replacements on the market that can double as your multivitamin. Nutrition is the most important aspect of proper nourishment for your muscle cells and other cells. [Read more](#) here.



Top Meal Replacements on the Market

1. [Super Berry Living Fuel](#)
2. [Super Greens Living Fuel](#)
3. [Muscle Milk](#)
4. [Pro Blend Solid Gains HDT](#)



Fish Oil and Cod Liver Oil

Fish oil and cod liver oil help provide healthy fat in your diet, which is vital for your sex hormones such as testosterone, androgen. Consuming fat will help your hormones, hair, skin, nails, and teeth, not to mention improve your sex drive, fat loss, depression, and reduce the risk of heart disease. This is an excellent product for your total health, as well as your ability to keep your hormones producing more anabolic agents. If you don't get much sun, use cod liver oil, because it has more vitamin D in it; if you get lots of sun, though, then just use regular fish oil. You may use flax oil, though in my research I have found that a quality fish oil is far better than flax oils. One option is to use both. I would recommend using grinding your flax seeds, because it's far more beneficial, although you do need to consume a whole lot more flax seeds than flax oil. These supplements are great for building muscle. [Read more](#) here.

High-Quality Fish Oils

1. [Cod Liver Regular Flavor \(16.8 oz\)](#)
2. [Cod Liver Oil Lemon Flavored \(16.8 oz\)](#)
3. [Fish Oil Omega](#)

Coconut Oil

Coconut oil has many benefits, though the important ones for bodybuilding are that it helps burn body fat and provides a great deal of energy without putting on fat on your body. This is probably one of the most important food supplements you must have. Use it to cook your meats and veggies. Coconut oil does wonder for your body, from improving your cholesterol levels (more good and less bad), building your immune system. and much more. [Read More](#) here.



1. [Click Here to Buy high Quality Coconut Oil](#)
2. [Garden of Life Extra Virgin Coconut Oil \(16 fl oz\)](#)

In short, coconut oil may be one of the most beneficial additions to the American diet in existence. Until the food industry recognizes the benefits of coconut oil, the best way to include it in your diet is with a quality dietary supplement that includes it.

L-Glutamine

Glutamine plays key roles in protein metabolism, cell volumizing, and anti-catabolism. Glutamine also increases your ability to secrete human growth hormone, which helps metabolize body fat and support new muscle growth. Glutamine's anti-catabolism ability prevents the breakdown of your muscles. This is especially useful for bodybuilding because it helps you lose body fat any without losing any muscle.

Bodybuilders should take 10 to 15 grams of L-glutamine per day, supplementing 2 to 3 times per day with about 5 grams at each serving. Notice that you probably are getting in L-glutamine in your protein shakes and meal replacements, so don't forget to count that in the total amount you take. [Read more](#) here.



1. [L-Glutamine with MSN](#)

Fat-Burners

There are thousands of effective fat burners out there that you can use, or you may decide to do it all with proper nutrition and hard work. The typical fat-loss cocktail contains: ephedra, white willow bark (aspirin), and caffeine. You have to be careful, though, since ephedra is on the banned substances list for some bodybuilding organizations. You might check the list below and you probably want to check the rules for the contest you are competing in, specifically, just to be sure you're not breaking any of the rules. Most bodybuilding shows don't test, though, and plenty of the competitors use. I have provided a list below of a few of the top supplements bodybuilders use.

Ephedra — Fat Burner

1. [Ephedra 5](#)

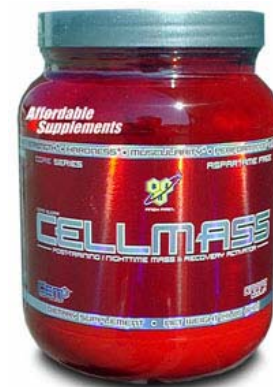
Ephedra — Free Fat Burners

1. [Hydroxycut Hardcore](#)
2. [Fahrenheit by Biotest](#) for women
3. [Hot Rox by Biotest](#)
4. [Hot Rox Extreme](#) 5 x faster
5. [Tight by SAN](#)
6. [Hydroxycut](#)
7. [TrimSpa](#)
8. [Ripped Fuel](#)

Creatine

Creatine introduces additional phosphates into the energy cycle at the cellular level. This is important because phosphates are used to replenish ATP (adenosine tri-phosphate) stores. TP is the first energy cycle, used to produce short bursts of energy at the cellular level. It is the primary energy system for high-intensity, short-duration activities such as weight training.

Energy is created when a phosphate is separated from the ATP molecule, leaving ADP (adenosine di-phosphate). This new ADP must find a free-floating phosphate to reattach to before it can be used for energy again. That is where Creatine comes in. By introducing more phosphates, there are more available to reattach and therefore this energy system will last longer before having to convert to the lactic-acid-producing energy system. It has also been shown that a Creatine-loading phase may lead to more ATP stored in the muscle cells and ready for use. This results in more powerful muscular contractions that will last longer. Creatine is found in red meat, so if you eat a lot of red meat you typically don't need a creatine supplement. You may need one, though, if you're deficient in red meat. [Read more](#) here.

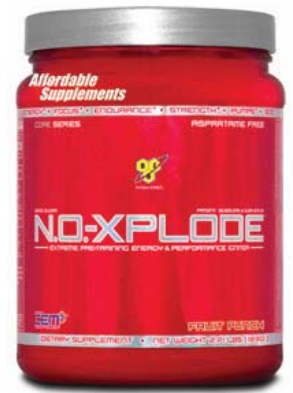


Top Creatine Supplements

1. [Kre-alkalyn 1500](#)
2. [CellMass](#)

Nitric Oxide

Nitric Oxide is a great supplement that improves the functioning of many systems of the body. In addition to all of its benefits, nitric oxide is rich in B-sitosterol, ursolic, glycosides, plant sterols and anthrquinoidenes. It is also rich in potassium, calcium, zinc, vitamins A and C, and iron. The fact that nitric oxide helps increase blood flow is what makes it a great supplement for bodybuilders. This is because with increased blood flow, it is possible for the blood to deliver more nutrients to the muscles, and in the process, helps make them bigger. Moreover, since it helps in the reduction of inflammation, it is beneficial for bodybuilders as it helps reduce the muscle soreness created from extreme stress. [Read more](#) here.



1. [NO-Xplode](#)
2. [Nitrix](#)

Pro-Hormones

Pro-hormones are supplements that are designed to enhance performance and strength, increase gains, and build muscle. Pro hormones are meant to increase your hormones, namely testosterone. There are many different andros to help your body convert them to testosterone. They are basically legalized steroids that are not pharmaceutical grade and are typically of lower quality because they don't need to meet strict FDA guidelines. Many bodybuilders use pro-hormones, though most use steroids since they are much more effective, cost less, and are pharmaceutical-grade. Granted these are banned substances and are illegal; nevertheless, many amateurs and almost all professional bodybuilders use steroids, hormones, and pro-hormones. [Read more](#) here.



Top Hormone Alternatives

1. [Methyl 1-D](#)
2. [Tribex](#)
3. [X-Factor](#)

Steroids

NOTE: I am BY NO MEANS recommending steroid use.

Because so many athletes and others use steroids or performance-enhancing drugs, I have done some research, referencing a few bodybuilders and accredited sources and have created a beginning cycle for people who have made up their mind about using. I don't believe using is necessary to make phenomenal gains, though I do understand that it makes things easier and allows for the ability to get greater results. This is why so many professional athletes use. I have found that many steroid users are very uneducated about these drugs and wind up harming themselves.

This section is to help educate steroid users about taking the proper dosages and not trying to use the same amount they give horses. There are many other programs and guides available that provide

great details about using steroids. This is a basic program to let you know the proper dosages you should take. If you're going to use, do not to take more then you need — otherwise you risk your body shutting down your production of testosterone, which will lead to greater side-effects down the line. Using steroids shouldn't give you the excuse to eat poorly or to not train properly. The nutrition you consume will give you higher-quality muscles and great gains when you use.

4.

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Weight Training When Using Steroids

You must remember, when you're using, your body can handle a whole lot more stress, so you should practically live in the gym. Train for 2 hours, twice a day. Remember, using will allow you to train much harder.

Eating When Using Steroids

You should still eat healthy, clean, organic food. Just eat a ton more of the same foods recommended for the natural competitor.

Again, there are great recommendations in other sources, such as:

1. [Anabolics 2007 by William Llewellyn](#)

Steroid Cycle for Beginners Who Want to Use

WK	Mon	Tue	Wen	Thur	Fri	Sat	Sun
	DECA 1cc, .75cc Test, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	.75cc Test, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg
	DECA 1cc, .75cc Test, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	.75cc Test, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg
	DECA 1cc, .75cc Test, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	.75cc Test, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg
	DECA 1cc, .75cc Test, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	.75cc Test, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg
	DECA 1cc, .75cc Test, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	.75cc Test, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg
	DECA 1cc, .75cc Test, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	.75cc Test, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg
	DECA 1cc, Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg
	DECA 1cc, Femoxtal 1 tablet 10mg, HCG 250 IU's	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg, HCG 250 IU's	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg, HCG 250 IU's	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg
	DECA 1cc, Femoxtal 1 tablet 10mg, HCG 250 IU's	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg, HCG 250 IU's	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg, HCG 250 IU's	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg
	DECA 1cc, Femoxtal 1 tablet 10mg, HCG 250 IU's	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg, HCG 250 IU's	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg, HCG 250 IU's	Femoxtal 1 tablet 10mg	Femoxtal 1 tablet 10mg
	HCG 325 IU's	Nothing	Nothing	Nothing	HCG 325 IU's	Nothing	Nothing
	HCG 325 IU's	Nothing	Nothing	Nothing	HCG 325 IU's	Nothing	Nothing
	HCG 325 IU's	Nothing	Nothing	Nothing	HCG 325 IU's	Nothing	Nothing

Use	Drug/ Supplement	Catagory	Needles
injection	Decca 1cc, injection	Anabolic Steroid	3ml 22 gauge 1.5 inch length
injection	Testosterone .75cc/ injection	Anabolic Steroid	

Pill	Novadex = Femoxtral	Estrogen Blocker	
injection	HCG 750 IU's/ week	Help reproduce your own natural testosterone	
Pill	Milk Thistle	Liver Detox	

Posing

In the race to build muscles, many bodybuilders neglect to perfect their posing techniques. Remember, equally important as building muscles is knowing the right way to show off your muscles to the judges in the way that impresses them. In any bodybuilding event, the winner won't always be the one with the superior physique — even though physique surely matters — rather, it could be somebody who has flawlessly displayed their assets for the judges.

In body building competitions, the judges examine contestants for the following factors:

1. **Muscular size or muscularity.** Bodybuilders are supposed to be more muscular than an average person. Dedicated workouts could get one to that level.
2. **Muscular Definition.** According to bodybuilding norms, muscles must have definition. In other words, the judges must be able to see the clear distinctions between all the muscle groups.
3. **Overall Symmetry.** Bodybuilding is not about building few muscles here and there. It is about marinating the body's symmetry without compromising the musculature. For example, a large, muscular chest and lean legs would not appeal to the judges. Similarly, a well-developed triceps must be complemented by an equally good pair of biceps, and vice versa. Remember, contestants pose almost nude in front of the judges — if there are any weak points, they will definitely be exposed at one point or another. Hence, it is crucial to work on your weaker areas and maintain overall symmetry.
4. **Presentation.** The final factor has to do with how one presents himself onstage. In other words, it is the entire crux of posing. The better you are at posing, the greater your chances to win the competition.

There are two types of poses in bodybuilding competitions: mandatory poses and optional poses. Mandatory poses are standard poses, somewhat like rules, laid down by the National Physique Committee (NPC), which all contestants must perform. On the other hand, optional poses are elective ones the contestants can select for themselves. Virtually all competition organizers choose a few mandatory poses from the list of those suggested by the NPC, and ask the contestants to do perform them onstage. So from a bodybuilder's point of view, it is important to always remain aware of all mandatory poses and learn to do them flawlessly. You can never know what the judges will ask the contestant to do onstage, and it can be terribly embarrassing if one ends up being unfamiliar with a pose he/she has been asked to perform on stage.

NPC Mandatory Poses

- Front Double Biceps
- Front Lat Spread
- Side Chest
- Side Triceps
- Rear Double Biceps
- Rear Lat Spread
- Abdominal Pose

- Most Muscular

Tips for Posing (Individual)

Every contestant will be required to perform a 90-second individual posing routine to music for the evening show. Occasionally, this routine is scheduled for the morning prejudgment segment, as well. The most important thing about this routine is that the contestant himself can choose the music and the poses. There are no hard and fast rules regarding the music or poses, however here are few points every contestant should keep in mind while preparing for the posing routine.

- **Choose poses that display your strengths.** Since, the contestant can use this time to show off any pose he wishes, it is advisable that he choose poses that displays his strengths, and play down his weaker areas. For example, if somebody has a weak calf muscle, create a posing routine that omits the double-calf raise or similar poses entirely.
- **Use variety in your poses.** Avoid boring the judges and the audience by repeating the same poses in your routine. Design your posing routine such that there is ample variety to keep all viewers — judges and audience members alike — interested and entertained.
- **Choose appropriate music.** You want to select music that is appropriate to the context, inspirational, and not too loud. Since the contestant is supposed to pose to the music, the posing needs to be well choreographed as well. If required, hire a professional choreographer to help you with this portion of the posing routine.
- **Make your facial expressions match.** Smile if your music complements that expression. If not, a serious or blank expression may suffice. The bottom line is that your facial expression should be appropriate for the each component of your posing routine and appearance on stage.
- **Exude confidence.** Be confident in your moves and poses, in general. Never demonstrate an unsure attitude or lack of confidence.
- **Have a backup copy of your music.** This may be the most important tip: have a backup copy of your music. If for any reason one CD fails to play, the contestant must have an immediate replacement on hand. Remember, no one performs a posing routine without music.

Posing Guide

The best way to learn the ins and outs of posing is to attend competitions as a spectator and watch the contestants as they perform onstage. Closely monitoring the proceedings will give you an idea about the duration and timing of the poses, what the participants are trying to accomplish, and how they're attempting to present themselves to the judges. Also, being right in the thick of the action helps you to get a sense of the overall feel of the competition.

Purchase Men's Posing Trunks

1. <http://www.andreascabling.com/mens-posing-suits>
2. <http://www.cherrybombs.net/>
3. <http://www.bodybuilding.com/store/suits/suits.htm>
4. <http://docssports.safeshopper.com/6/cat6.htm?250>

Tanning

The darker your skin is, the more defined your will appear onstage. In fact, it is difficult to be too dark. A good natural base tan is recommended however you will need to be considerably darker. Hence, contestants in general are advised to apply several coats of tanning lotion to their skin before appearing onstage. The rule of thumb is that once you've applied several layers of tanning lotion and think you look dark enough, apply one last coat.








In addition, it is also a good idea to visit a tanning bed or get a mist spray at the tanning salon. The problem with the mist spray is that the tan can sometimes seem uneven and not very smooth. Self-tanners can also be used to help achieve the desired color, and these can tend to be less expensive but just as effective, if applied correctly.

If applying the tan products yourself, make sure that the you carry it with you backstage at the show so that you can touch up, as necessary. This applies to posing oil, as well. Pam cooking spray works well as a great alternative to posing oil. Apply the oil after applying your tanning product. However, don't put the oil on until you are ready to go onstage for your class — that way it will be fresh and ready for the judges to see.

Contests recently have begun having people backstage at the shows who will apply color for a fee; so the contestants don't have to do any of this beforehand. These professionals know exactly how much color each contestant will need and will do a perfect job before it is time for his/her class to go on. Many people who do not want to bother with touching up their own color are starting to use this service because it is hassle-free and makes for much less stress before they hit the stage.

The Most Popular Tan Applications

 <p>This is probably the most popular product used by competitive bodybuilders to</p>	 <p>Dream Tan is an easy to use emollient-based tanning cream designed specifically for use by competitive</p>	 <p>Sunny Day” Golden Glow Self Tanner!</p> <p>Pro Tan Sunless Tanning Lotion gives you a</p>	 <p>Creates the darkest instant tan! Competition TAN'S dark bronzer gives an exaggerated deep, dark tan. Perfect</p>	 <p>JAN TANA SHOW TAN is the perfect tan for a competition! Show Tan has a dark Immediate Bronzer, perfect</p>
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get a great, dark tan! You know you can trust Pro Tan to do what you need it to do.	bodybuilders. 2 oz, \$19.94	healthy, natural, sun tanned appearance within hours 8.5 oz \$10.95	for Stage use! For perfect contest color for any bodybuilding event. 8.5 fl oz, \$17.95	for the stage and an added Sunless Tanner to create the darkest tan possible. 8 oz \$19.99
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1. **[Pro Tan Instant Competition Color](#)**. This is a liquid tanning agent that you apply with a sponge applicator. Several coats are required to achieve maximum color saturation; however, when done correctly, the color will be very dark, even, and remain fairly stable when applying oil or while sweating onstage. Because it remains stable during use, it does not wash off easily and will wear off unevenly. It is also messy when applying and has an unpleasant odor. Keep in mind, however, that your main concern is how you look onstage during the competition, not after. This is probably the most popular of all competition tans.

[Pro Tan](#) can be applied with the sponge brush applicator that comes with the bottle or using a regular, small household sponge. It is more easily applied if poured into a bowl than by spraying on.

2. **[Jan Tana Competition Tan](#)**. This is a quick- and easy-to-apply product. It is a lotion which applies evenly and will achieve a dark color with just two or three coats. Jan Tana also washes off more quickly than Pro Tan; however, it is more likely to smear or run when applying oil or sweating.

Apply this product with your bare hands to get the most even application. Many people wear rubber gloves; however, this tends to drag the product and tends to cause a less even tan.

3. **[Dream Tan](#)**. Dream Tan is a lotion that applies quickly and evenly. Typically, this product is applied in the morning before the prejudging. While one coat may be sufficient, most competitors apply two coats for maximum darkness. When using Dream Tan, posing oil is not necessary, as this product already contains oil. If additional shine is desired, apply oil BEFORE applying Dream Tan. This product washes off completely and easily.

Posing Oil




A good posing oil will dramatically enhance your muscularity while onstage. Most posing oils are acceptable as long as they are not over-applied. Some competitors go overboard and come on stage literally dripping oil. A thin, evenly applied coat is all that is required.

Popular Posing Oils

1. [Pro Tan Muscle Juice](#)
2. [Jan Tana Posing Oil](#)
3. [Pro Tan Hot Stuff](#)

[Pro Tan](#) offers more shine, while [Jan Tana Posing Oil](#) tends to be glossier. Many competitors will opt for a can of Pam cooking spray. When applied from about 12 inches, Pam will give an acceptable shine that shows well on stage.

[Pro Tan Hot Stuff](#) is a menthol-based oil that will warm your skin and enhance vascularity while on stage. This can be used in place of or in addition to posing oil.

 <p>Jan Tana Posing Gel makes your body look bigger and more defined. It highlights your muscularity, vascularity and hardness, which is crucial for winning a competition.</p> <p>8.5 oz, \$8.50</p>	 <p>The ultimate physique presentation and total muscular definition posing oil that will leave your competition in the pump-up room.</p> <p>4 oz, \$5.99</p>	 <p>Hot Stuff Instant Vasodilation Optimizer helps maximize blood delivery and circulation throughout your body. Made with natural buffers, oils, and vascular optimizing complex, Hot Stuff assists in stimulation, enhancing your true vascularity.</p> <p>4 oz, \$10.95</p>
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Posing Trunks

Be sure to buy your posing trunks in advance, because they can be very difficult to find at the last minute. Most organizations require that your trunks be of a solid color, with no external markings. Thongs are not allowed. Choose a style and color that complement your skin color and physique. A backup pair is always recommended, in case one pair gets misplaced or discolored. To keep the sides high and the back of the trunks from creeping into unwanted areas, Pro Tan offers a product called Bikini Bite, which acts as a glue to keep your posing trunks where you want them. This is not necessary, but it can be helpful at times.

NPC Men's Bodybuilding Competition Guidelines

This is a brief, though not necessarily comprehensive, review of the NPC men's bodybuilding competition guidelines. Each event will have two parts: the prejudging round and the evening finals. In the case that there are fewer than 100 contestants, everyone will perform at the finals, in which case the 60-second free posing round will be dropped during the morning prejudging session.

Check In

Carefully study your registration form for information regarding the venue and check-in times. Remember, it is your responsibility as the contestant to be at the right spot, in the right time, regardless of what may happen. It is advisable that contestants get into their suits before joining the queue at the check-in table, in case you find yourself in a time crunch later and are unable to change. Place your number tag on your left hip, on the flat plane. If you affix it to any other location, it

might have a chance of twisting or flipping around. Also, the judges might not be able to see the number if the tag is on some other part of your lower body. The bottom line: make things as easy as possible for the judges.

Competition Rounds

As mentioned above, each event will have two parts: the prejudging round and the evening finals. The prejudging round is further classified into the symmetry round, the 60-second free posing, and the comparison segment.

During the symmetry round, the class will be directed onto the stage in a single numerical lineup. There, the class will be instructed by the chief judge to perform quarter turns — one at a time — toward the right. The turns must be done with your heels touching, arms by your side, and your head facing the same direction as your feet. While performing quarter turns, you want to hold a semi-relaxed pose, meaning you are not performing any mandatory poses, but are neither fully relaxed, either. Remember not to distort your body by twisting your torso or placing one arm ahead of the other while performing the quarter turns. The head judge will point out any flaw in your posing, so you want to avoid that, if at all possible.

During the free posing round, the you can perform any pose you like in the 60 seconds allotted, but without any background music. There is no restriction regarding which poses you can perform in this round; it is also OK for you to do the same poses you had planned for the evening finals. Or you can perform an entirely different set of poses. The main concern is that you hold your poses sufficiently long for the judges to see them.

In this round, the head judge won't give you any hint as to when to begin posing. Your 60-second countdown will begin with your first pose. When the count reaches 50 seconds, the head judge will announce: "10 seconds." This is a warning shot, telling you that only 10 seconds remain for you to complete your routine. At the end of 60 seconds, the head judge will yell, "time." On hearing that, you may perform one last pose before leaving the stage.

Finally, regarding your poses, contestants are allowed to perform gymnastic maneuvers in the free posing round. However, since the raised posing platform where the posing takes place is at a different level than the stage, such acrobatics may not always be safe. Hence, first inspect the stage before making a final decision about whether or not to perform gymnastics.

During the comparison round, as in the symmetry round, the class will be called up on stage in a single line and will be asked by the head judge to perform a set of mandatory poses. These include:

- Front Double Biceps
- Front Lat Spread
- Side Chest (either side)
- Side Triceps (either side)
- Rear Double Biceps (facing rear curtain)
- Rear Lat Spread (facing rear curtain)
- Abdominals and Quadriceps

While performing in the comparison rounds, it goes without saying that the contestants must be all ears to the judges throughout their posing. A judge may ask each contestant to move about on the

stage, stand next to different contestants to perform their poses, move from one side of the stage to the other, etc. Do just as you are directed.

At no time during the prejudging or in the evening finals is the moon pose to be performed. This pose occurs when the contestant turns his back to the audience and bends over at the waist. It is a banned pose and anyone performing it will be promptly disqualified.

Evening Finals

After the prejudging, every contestant will be notified about the evening finals schedules. But, at the end of the day, it is again your responsibility as a contestant to find out the exact timing of your event. If you miss the announcement, it is your own fault.

Even though every contestant will be introduced during the evening finals, it is up to the discretion of the promoter whether to allow every contestant to participate in the posing rounds or only to allow the top five from each class. The other difference in the evening finals is that the free posing round lasts 90 seconds and is performed to background music which you preselect and bring to the event. Each CD, however, may contain only one song (remixing permitted), must be preset, and the your name must be written on it. Profane language in the lyrics and disparaging comments are not permitted.

Your posing trunks must be solid in color and should cover at least 50% of your glute area. Also, NPC rules mandate that posing trunks may not be metallic or have any sort of decorations such as studs, sequins, etc. Again, choose posing trunks that suit your physique and skin color. Glues like Bikini Bite are a great idea to keep your trunks in place, precisely where you want them to be.

Finally, no jewelry other than a wedding band is allowed on stage. Every contestant is expected to uphold the spirit of sportsmanship and gentlemanly behavior through the course of the entire event. Any action or deed found to violate the NPC code of conduct will be cause for prompt disqualification and cancellation of membership.

Last Minute Reminders

Create a Checklist

The last thing that you want to happen the day of the competition is to forget something like your tanning lotion, CD, or posing suit, and realize it only at the last minute. Keeping a checklist of the items you will need for the competition and ticking each one off after packing or just before you leave your home could avoid potential confusion or chaos in the 13th hour. Here are few tips to help you put it all together before leaving for the venue.

The most important thing every contestant should have with them is the membership documentation qualifying them for that particular competition. In most cases, contestants can apply for one at the event venue by paying the requisite fee. So if you plan to attend such an event where you are not already a member, have the right amount of cash in your wallet to purchase the membership. It can be really embarrassing to show up with no money to an event where they only accept cash for enrollment. Likewise, it is advisable to carry surplus funds for unforeseen emergencies.

It is always a good idea to have at least one extra pair of posing trunks, should you have any reason to change one of them at the last minute. Also, remember to carry at least two copies of your music. You cannot be too careful with CDs. They can malfunction at any time, seemingly without reason.

Also have backups of your tanning and posing oils. It can be challenging to predict just how much you might need during the event.

Since posing places a lot of stress on the muscle tissues, the possibility of an untimely cramp cannot be ruled out. Therefore, it is advisable to carry extra potassium and sodium-free water to sip during breaks. Also, remember to bring a towel. This is the single most important accessory you may need backstage.

Finally, bring something to snack on. Have on hand reserves of healthy organic snacks, like bananas, celery, apples, almond butter, cashew butter, carrot juice (great before the show), coconut oil, apple sauce, and most other fruits. During the evening portion, you can typically get away with eating most foods because judging is over by that point. Avoid sweets and high-sugar candies. Remember that even though the judging is over, you should always eat healthy. Having these snacks on hand not only kills your hunger, but also can relieve boredom between rounds.

Top Bodybuilding Competing Tips

The last thing that you want to have happen after literally months of preparation is to arrive at the show location on competition day unprepared. Below is a checklist of things you will need to do in advance to be fully prepared for the event.

1. Start your diet early. Take your competition seriously — there is no time to slack. If you want to qualify and win, you must be disciplined and determined. Eat healthy year-round, and stay fairly lean all year round, because it makes competition a whole lot easier.
2. Submit your application on time. Don't wait till the last minute — sign up early.
3. Get your membership card for the organization whose competition you are participating in ASAP. Or remember to bring your money to buy your membership card on the day of the show.
4. Always have money on you. Just in case of an emergency, it's always good to have cash on hand.
5. Make two CDs of your posing music; always have a backup, just in case.
6. Always bring a few extra pairs of trunks with you.
7. Bring some healthy food, water, and good supplements to help you avoid cramps.
8. Have tanning lotion and tanning oil on hand, just in case you need to touch up. And always ask someone to help you right away. Don't wait till the last minute!
9. Bring a towel to wipe off the lotion, oil, and tanning spray. Extra cloths are often helpful after the show.
10. Be on time. Have a map or visit the venue for your competition, so you are not late for check-in.

Banned Substances & Policies

The following products are banned from the International Olympic Committee (IOC) and the ABA/INBA/PNBA

This is not a complete list, as new products are introduced every day!

Natural Drug-Free Requirements

- All competitors must be drug free for amount of time allocated for their specific competition. National and international events have a minimum of five years drug free, unless stipulated differently. Drug testing is to conform to IOC regulated standards.
- Once your entry form is received, you will be contacted to verify your appointment time for the polygraph test.
- You must obtain two characters references attesting that you have been drug free for the specific amount of time allocated for the particular competition.
- You will be required to pay for your polygraph test. Pending on the competition, overall winners may be required to take an additional urine or blood test.
- This includes all performance-enhancing “drugs” that are on the IOC banned list.
- All competing athletes must pass a polygraph or urine test every 60 days.
- Random drug testing will be conducted at each event, as well as random testing throughout the year for all members of the natural teams.
- Random drug testing for team members began January 1, 1999, and they continue to conduct a minimum of one to two tests per month.
- If an athlete tests positive for a banned substance, they will be suspended from competing for a minimum of one year, up to lifetime ban, and their name, picture and test results will be posted on the IOC website and in their magazines.
- Any member of the natural teams found experimenting with a banned substance will be banned from the team for life. The athlete suspension begins immediately upon a positive test result. The athlete has the right to appeal the decision; however, the suspension remains in effect until either the “B” sample confirms or refutes the findings or a meeting is held by the representatives of the local federation and the international committee where the case may be appealed. Once a final ruling is made by the local and international INBA committee, then there is no second appeal. In the case of an inaccurate reading on the polygraph test, the athlete will be obliged to undergo a urine test with a final decision pending a meeting of the INBA Committee.
- Be advised that among the banned substances are **ephedrine and its derivatives, DHEA, and andro and all its derivatives**. It is your responsibility to be aware of the substances that are on the banned list. Ignorance is not an excuse.

Official Banned Substances

The following is a non-exhaustive list of banned and/or restricted substances. Please verify with the appropriate IOC-regulated body for a complete and up-to-date listing.

I. DOPING CLASSES

A. *Stimulants*

- amiphenazole
- amphetamines
- amineptine
- cocaine
- ephedrine
- fencamfamine
- mesocarb
- pentylentetrazol
- pipradol
- salbutamol & terbutaline (are permitted by inhaler only and must be declared to the relevant medical authority.)

NOTE: All imidazole preparations are acceptable for topical use, e.g. oxymetazoline. Vasoconstrictors (e.g. adrenaline) may be administered with local anesthetic agents. Topical preparations (e.g. nasal, ophthalmologic) of Phenylephrine are permitted.

B. *Narcotic analgesics*

- dextromoramide
- dextropropoxyphene
- diamorphine
- methadone
- morphine
- pentazocine
- pethidine

.... and related substances

NOTE: Codeine, Dextromethorphan, Dihydrocodeine, Diphenoxylate and Pholcodine are permitted.

C. *Anabolic agents*

The Anabolic class includes anabolic androgenic steroids (AAS) and Beta-2 Agonists.

1. Anabolic androgenic steroids (AAS)

The AAS class includes testosterone and substances that are related in structure and activity to it. They have been misused in sport to increase muscle strength bulk, and to promote aggressiveness.

Some examples of AAS are:

- clostebol
- fluoxymesterone

- metandienone
- metenolone
- nandrolone
- oxandrolone
- stanozolol
- testosterone *

... and related substances

Note: The administration of testosterone is banned. The presence of a testosterone (T) to epitestosterone (E) ratio greater than six (6) to one (1) in the urine of a competitor constitutes an offense unless there is evidence that this ratio is due to a physiological or pathological condition, e.g. low epitestosterone excretion, androgen production by tumor, enzyme deficiencies.

2. Beta-2 Agonists

Some examples of beta-2 Agonists are:

- clenbuterol
- salbutamol
- terbutaline
- saimeterol
- fenoterol

.... and related substances

D. Diuretics

Some examples of diuretics are:

- acetazolamide
- bumetanide
- chlorthalidone
- ethacrynic acid
- furosemide
- hydrochlorothiazide
- mannitol
- mersalyl
- spironolactone
- triamterene

.... and related substances

E. Peptide and Glycoprotein hormones and analogues

1. Chorionic Gonadotrophin (HCG - human chorionic Gonadotrophin)
2. Corticotropin (ACTH)
3. Growth hormone (HGH, somatropin)

4. Erythropoietin (EPO)

... and related substances

II. METHODS

A. Blood doping

B. Pharmacological, chemical and physical manipulation

The responsible authorities ban the use of substances and of methods that alter the integrity and validity of urine samples used in doping controls. Examples of banned methods are catheterization, urine substitution and/or tampering, inhibition of renal excretion. e.g. by probenecid and related compounds, and epitestosterone administration.

III. CLASSES OF DRUGS SUBJECT TO CERTAIN RESTRICTIONS

C. Local anesthetics

Injectable local anesthetics are permitted under the following conditions:

- (a) that bupivacaine, lidocaine, mepivacaine, procaine etc. are used but not cocaine. Vasoconstrictor agents (e.g. adrenaline) may be used in conjunction with local anesthetics.
- (b) only local or intra-articular injections may be administered;
- (c) only when medically justified (i.e. the details including diagnosis, dose and route of administration must be submitted immediately in writing to the relevant medical authority.

D. Corticosteroids

The use of corticosteroids is banned except

- (a) for topical use (aural, ophthalmological and dermatological) but not rectal;
- (b) by inhalation;
- (c) by intra-articular or local injection.

E. Beta-blockers

Some examples of beta-blockers are:

- acebutalol
- alprenolol
- atenolol
- labetalol
- metoprolol
- nadolol
- oxprenolol

- propranolol
- sotalol

.... and related substances

EXPANDED LIST OF EXAMPLES

Caution: This is not an exhaustive list of banned substances. It is provided only to give the reader a more comprehensive list of banned substances. Many substances not appearing on this expanded list are considered banned, under the catch-all phrase: “and related substances.”

A. Stimulants

amfepramone metamfetamine
 amineptine methoxyphenamine
 amfetamine methyendioxyamfetamine
 cathine methylephedrine
 cropropamide nikethamide
 crotetamide norphenfluramine
 etamivan parahydroxyamfetamine
 etilamfetamine pemoline
 etilefrine phendimetrazine
 fencamfamin phentermine
 fenetylline phenylpropanolamine
 fenfluramine pholedrine
 heptaminol prolintane
 mefenorex propylhexedrine
 mephentermine pseudoephedrine
 mesocarb salbutamol
 strychnine

B. Narcotics

dextropropoxyphene
 ethylmorphine
 hydrocodone
 morphine
 pentazocine
 pethidine
 propoxyphene

C. Anabolic Agents

(1)Anabolic steroids
 (2)Beta2-agonists
 boldenone metenolone
 clenbuterol methandriol
 clostebol methyltestosterone
 danazol mibolerone

dehydrochlormethyltest nandrolone
dihydrotestosterone norethandrolone
drostanolone oxandrolone
fluoxymesterone oxymesterone
formebolone oxymetholone
Insulin stanozolol
metandienone testosterone
trenbolone
Winstrol