



Figure Competition Secrets.com

Presents...

Avoid The 4 Figure Contest Prep Disasters

Written By Karen Sessions (MsFit), author of
Figure Competition Secrets
at www.FigureCompetitionSecrets.com

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Who am I? I'm Karen Sessions, a multi-certified fitness instructor, 6 time eBook author, success coach, and NPC nationally qualified natural female bodybuilder.

I have been in the fitness industry since 1988. I started bodybuilding severely underweight due to a mild eating disorder, anorexia. For recovery I began weight training and within months I was able to put on lean muscle weight and totally reshape my body.



I spent a lot of time thoroughly researching and educating myself on nutrition of quality, muscle physiology, and every aspect in-between.

I took my physique to the competition level for several years, mastering the art of competitive bodybuilding. After a few years of dabbling with various tactics of dieting, cardio, and training I was able to perfect the formula to bring me to 7% body fat naturally, and for those of you who are aware, that's quite an accomplishment without the use of steroids. I have won many bodybuilding contests and have qualified nationally in the NPC organization.

I have now taken my knowledge and experience and jam-packed it into eBooks to help you on your fitness endeavors, whether it is muscle building, fat loss, overall health, or a simple body transformation.

To Your Success,
Karen Sessions NSCA-CPT
MsFit

Figure competitions are very popular. Many ladies are getting into the sport of figure competitions to get in shape, have a knockout body, and to be competitive.

Hey, I can't argue with those wants and needs.

With the endeavor to compete in figure and gather information, many of those new to the sport of fitness become overwhelmed at the amount of information they are bombarded with, and may not even be aware that they are receiving a truckload of misinformation, which can stall or even wreck havoc on their best intentions.

However, you don't have to worry about that any more. I'm about to give you some simple, yet effective tips you can start using right now to be well on your way to a figure-ready body to strut around the beach with or to take to the competitive stage.

This information is just a sample of what can be found in my fully-loaded eBook, [Figure Competition Secrets](#).



FIGURE COMPETITION PREPARATION DISASTER #1 STARTING YOUR CONTEST DIET TOO LATE

If you have the vision of having a figure-ready body or getting on the competitive figure stage you need to know how to prepare properly.

A common fatal error many people make when prepping for a figure competition is starting their contest diet too late. If you are serious about taking your physique to the competitive level, it's absolutely critical that you begin your diet early enough to allow for fat loss and tweaking.

It's far better to have a few extra weeks to tinker with your diet than to start dieting at the last minute and not being ready when your contest day rolls around.

A properly planned preparation format can include such things as:

- Body assessments
- A critical eye
- Knowing how one's body responds
- Formatted diet
- Outlined cardio program
- Designed training program
- Learning to pose
- Posing rehearsals
- Choosing swimsuits and shoes
- Plus much more...

You Are Unique

Your Body Is Unique

Roam was not built in a day.

You will find most of your dieting success in finding out what works best for your personal body type, stats, and activity level.

The program that worked for your friend may not work for you, as your body is a unique creation that responds to certain nutrients differently than your friends.

Also, dieting programs outlined in the latest fitness magazine from the latest professional may not be suitable for you or your metabolism.

Learn what's right for YOUR body!



Yes, there is a lot that goes into that perfect body, whether it's for the beach or for stage. Far too many competitors start their contest diets too late and aren't able to lose all the body fat they need to in the few weeks they allowed themselves to prepare. They end up not ready on their contest day, and then say they are holding water when they don't look good or place well. You simply can't start your contest prep at the last minute in hopes to "be ready".

To have that killer, figure-ready body, you need to plan and allow enough weeks to diet down. Not only does contest prep require your time for fat loss and learning how your body responds, it also requires physical effort and focused vision. Last minute prep never works... EVER!

The standard dieting format is 12 weeks, however many choose to diet longer for that extra allotted time, and others need to diet longer to get the body fat down.

So, how many weeks of dieting do you need for that drop-dead figure-ready body? Well, that all depends on you, your stats, your body type, your activity level, how your body respond to food, etc.

There's not a one-shot answer to the dieting aspect, as everyone is different and responds to dieting differently.

One important starting step you can do to prepare yourself before you begin your contest diet is to log everything you eat. Everything that you put into your mouth should be written down in your diet log. This means what food item it was, the amount, as well as calories, protein, fat, carbs, and sugar.

This outline can serve as your starting point, because without a starting point you won't ever get anywhere. Failure to concrete the starting point is why so many ladies start a figure-diet, yet fail miserably. They keep starting and failing,

starting and failing, then finally it's too late and they slice the calories and carbs, drop a ton of fat and muscle, and look drained, depleted, flat, and stringy on contest day.

That's not a figure-ready body. That's a last minute prep body that shows last minute efforts which resulted in loss of lean muscle mass and hoarding body fat.

Therefore, you can see the importance of starting a contest diet early enough to tweak, and knowing your starting point is half the success.

Luckily, my success figure-ready program tells you exactly, step-by-step, how to find YOUR personal starting point, how to diet down properly, and have you ready on your chosen day.

[Discover the secrets to getting that figure-ready body!](#)



FIGURE COMPETITION PREPARATION DISASTER #2 KILLING THE CARDIO

If getting that stunning figure-ready body is among one of your goals you have set in the near future, chances are you are going to have to implement some form of cardio.

- When to plug in cardio?
- How much cardio?
- When to do cardio?

All these are general questions and are independent on each person's metabolic needs. Some ladies will need to do a little more cardio in the end to capitalize on fat loss while others can coast along and implement a higher cardio day here and there to keep fat loss on the upbeat.

Jumping into cardio at 30-45 minutes or more in your first week of dieting can end in disastrous results.

Why?

First, jumping into a massive amount of cardio at the beginning of your prep plan will only burn you out in a matter of weeks, and when that happens you can say good-bye to your figure-ready body.

Second, killing the cardio leaves no room for tweaking. There may be a chance that you don't need an enormous amount of cardio.



Third, doing an extreme amount of cardio every day at the start of your prep plan will lead to cardio adaptation. This means you'll need more and more cardio each week to keep cardio on the upbeat and effective.

Lastly, implementing huge quantities of cardio in the beginning of your preparation leaves you no room for adding cardio if you may need it down the line.

No Cardio Overkill

Use cardio as a tool. Use it to YOUR advantage. Don't let cardio rule you.

Taking cardio lightly and building on it as you tweak your diet is the best approach to prevent burnout and to prevent muscle wastage.

Taking cardio with a stride by starting your prep-plan early will heed far better results than waiting to the last minute and piling on hours of cardio.

Killing the cardio will result in muscle wastage and fat hoarding.

You can implement cardio so that it is effective and not ruling your life. Sure, you are going to have to dedicate time to your program, but you don't need to be doing 3 hours of cardio a day.

Fortunately, my success figure-ready program takes you by the hand and teaches you how to implement cardio properly so you don't overstate it, burn out, and it will always be effective.

[Learn the secrets of implementing cardio to burn fat and not burnout!](#)



FIGURE COMPETITION PREPARATION DISASTER #3 JUMPING ON THE LOW-CARB BANDWAGON

There is a lot of information available to us on carbohydrates and many are confused with the numerous conflicting ideas. Carbohydrates are highly-feared in the fat-loss industry.

Sure, low-carbs are well-known for their fat burning abilities, but who wants to diet for 12-20 weeks on low carbs?

Not many.

It's too hard and doesn't always work unless you know how to low-carb properly. Too often, those who venture onto low carbohydrate diets are still in the low-fat mindset as well. They end up cutting carbs AND fat, leaving nothing for energy.

It's far better to start your contest prep carbohydrates at a moderate to high number so you can adjust and tweak them as necessary. Some say that carbohydrate intake should ballpark 50-70% of your total caloric intake, but this number is greatly affected by your current stats.

Carbohydrates are important in your prep plan. They are the primary source of energy for exercise, and they are necessary for the digestion and utilization of fats and proteins. The trick is knowing:

- How to properly implement them
- How to cycle them
- When to lower them



By eating carbohydrates in your diet you will keep your appetite under control, as well as your glycogen stores full for your training.

It is imperative that you eat complex carbohydrates prior to training to fuel your workout.

Also, there is an anabolic window that occurs within 20 minutes following training, when your muscles are depleted of glycogen. This is the optimal time that your body can utilize nutrients 100%. Not only is it vital to consume complete protein at this time, but also carbohydrates.

Other great benefits of carbohydrates are they spare lean muscle tissue and help maintain cellular fluid balanced,

With that, my success figure-ready program shows you exactly how to implement carbohydrates, how to cycle carbs for best fat loss without killing your energy, and how to reduce carbs the right way. No more guess work.

Low-Carbing and the Know

Low-carbing can be effective in reducing body fat, but it all comes in the process and planning. It's essential that you move into low carbs the correct way if your body fat is not coming down as desired.

Your success in low carbing and fat loss is all in how you implement it, the length of the low carb days, and the structured re-feed.

Manipulation is the key.

[Discover the secrets to proper dieting for fat loss!](#)



FIGURE COMPETITION PREPARATION DISASTER #4 IMPLEMENTING EVERY SUPPLEMENT ALL AT ONCE

Most people interested in getting that figure-ready body are going to choose to supplement with fat burners, protein powders, and other highly-marketed supplements.

There is absolutely nothing wrong with adding supplements to your transformation program. They are a wonderful addition to maximize your training and to give your body with nutrients, provided you know and understand how to include each.

The problem most competitors have with supplements is they take everything they read to be good and take it all at once.

Dieting down is a process, and the supplement side is a process as well. There are certain supplements that work well at the beginning of your prep-plan and others that work a little better close to the end.

There are certain supplements that you want to maintain year around, such as a good multi-vitamin mineral supplement to meet the nutritional needs your diet lacks. Not really because your diet itself is poor, but today's food supply is much lower in nutrients than it once was.

Many supplement companies have too-good-to-be true claims in their advertisements. This is just one of the things you need to be aware of.

Some say that supplements are overrated, and many are, but there are a few choice supplements that are critical to your diet down process to ensure you keep you hard-earned muscle while you melt away that dreaded body fat.



Far too many competitors invest in a lot of supplements, yet take them incorrectly, which simply wastes them. In addition, the quality of supplements is of importance, too.

Many supplements will boost your metabolism and rate of fat loss. These are excellent under certain conditions. The little trick to such supplements is cycling them for efficiency.

Supplemental Success

You can most certainly maximize your body transformation process by implementing the proper supplements at the correct times.

Supplement labels are vague and general.

Becoming muscular and defined is not in the supplement, it's in the QUALITY of the supplement, HOW you take the supplement, and WHEN you take the supplement.

Other supplements will help spare lean muscle tissue during intense training. Many times contest-prep can run into overtraining, and such supplements are necessary to help keep as much of your muscle as possible.

Other supplements can cause water retention and it's best to omit them several weeks or days before a contest.

The trick to taking supplements is knowing what to take, when to take it, and how much to take, as well as when to omit it from your contest prep plan to ensure you are super-defined.

To maximize your supplementation during your dieting down process, I have outlined all the fat burning, muscle maintenance, and even cool supplement to make you harder and more vascular on your contest day.

[Find out the supplements that work and how to take them for best results!](#)



**WANT EVEN MORE ADVANCED INFORMATION ON FIGURE
COMPETITION PREPARATION? RIGHT NOW YOU CAN
LEARN ABOUT:**

- Last minute tricks or precise crafted techniques for that extra edge?
- The deception of the scale and how to overcome it.
- Informative, yet overlooked methods for tracking your progress
- How to receive quality evaluations of how you are improving
- Plus a lot more...

Check out www.FigureCompetitionSecrets and get the entire step-by-step figure prep plan to give you that figure-ready body.

If you are interested in more tips like the ones you just read go to go www.FigureCompetitionSecrets and sign-up for the rest the Figure Competition Preparation Disasters at the bottom of the page.

See What Other's Are Saying About Figure Competition Secrets...



Hi Karen,

“Just wanted to drop you a note and tell you how much I appreciate your eBook - *Figure Competition Secrets*. I'm preparing for my first Figure event and your eBook offers the most comprehensive information I have found on the net. You are such a valuable resource for those who have the dream to compete. Thank you!”

Jennifer Kline
ACE Certified Personal Trainer
ACE Certified Group Fitness Instructor
Scottsdale, AZ



Hello Karen,

“Guess what? Under your program, I placed 1st twice in Masters and Novice figure this past weekend. I was super thrilled.

Thanks for all your personal advice and for such a wonderful program. I will be working hard for the next year to put on some more muscle and perhaps compete again.

It was a learning experience for me in how my body performs under the training and diet. I found it very interesting.

Thanks again for all your advice.

Camille Worrell

White Plains, New York



Hello Karen,

Wow, it is amazing how much fat I have lost. I don't feel hungry or deprived at all.

Thanks soooo much for your help!

Annika Czepak

You, too, can have these same amazing results and be the next success story, but you have to make a committed decision and apply the strategies that work. You can find them all in [Figure Competition Secrets!](http://www.FigureCompetitionSecrets.com)



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Have a Figure
Competition Body
in Just 12 Weeks



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