



# FEMALE BODYBUILDING MINI-COURSE

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Karen  
Sessions

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*Presents...*

## **Female Bodybuilding E-Course Revealing How To Maximize Muscle Gains in Minimal Time!**

Written By Karen Sessions (MsFit), author of *Iron Dolls – Female Bodybuilding Secrets* at [www.Iron-Dolls.com](http://www.Iron-Dolls.com)

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## You Can Learn the Most Prized Female Bodybuilding Secrets to Catapult Your Strength and Muscle Gains with This Exclusive Female Bodybuilding E-Course

Right now you will uncover...

### ***10 Female Bodybuilding Myths That Keep You from Building Muscle***

This course busts the top 10 women's bodybuilding myths and separates fact from fiction. When you are empowered with the truth you will be able to make muscle gains

### ***Beginner Tips for Bodybuilding to Ensure Success***

This course discusses tips beginners can use to break through the cobwebs and start making progress in just weeks. When you apply the facts your body will respond with new muscle growth.

### ***Beginner's Training Pitfalls to Avoid***

It is common for beginners, and many advanced bodybuilders, to fall into training pitfalls, and these pitfalls keep you from building muscle and burning fat. With this course you won't be left in the dark again.

### ***Making a Committed Decision to Build Muscle***

While many people are in the gym slinging the iron, most don't have a clue to how to make their program work on the mental level, which is where true bodybuilding starts. This course will show you how to use your mind to make your program work!

### ***Protein Myths That Keep You Confused***

This course will break through the protein lies, myths, misconceptions, and just plain ignorance about protein. Once and for all you'll get the facts on how much protein you actually need to meet your muscle building goals.



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

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

Since then 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. 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.

Karen Sessions NSCA-CPT  
MsFit



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## What this e-course is about

There is a ton of female bodybuilding information available and a lot of it is conflicting. If you are a new to the sport of bodybuilding you are probably caught in a whirl-wind of information overload and completely confused to which direction to go in regards to nutrition, cardio, training and supplementation.

I have compiled my online female bodybuilding e-course into this handy downloadable and redistributable format to better help clear up certain myths, avoid depressing pitfalls, and to empower you with the tactics you need to finally build that beautiful and feminine muscle you so desire.

Clear your mind of everything you've been "taught" about bodybuilding. Pace yourself and realize you don't have to process all this information at one time. The idea is to learn, because when you understand that basics you will be equipped with the raw and primitive power to unleash that hard and ripped body that lies underneath.

Now, without further ado, let's get with the female bodybuilding e-course...



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## Female Bodybuilding E-Course Lesson #1

### 10 Female Bodybuilding Myths That Keep You from Building Muscle

#### It's Time to Separate Fact from Fiction

Before we get into the meat of building muscle (pun intended) we need to first banish some annoying myths that just don't seem to die no matter what!

Many people are under the impression that if a woman picks up a weight she will turn into a female version of the hulk. If it was only that easy!

#### Myth #1 – Bodybuilding will make you masculine

**BUSTED!** Women cannot naturally produce the amount of testosterone as a man does. In fact, women produce ten times less testosterone than a man does. The only way a woman can take on a masculine appearance while bodybuilding is if she uses anabolic steroids or testosterone. There is a significant difference between “enhanced” bodybuilding and natural bodybuilding.

#### Myth #2 - Weight training will bulk you up

**BUSTED!** The weight training and bulking connection is due to misinformation. Muscle is lean and firm. Fat is large and bulky. Fat weight will bulk you up five times as much as muscle weight will. Weight training builds lean muscle mass, not bulky fat.

Many times female bodybuilders will gain about 10-15 pounds of extra weight in the off-season to prepare for the next competition season. This is simply due to the fact that one cannot stay ripped year around. It is also much easier to train with maximum intensity and build muscle when you put on a little weight in the off-season.



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## Myth #3 - Your muscles will turn to fat if you stop weight training

**BUSTED!** This is an exaggerated and misinformed "claim." Muscle cannot turn to fat. Muscle is an entirely different tissue than fat is. Muscle is metabolically active and fat is metabolically INACTIVE. These two body tissues are not interchangeable. Muscle cannot turn into fat any more than your heart can turn into your liver.

If there was ANY truth the above myth, don't you think fat could turn into muscle?

## Myth #4 - High reps and light weight will give you that cut look

**BUSTED!** High repetitions and light weight training will build muscle endurance. High repetitions will not get you cut and it will not stimulate much muscle growth. The high repetitions and light weight combination has NOTHING to do with getting cut. Getting cut and defined is in the detailing your diet and cardio, not making weight training a training marathon.

## Myth #5 - You have to train for hours to build muscle

**BUSTED!** It does not require hour upon hour in the gym to build muscle size and strength. Training too much leads to overtraining and no muscle growth. You can build muscle naturally by training just 3-4 days a week with each session lasting 45-60 minutes. When it comes to building sheer muscle, less is more.

Keep in mind that we're talking about natural muscle building. Those who choose to supplement with steroids will recover much faster, allowing them to workout longer and more often. Be sure to keep natural bodybuilding information separate from "supplemented" bodybuilding information.

## Myth #6 - Crunches will give you that 6-pack

**BUSTED!** In reality, nothing is going to give you that 6-pack until you burn off the overlaying fat covering them. You can do crunches until you are blue, yellow, and green in the face, but you won't get a 6-pack abdominal area showing until you burn the fat off with diet and added cardio.



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## **Myth #7 - I need supplement X to boost my muscle mass**

**BUSTED!** Supplements don't build muscle. Proper eating, training, hydration, and rest build muscle. If you have the first part of the equation going correctly, then supplements such as creatine, glutamine, and branched-chain amino acids can further aid in muscle gains. Supplements do not work alone. Your diet and training have to be in order for your chosen supplements to be effective.

## **Myth #8 - Weight training will increase the breast size**

**BUSTED!** Breast tissue is fat tissue. Weight training cannot increase the breast size. In fact, those who compete get well below 10% body fat and lose much of their breast fat, making them small-chested, unless they have implants.

Breast size has nothing to do with weight training. You can enhance your breast area with proper training techniques. A well-rounded training program can lift the breasts and give you higher cleavage, making you look firmer and healthier.

## **Myth #9 - You need to double up on protein to build muscle**

**BUSTED!** Protein indeed helps to build lean body mass, but what many bodybuilders fail to realize is that they need the carbohydrates also to drive the amino acids into the muscle cells and to provide the energy necessary to move enough poundage to stimulate muscle growth. Your body can only utilize a certain amount of protein in a certain time span. Consuming excess protein will only be stored as fat.

## **Myth #10 – You need to restrict your sodium intake**

**BUSTED!** Sodium is absolutely necessary! When you are low on sodium, water is drawn out of the muscle cells and you lose strength. Dehydration and sodium can be a problem, but if you keep yourself properly hydrated, water cycles through your system, taking excess sodium, fat, and toxins right out with it. In turn, the muscle cells become properly hydrated, allowing you to move more weight when training.



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## Conclusion

Now you have some insight on the mythology and reality of bodybuilding; what's real and what's just nonsense.

Use this information to your advantage and work on learning as much as you can about the sport so you can be the best you are in bodybuilding.

P.S. What if you could have all the women's bodybuilding facts to create your dream body and turn heads? You CAN build ultimate female muscle naturally! [Find out how...](#)



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## Female Bodybuilding E-Course Lesson #2

### Beginner Tips for Bodybuilding to Ensure Success

#### It's Time to Break Through the Cobwebs

Building muscle is a finely orchestrated pattern of the proper construction materials which are protein, carbohydrates, fat, water, and even some supplementation when implemented properly.

Your body uses these five elements for energy and the rebuilding process for muscle growth to occur. Any imbalance of the necessary elements can stall muscle gains dead in their tracks.

**Protein** is a crucial element in muscle gains. Every living cell in your body is constructed of protein. This macronutrient is the building material you need in order to achieve the muscle gains you desire.

#### Benefits of protein:

- Regulates hormones
- Maintains the body's water balance
- Transports nutrients in and out of cells
- Protects against diseases
- Regulates blood clotting

The RDA for protein is very low and doesn't offer any real health benefits. This can explain why many people suffer with low immune systems. For the human body to function properly, it needs at least one gram of protein per pound of muscle weight (not just weight in general). Bodybuilders can require more, up to 2 grams per pound of muscle weight.

If you fail to consume adequate protein, you can rob yourself of precious muscle gains.

**Carbohydrates** are the fuel for your brain and working muscles. Many bodybuilders make the costly mistake of limiting or cutting their carbohydrates which can hinder potential muscle gains.



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Carbohydrates are protein-sparing. They are absolutely essential when you are building muscle because they increase your glycogen stores which are necessary for protein synthesis and anabolism.

If you think you are going to gain muscle on a low-carb diet, you may as well be driving your car on empty, as neither are effective.

## Benefits of carbohydrates:

- Spares protein
- Curbs cravings
- Provides energy
- Balances meals
- Provides muscle glycogen
- Aids in digestion of fats

Just not any carbohydrate will do though. The real skill is in your choice of carbohydrates. Quality overrides quantity every time.

**Fat** has been touted as evil and the obesity culprit via mainstream media. This is 100% absolutely false. The human body needs a certain amount of essential fats a day to function properly. Since the body cannot make essential fats, they must come from the diet or supplementation.

## Benefits of essential fats:

- Supports the functions of the nervous and immune system
- Builds and supports the brain and brain cells
- Improves the metabolism
- Assists in the absorption and transportation of nutrients and hormones
- Regulates the body temperature
- Improves insulin management
- Influences the productions of hormones
- Assists in fat loss

Failure to eat enough essential fats can cost you precious muscle gains and cause increased fat storage in the long-run.

**Water** is the most abundant nutrient in your body, making up 70% of your bodyweight. It is also the most critical nutrient for muscle growth and fat loss. Most people don't even realize water's amazing abilities and uses.



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## Benefits of water:

- Aids in digestion
- Assists in nutrient absorption
- Helps transport nutrients
- Mobilizes fat
- Lubricates joints

Water is the primary catalyst of chemical reactions and it controls the body temperature. It is the number one essential element that's so overly discarded when it comes to weight training and building muscle. When you are only 10% dehydrated, your strength levels will be 50% less in the gym.

If you want to boost your training performance and muscle gains, tilt the bottle, the water bottle that is. Hydrate your muscles well so they have the ability to go 100% each training session.

**Supplementing** your diet and training program with the proper nutrients can dramatically boost your muscle gains and endurance, as well as overall health. Many natural lifters cite "no supplements are necessary" and even go on to suggest they are dangerous. I can guarantee you that the FDA approved boxed food products on the supermarket shelves are far more dangerous than a few necessary supplemental nutrients.

## Benefits of supplements:

- Boosts immune function
- Increases endurance
- Improves strength
- Assists in muscle recovery
- Manages sugar imbalances
- Increases metabolism

What many bodybuilders fail to realize is which supplement you take, how you take it, and when you take it makes all the difference in the world. Those who group all supplements into one lump sum and label them as "bad" are poorly informed.

When you are educated on the proper basic supplements that can improve your training and diet, supplements are safe and effective. Lack of proper information leads nowhere and keeps you in a whirlwind of confusion.



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## Conclusion

When you want to build muscle, you can't neglect the basic building materials that make muscle growth possible. Failure to keep a balance in your nutrition can rob you of potential muscle gains.

Don't let misinformation keep you in the dark and at a standstill. The best thing you can do for your muscle-building endeavors is to be able to identify fact from fiction.

The 5 elements discussed can make a world of difference in your training and dieting and keep you on top of the game. You've worked too hard and too long to lose out to myths and misinformation. Take your control back and make each meal and training session the absolute best ever!

P.S. Want my best-kept women's bodybuilding secrets on how I transformed by body naturally? You can have all women's bodybuilding tips, techniques and secrets. [Get them NOW...](#)





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## Female Bodybuilding E-Course Lesson #3

### Beginner's Training Pitfalls to Avoid

#### It's Time to Make Your Training WORK

In the bodybuilding arena, you are constantly bombarded with conflicting advice and suggestions. It's no wonder 90% of the lifters are in information overload mode and are making absolutely zero progress in the gym.

Lesson 3 of your female bodybuilding e-course will focus on training pitfalls that can stall your muscle gain endeavors. When you are able to sift through the crap fed to you by the so-called "experts," you'll be better equipped to make your training flourishing and productive.

#### **Form**

Regardless if you are a beginner or not, the most important aspect a bodybuilder should focus on is their training form. Proper form will prevent injuries and keep constant tension on the muscle group being worked.

Bad form does just the opposite. It causes injuries and places stress on other muscle groups, as well as your joints, ligaments, and tendons. Bad form is absolutely worthless and should be avoided at all cost.

#### **Training too often**

Most beginners are so excited about their training that they unintentionally train too much, which leads to a stall in muscle growth. Overtraining is not giving your body the proper amount of time it requires to repair and rebuild itself. If you train every day with all out intensity and refrain from any days off, you will be in overtrained mode very quickly.

When you train too long or too often your body releases a stress hormone, cortisol, to combat the physical stress. While this is a natural survival tactic for your body, it's devastating to muscle gains. Overtraining will cause muscle gains to cease and fat stores to increase.



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## **Weighing and Taking Body Fat Every Day**

While weighing oneself and taking body fat composition is effective in determining one's progress, far too many bodybuilders get obsessed with it and end up sabotaging their own efforts.

It's useless to track your progress each day because progress is a journey, not an event. For best muscle gain progress, give more focus and attention to how you actually appear in the mirror. Can you tell if your muscles are growing? Are you seeing strength changes during your training?

Tracking your muscle gain progress by lifts and your mirror image will yield far better results than becoming a slave to daily stat numbers.

## **Doing Too Many Exercises, Sets, and Reps**

A major pitfall beginner bodybuilders fall into with their training is failure to challenge their muscles. Their fear of increasing the weight load leads them to do more exercises, sets, and repetitions for their muscle stimulation.

A constant increase in volume will not lead to muscle growth. Muscle growth occurs when you increase the tension to your muscles by adding more poundage. When you increase the poundage used, your repetitions will be somewhat decreased to compensate for the workload. The advantage to this is that heavy weight in the 6-8 repetition range targets the type 2B muscle fibers, the ones responsible for muscle growth.

## **Conclusion**

When you enter the gym armed with the proper training information and carry it out in every training session, your final outcome will be muscle growth.

Make every training session and meal count toward your success and you can build and shape the body of your dreams.

P.S. What if you could get REAL women's bodybuilding information to avoid disastrous dieting and training mistakes? You CAN have the Raw and Uncut Truth from a 20 year vet and insider. Don't miss out. [Get your women's bodybuilding secrets now right here!](#)



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## Female Bodybuilding E-Course Lesson #4

### Make a Committed Decision to Build Muscle

#### How to Make Your Program WORK

One of the biggest bodybuilding errors I see female bodybuilders make is the failure to make a committed decision. Many female bodybuilders struggle each week between trying to gain muscle and trying to lose body fat.

You need to choose one or the other. Do you want to build muscle or do you want to lose fat? Decide this first before you do anything else. I will tell you flat out that you won't make any progress either way until you make a decision and stick with it. Once you make your decision, stop swaying back and forth each week changing your primary goal. **Being wishy-washy gets NOTHING accomplished.**

*Note: Some ladies can indeed build muscle and lose fat at the same time. Usually beginners can experience this since most beginners don't possess a large amount of muscle mass to begin with. This type of progress is temporary and when you notice it hits a plateau you need to readjust your goals and decision.*

*Also, those who have dieted off muscle mass from an extreme low-caloric diet or post contest diet and training can put muscle back on fairly quickly. With this scenario, the body fat can either maintain or fluctuate, and in some cases the body fat can temporarily increase until the metabolism stabilizes.*

*Your can build muscle and lost fat to a certain extent if your body needs to balance out. If after 4-6 weeks of trying to build muscle and lose fat simultaneously you don't see any progress with either, you need to go ahead and make a muscle-building or fat-loss decision.*

#### **Building Muscle**

Let's say you have made the decision to build muscle. You will need to feed your body enough calories from proteins, carbohydrates, and even essential fats to



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receive the necessary nutrients to put on lean muscle weight. Your nutrients should come from whole and unprocessed food sources as much as possible.

While putting on lean muscle weight, there's a 99.9% chance you will experience a general weight increase on the scale. If you check your body fat you may even see that it goes up a little. This is normal. You don't have to fatten up, but you do need to put on a little extra weight to support building lean muscle tissue growth.

Rather than checking your weight and body fat every blessed day during your growth phase, watch the mirror instead. Examine your training journal progress. Do you visually see some muscle gain in the mirror? Can you tell that you added some good quality weight (in the form of muscle)? In your training journal, do you see your lifts going up each week? Are you increasing either sets or repetitions each training session?

These are the things you need to be looking for when your primary objective is muscle gain. If you constantly watch the scale and the calipers, I can guarantee that you will lose muscle due to your constant monitoring and stressing over meaningless numbers.

The numbers that count during your muscle-building phase are the numbers in the gym, the amount of weight you push or pull, the number of repetitions, and the amount of rest between sets. Keep your primary focus here when building muscle.

Generally, it can take anywhere from 4 to 8 months to see some noticeable muscle gains. Keep in mind this is not set in stone. Those new to lifting weights can put on muscle mass very quickly. The more advanced lady will put muscle on a little slower.

Whichever case, don't put all your focus into the little weekly progress reports. Give yourself time, work hard and smart, and step back every few months and look at the overall picture.

Compare your beginning stats to your 4 or 8 month stats. Take your before measurements and compare them with your 4 or 8 month measurements. Take some before photos and compare them with your 4 or 8 month pictures.

Stop making muscle building a rocket science project and start eating right and lifting weights utilizing maximum intensity.



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## Fat Loss

On the flip side, if your primary objective is fat loss, then you need to concentrate more on your diet and progressive cardio as well as high intensity weight training. You will still need to feed your body the right macronutrients, but more focus needs to go on how you implement carbohydrates. Generally, carb-cycling is an effective fat-loss method, allowing you to drop body fat and keep most of your lean muscle mass.

Of course, during a fat-loss phase you will experience some loss of lean muscle tissue. To keep muscle loss to a minimum, your diet is of most importance. It is highly recommended that you lose fat *s-l-o-w-l-y*. If you lose weight too quickly, even if you put on muscle at the same time, you run the risk of destroying your metabolism, and when you return to "normal" eating you will regain all the weight you just lost, plus more.

While checking stats every couple of weeks is an effective measure to ensure fat loss, it can lead to a number obsession, and I see this all the time with my clients. Rather than focusing solely on your weekly or bi-monthly stats, use them as a guide, not detriment. The mirror can give you far more detailed results on how effectively you are losing fat than stressing over numbers all the time.

Fat loss is not difficult, if you don't make it difficult. The biggest mistakes I see the ladies making when it comes to fat loss are:

1. Teetering between muscle gain and fat loss
2. Justifying cheating
3. Jumping from one fat-loss program to the next
4. Not giving any fat-loss program enough time to prove itself

Fat loss is not a one-shot approach and it's not going to happen overnight. You have to feed your body what it requires to get the fat-loss job done, and give it time. Chances are you are not going to see dramatic fat-loss results over the course of a couple of weeks. You have to look at the entire picture.

Usually, you can have some prominent fat loss in 8-10 weeks, if you stick with your formatted program. After 8-10 weeks on a fat-loss program, step back and examine your overall progress. The big picture tells you more than the little weekly broadcasts.

Again, putting all your attention into your little weekly numbers can just set you up for failure. Your weekly numbers can hold some importance, but far too many



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people see it as a death sentence. Weekly stats are a resourceful guide tool and that's what they should be used for.

Your ending fat-loss goal should be the big picture; the finished product. Your body will naturally fluctuate in weight and body fat percentage each week. However, what matters most is your final destination and how you get there.

## Conclusion

It doesn't matter if your primary goal is muscle gain or fat loss. For you to be successful with either you have to know where you are going and you have to have a dedicated and committed plan. You need to be able to visualize your final outcome, and understand that you won't get to your destination in just one day or in a week.

Don't try to look like a model year around; it's not going to happen. To have that muscular and tight look you are looking for will take time building a foundation and sculpting.

The most important thing to remember is, don't give up after a week or two if you don't see the changes you expect. You must give a muscle-gain or fat-loss goal time. Nothing worth having comes easy, so put forth your best effort!

Best of luck to you!

## Don't Quit

"When things go wrong as they sometimes will  
When the road you're trudging seems all up hill.  
When funds are low and the debts are high.  
And you want to smile, but you have to sigh.  
When care is pressing you down a bit.  
Rest, if you must, but don't you quit.  
Life is queer with its twists and turns.  
As everyone of us sometimes learns.  
And many a failure turns about  
When he might have won had he stuck it out:



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Don't give up though the pace seems slow -  
You may succeed with another blow.  
Success is failure turned inside out -  
The silver tint of the clouds of doubt.  
And you never can tell how close you are.  
It may be near when it seems so far:  
So stick to the fight when you're hardest hit  
It's when things seem worst that you must not QUIT.

~ Author unknown

P.S. What if you could defy your genetics and start creating the head-turning body with fine muscle detailed in as little as 12 weeks? Millions of ladies have already started their women's bodybuilding transformation.... You can too! [Click Here for Killer Bodybuilding Secrets](#)



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## Female Bodybuilding E-Course Lesson #5

### Protein Myths That Keep You Confused

#### Lies, Myths, Misconceptions, and Just Plain Ignorance

If you are a bodybuilder or a bodybuilding enthusiast, you know the importance of consuming enough protein each day to build muscle. Bodybuilders are widely known for their large protein consumption and general protein obsession.

Protein does indeed have its place in the diet. It's a very important and essential nutrient, necessary for overall health as well as building muscle. However, many lifters consume far too much of this macronutrient, under the mistaken theory of "more is better." The lies continue about protein being unhealthy and being the cause of many diseases.

With all the mass confusion regarding protein, we're going to burst through those compelling myths and debunk them right here and now.

#### **Muscles Are Made Up of 100% Protein**

Since consuming adequate protein drives muscle gains, most people assume that muscle is made up of 100% protein. While this may seem like a logical answer, it's wrong. Your muscles are made up of roughly 70% water. The remaining portion of muscle is made up of glucose and amino acids.

With the above equation, can you see why it's important to not only consume protein for muscle-building purposes, BUT ALSO carbohydrates? We discussed the benefits of carbohydrates in your muscle-building program in Lesson #2.

Carbohydrates are the fuel for your brain and working muscles. Many bodybuilders make the costly mistake of limiting or cutting their carbohydrates which can hinder potential muscle gains.

Carbohydrates are protein-sparing. They are absolutely essential when you are building muscle because they increase your glycogen stores which are necessary for protein synthesis and anabolism.

If you think you are going to gain muscle on a low-carb diet, you may as well be



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driving your car on empty, as neither are effective.

Benefits of carbohydrates:

- Spares protein
- Curbs cravings
- Provides energy
- Balances meals
- Provides muscle glycogen
- Aids in digestion of fats

Just not any carbohydrate will do though. The real skill is in your choice of carbohydrates. Quality overrides quantity every time.

This confuses many people. Yes, you absolutely need protein to build muscle mass, but you also need good complex carbohydrates and a lot of water. Remember, we discussed how drinking water benefits muscle gains in Lesson #2?

Water is the most abundant nutrient in your body, making up 70% of your bodyweight. It is also the most critical nutrient for muscle growth and fat loss. Most people don't even realize water's amazing abilities and uses.

Benefits of water:

- Aids in digestion
- Assists in nutrient absorption
- Helps transport nutrients
- Mobilizes fat
- Lubricates joints

Water is the primary catalyst of chemical reactions and it controls the body temperature. It is the number one essential element that's so overly discarded when it comes to weight training and building muscle. When you are only 10% dehydrated, your strength levels will be 50% less in the gym.

If you want to boost your training performance and muscle gains, tilt the bottle, the water bottle that is. Hydrate your muscles well so they have the ability to go 100% each training session.

The key to making all this work is to keep a steady stream of nutrients AND water flowing to your muscles throughout the day.



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By  
Karen  
Sessions

## **Protein Food vs. Protein Powders**

While protein powders are absolutely effective for the training individual, they are not always better than real food. But, protein powders do have their place in a bodybuilding or fitness program.

Protein powders are absorbed quickly, making them the perfect pre and/or post-training meal. It's easy to dress up a post-training protein shake to give it that insulin spike your body needs after a hard and intense training session. With the perfect ratio of carbohydrates and protein, your post-training shake can have a natural anabolic effect on muscle gains.

The downfall to protein powders is that they are a liquid meal and they don't really allow the body to do anything, such as the work it takes to digest. This is why they are best effective before or after training.

Other useful times for consuming a protein shake is when you are in a situation that you **MUST** have a meal, but can't realistically eat one, such as a business meeting, being stuck in an airport, driving, etc. This would be a good time to have a protein drink.

While protein powders can be effective at the proper times for muscle-gaining endeavors, they are not really ideal for fat loss. However, you can include them to a certain extent, but I would work on weaning them out if your primary goal is fat loss with the intent of getting cut.

Another downfall to protein powders is in the processing of them. Processing of protein extraction involves heat. The protein processed under high temperature (over 120 degrees) and/or high acid conditions becomes "denatured" and loses all its quality. The processing kills the enzyme functions in the protein and destroys the good bacteria; two vital components that make amino acids electrically charged.

A good low temperature, low acidic and non-chemical processing method for a quality protein is cross-flow micro-filtered (CFM). This type of protein would be ideal.

## **Consuming One Gram of Protein per Pound of Bodyweight**

Eating one to two grams of protein per pound of bodyweight can be a good guesstimate of how much protein you need to build muscle, but in the end, it's just a guess. Sure, this "one to two gram per pound of body weight" rule can be useful to an extent, but when you want to get precise and really make dramatic muscle gains or fat loss, this format will leave you high and dry.



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By  
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To better get the right amount of protein that YOU need, you will be better off eating one to two grams of protein per pound of lean muscle weight, not body weight.

Your body weight includes the weight of your muscles, water, bones, organs, etc. Your lean muscle weight includes just that, your muscle weight. The key to adding muscle mass with as little fat as possible is that you need to be feeding your metabolically active muscle tissue, and not your fat, muscle, and water weight.

To ensure you eat the proper amount of protein for your body, use the “one to two grams of protein per pound of lean muscle mass” rule. You will make far better muscle gains without adding excess fat weight.

Keep in mind that when you read in the muscle magazines about your favorite professional bodybuilder or fitness athlete putting away 300 grams of protein or more a day, that there are many variables that play into this. Many of the muscle magazines fabricate their articles like you wouldn't imagine.

Often times those featured in magazines are taking anabolic supplements to enhance muscle gains. Those who use steroids need more calories from all the macronutrients, including protein.

When it comes to your protein needs, find out what YOUR body requires, not what Joe Blow suggest or the latest pro does.

## **Overeating Protein**

Some people are under the misconstruing notion that you can eat all the protein you want and it will be use for muscle-building purposes. This is false. Anything can be stored as fat if you overeat it.

Protein needs are correlated to how active you are, how intense your weight training is, how much lean muscle tissue you have, as well as how much protein your body can actually assimilate in a certain amount of time. Your body uses protein based on the body's needs and how well your body absorbs and digests protein.

Don't get fooled into thinking that if some protein is good, more is better. Anything you overeat or that is unused will be stored as body fat.



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If you want to get the most out of your muscle-building goals, put more focus on your training intensity and rest time between sets and your rest away from the gym. Yes, protein is very important, but overloading your body with protein is not the answer. Feed your body the protein it requires and what it can use for strength training.

## **Protein Is Difficult To Digest**

There is a misconception that eating high protein puts stress on your digestive system. The human body is designed to eat meat, just as it is designed to eat vegetables, drink water, be active, receive sunlight, etc.

Sure, protein may be a little tougher to breakdown than carbohydrates, but is that any reason to neglect proper amounts needed for optimal muscle growth? If you consume adequate water intake, it will aid in digestion. Remember, your body is composed of approximately 70% water and your muscles are made up of about 70% water.

Are you beginning to see that it's not just protein that can aid in muscle gains, but water too, can enhance your muscle building endeavors?

## **Excess Protein Causes Cancer and Osteoporosis**

There are "claims" that excess protein causes some forms of cancer and osteoporosis. This is a lie; lies, lies, lies.

Cancer is caused by nutritional deficiencies and toxins in the body. Nutritional deficiencies and toxins rear their ugly head when your body's pH becomes acidic. When you are acidic, you are a breeding ground for illnesses and viruses. Protein or excess protein does not cause cancer. This claim is just ridiculous.

### **Quote :**

"Diseases are but symptoms of nutritional deficiencies combined with retained toxins. These are caused by poor soil resulting in nutritionally deficient plants and fruit and other foodstuff...We must change our nutritional habits to consume at least 75% LIVING and UNPROCESSED foods - those that grow in the ground or fall from a tree. Everything else is hardly worth eating. If we do this we can stop using drugs and even supplements because our food has become our medicine."

~ Dr. Juergen Buche, ND.



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By  
Karen  
Sessions

Excess protein does not cause osteoporosis either. Honestly, where are these people getting their "information?" Bones are made of natural proteins, and calcium hardens these proteins to make the bones solid.

Osteoporosis is a condition that can be linked to an acidic blood pH. This acidic pH can be brought on largely by a highly processed diet and colas.

The truth is that people have been eating a lot of protein for centuries. Cancer and osteoporosis are new diseases brought on primarily by the 20th Century, not by eating protein or excess protein; please.

## **Protein is hard on the Liver and Kidneys**

There are also those in the fitness industry who go on to suggest that excess protein is hard on your liver and kidneys. I am sure you have heard this claim a time or two, and even worried about it.

I am going to explain why some people may suggest this to be true. I will also explain that you can indeed eat a high-protein diet without it having any effect on your liver and kidneys whatsoever!

Digesting protein creates metabolic waste that must to be removed from the kidneys. When the body receives more protein than it can use the excess nitrogen is excreted as urea in the urine, and the rest of the protein molecule can be used for energy or stored as fat. Therefore, a lot of water is needed for proper digestion, and excretion when consuming large amounts of protein.

This is where the myth of high-protein diets and kidney damage are correlated. The excess nitrogen excretion can be hard on the kidneys if your water intake is below par. Without proper water intake, your liver and kidneys will be under stress. A lack of water and a lack of information is what can cause kidney damage. Therefore, drink at least a gallon a day when consuming high protein.

## **Conclusion**

There are countless protein myths out there and they are growing by the day. If you are armed with the correct protein information, you will be able to distinguish fact from fallacy.

Finally, when it comes to getting enough protein, quality overrides quantity every time. It's all about going back to the basics and feeding the body what it needs and when it can use at that moment.



# FEMALE BODYBUILDING MINI-COURSE

*Cutting Edge Information*

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By  
Karen  
Sessions

You have received some vital muscle-building information these last few days. Use it to your advantage and make every meal and every training session a breeding ground for muscle growth.

P.S. Who else wants the best women's bodybuilding information to burst through plateaus for new muscle growth? ...Easy step-by-step information allows you to make the same great muscle-building and fat loss advances I made! [Transform YOUR body TODAY!](#)



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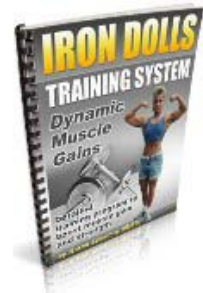
By  
Karen  
Sessions

I hope you enjoyed this free women's bodybuilding e-course. When you learn the basics of nutrition and training, the rest of the bodybuilding equation becomes much easier.

Take your training and your dreams to the top!

[www.Iron-Dolls.com](http://www.Iron-Dolls.com)

Achieve a sculpted and feminine body with my tested and proven methods - guaranteed to produce natural muscle growth in as little as 12 weeks!



In addition to Iron Dolls you will receive the Iron Dolls Training System which entails **over a years worth of training outlines from absolute beginner to advanced training**. Everything is outlined in full detail for each training cycle. The Iron Dolls Training System is guaranteed to build dynamic muscle gains in minimal time! Find out how to get your copy [RIGHT NOW!](#)



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By  
Karen  
Sessions

## What Does One of The Leading Experts in Bodybuilding Have to Say About Iron Dolls?

"As a fitness professional and working out in gyms all over the world, I've seen it all!

But let me tell you about a few "issues" I have to get off my chest...



1.) I'm a wee bit sick and tired of hitting the gym and watching chunky, overweight personal trainers trying to instruct people on how to "lose weight"...

2.) I get a little peeved at watching men AND women try to change the look of their bodies by using the **WRONG** exercises and doing them the **WRONG** way...

3.) And it **REALLY** burns me up when I see male fitness trainers without a clue, trying to train **WOMEN** like they train themselves!

The fact is... if you're a woman and you're looking for a lean, tight body and not afraid of a little muscle along the way, you better be listening to someone who's lived the training and has seen **REAL** results!



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By  
Karen  
Sessions

Karen Sessions' "Iron Dolls" is the most comprehensive, step-by-step guide I've seen that practically hands you your new body on a silver platter.

Bottom line...if you're a woman who wants to secretly smile inside because you know that group of men you just passed are STILL WATCHING..."Iron Dolls" is the program that will get you there!"

The "Muscle Nerd"

Jeff Anderson

Natural Bodybuilder & Fitness Consultant

[www.MuscleNerdFitness.com](http://www.MuscleNerdFitness.com)

Don't miss out on the hottest eBook on women's bodybuilding to ever hit the market, [Iron Dolls!](#)



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By  
Karen  
Sessions

**Still not convinced that Iron Dolls is for you? Check out what other beginners to advanced women lifters have to say about Iron Dolls...**

Karen,

**Your Iron Dolls - Female Bodybuilding Secrets book is my bible; and you have responded to every email I have ever sent you, you are #1 in my book!** That's just one more exceptional thing about you and your wealth of knowledge, Karen.

**This is some of the best reading material I have come across.** I can't stop reading. I just wanted to say thank you so much for being so, well, cool. You get it!! If only your way of thinking was more contagious. Keep writing!!

Take Care,  
Thanks Again, Karen.  
Shannon Van Artsdalen

**If you're looking for an ebook that is geared for beginners, intermediate, or advance level female bodybuilding, Iron Dolls has it covered.**

Iron Dolls not only covers the essential basics of bodybuilding, but also digs deep with numerous strategic winning techniques to catapult your personal success in female bodybuilding. Everything that is vital in transforming your body into a sculpted work of art is covered: Precise and thorough nutrition.

This is an A to Z ebook no serious female bodybuilder should be without.

Tammy Mapes



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By  
Karen  
Sessions

Hey Ms Fit,

I have been a lurker for quite some time at your site. **I am impressed with your wealth of knowledge and the way you convey that information to people.** I have also read many of your client's high opinions of your help with their fitness goals on The Elite Physique.

William Lee,  
Baton Rouge, LA

Karen,

First of all, I want to say that I am loving this schedule and routine, and that I enjoy the workouts, look forward to them every night, and can't believe I feel that way! I haven't stuck to anything in years and years, let alone enjoy it.

I feel absolutely great. **My energy level has improved, water retention and bloating are greatly reduced, and headaches are disappearing.** Amazing. I can tell you that I feel a difference. I feel tighter, and my clothes are fitting just a little bit differently.

This is the most fun I've had in a while and I love it!

Karen Davis

Hey Karen:

My body is changing. **My shoulders, traps and bi's are responding like CRAZY to your program.** I have been getting so many comments from the people in my office about my arms (specifically biceps). **My upper body strength is way up too.** I worked out at home with my son the other day and we were doing push ups and I totally shocked myself with my ease of doing push ups after bench press! I popped out 3 sets of 12 like a man!!!!

Helen Kearns-Ofner



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By  
Karen  
Sessions

Karen,

I purchased 2 of your E-books (Iron Dolls and The Competitive Edge) and have incorporated your routine as mine this last two weeks. I must tell you have never been more sore than I have recently. I just wanted to **thank you for all the hard work you put into those books. I have learned tremendous amounts from you.**

Thank You,  
Sheri Childers  
California

Karen,

I feel soooo great on your program, I have energy all day long!!

Thanks,  
Annika  
München, Germany

Good Morning Karen,

My name is Jaromy Jessop and I am Mishelle's husband. I wanted to thank you from the bottom of my heart for all that you have done for Mishelle. She has really pulled herself out of the total hell that she was in because of your help. I am so proud of her and I am so thankful to you.

Thanks again!  
Jaromy D. Jessop



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By  
Karen  
Sessions

Hi Karen,

I feel great, lots of energy; I have noticed **my stomach is flatter**. I am really excited and wanted to tell someone! I **saw my performance coach at work today who I hadn't seen in about a month and he said I look more "buff"** and asked me if I had been working out more! That's great - a third party bringing it up! That just gives me more motivation.

Thanks a lot for everything so far!!

Thanks,  
Jodie Clapp

Hi Karen

You wouldn't believe how many **people are commenting on how good I look, the size of my arms and how good my legs look**, I even see muscles developing in my legs and my butt feels and looks like it has lifted.

I put on a pair of shorts on Sunday that are totally loose on me, which proves that even though I am the same weight I am much more leaner and gainer muscle mass

Thank you for all your help and guidance. I have learned so much from you....and at 44, **I am in the best shape of my life.**

Eva Whitney  
Mission Viejo, California



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By  
Karen  
Sessions

Karen,

You are the BOMB!!!! This type of customization is EXACTLY what we needed!!! This is all so new to us but **your knowledge and professionalism are MUCH appreciated**. You are fantastic!!!

For the 1st time on this long journey I can actually see myself reaching my goals!!! Thank you for getting us on the right track!

THANK YOU KAREN!!!!!!!!!!!!!!!!!!!!!!

Stacy and Brian Luckey

Karen,

I figure if you want to fix a car you go to a mechanic, if you want to have brain surgery you go to a brain surgeon, and **if you want to drop body fat without sacrificing muscle....you go to a bodybuilder....**because that's what they specialize in. It seems that all the other weight loss programs out there really don't care about losing muscle...it's all good if the scale is moving down according to them.

**Your program was the only one that I've tried that actually worked... when I applied the principles!**

Linda White,  
Phamacist



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By  
Karen  
Sessions

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Karen,

I wanted to share this with you cause I am so amazed! I did measurements:

**4/10/05**

Neck- 13 1/4

Shoulders- 43 1/2

Bust- 43 1/4

Biceps- 13

Waist- 37

Abdomen- 35

Hips- 47 1/2

Thighs- 28

Calves- 16

**Weight - 185**

**Body fat- 41.5%**

**11/18/05**

Neck- 14 1/4

Shoulders- 45

Bust- 40

Biceps- 13 1/2

Waist- 31 1/4

Abdomen- 31 3/4

Hips- 41 3/4

Thighs- 24 3/4

Calves- 15 3/4

**Weight - 165.5**

**Body fat- 29.8%**

**That's a loss of 23.5 inches, 11.7% body fat, 28 pounds of fat, and a gain of 9 pounds of muscle!!!!!!**

Jane Marshall

South Bend, IN

Karen,

I wanted to mention how wonderful your e-book is - Iron Dolls. This is the first book I purchased, but not my last. You have an empowering effect on the reader.

Helen Sleightholm

Karen,

Thanks so much for the revised e-book -- you totally could've gotten away with not sending me a copy. That's really cool of you. **I honestly regard you as one of the most informational sources when it comes to health, nutrition, etc.** You're awesome and totally inspirational.

Cassie Beman



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By  
Karen  
Sessions

Karen,

I have been following the program (menu and weights) that you gave me and I have energy throughout the day like never before.

My weight is 132 lbs, and 21.1% BF according to the Omron. **My BF has been slowly dropping over the week since I started the program.** Thanks for everything and I wish I had found your program sooner.

Suzanne Hessefort

Hi Karen!

Finally an amazing informative site dedicated to women, I'm impressed and thankful to you. THANK YOU! Keep up the good work. After a long search, I finally found what I was looking for. You are a breath of fresh air.

Gina

Karen,

I had a hair appointment and when I went in, my hairdresser said: "Wow, you look fit and muscular! What have you been doing?" (Now you must know I'm not in anyway "muscular" looking but maybe compared to how I was before!). Anyway, he also said, "even your face looks more defined!" So that was a nice way to end the day. I have had a couple of people mention that they thought I looked "more fit" then normal so it's been working! A big Thank You to you for that!

Jo Cottle



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By  
Karen  
Sessions

Karen,

I feel really good and I can feel the difference. I have been told this by others too, so I'M VERY, VERY HAPPY...YOU ARE ALSO ONE OF THE REASONS THAT I GET PUMPED UP AND REALLY GET MOTIVATED TO WANTING THIS ... You always have some very POSITIVE FEED BACK and truly from the bottom of my HEART THANK YOU.

Lena

Karen,

I just wanted to drop you an e-mail to let you know **that I purchased "Iron Dolls."** **What a wonderful, informative and concise book!!!** And I'm only through the first 30 pages. Thank you so much for providing the information that I always sought but could never find in magazines or message boards.

I'm looking forward to reading the next 390 or so pages, and applying the principles that you set forth.

Karen,

Girl I want to tell you something...I have e-mail professional bodybuilders with diet questions and never even got a response. Asked a professional wrestler friend the same and still nothing. Your e-book is a god send. I would love to send you some before and after pics as soon as I get started and actually show results. Man I can't thank you enough for this book!!!!

Sincerely,  
Jane E. Marshall-Fisher



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By  
Karen  
Sessions

Karen,

I have just finished reading Iron Dolls - Female Bodybuilding Secrets Revealed. I must tell you that apart from Tom Venuto's BFFM yours is the ONLY other book that had an abundance of fantastic information in it. I am a fitness e-book junky and let me tell you, I have gotten lots of JUNK! I would not hesitate to buy any of your other books if the need arises.

Elise White

**Quote :**

"Unless you try to do something beyond what you have already mastered, you will never grow."

~ Ralph Waldo Emerson



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By  
Karen  
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## ***Karen Sessions Earned Awards and Placements***

- 1995 Pelican Iron Classic – 4<sup>th</sup>
- 1995 Bayou State Championships – 3<sup>rd</sup>
- 1995 Acadian Extravaganza – 3<sup>rd</sup>
- 1996 Natural Louisiana – 2<sup>nd</sup> and 3<sup>rd</sup>
- 1996 Bayou State Championships – 4<sup>th</sup>
- 1997 Bayou State Championships – 1<sup>st</sup> and **Overall**
- 1997 Southern Louisiana – 1<sup>st</sup>
- 1998 Louisiana State Bodybuilding Championships – 1<sup>st</sup>
- 1998 Greater Gulf States – 1<sup>st</sup>
- 1999 Louisiana State Bodybuilding Championships – 2<sup>nd</sup>
- 2001 Bayou State Championships – 1<sup>st</sup> and **Overall**
- 2001 Louisiana State Bodybuilding Championships – 2<sup>nd</sup>



*Fitfully Yours,  
Karen Sessions NCSA -CPT  
MsFit*