



Competitive-Edge-Ebook.com
Female Bodybuilding Contest Secrets

Presents...

GETTING CONTEST READY
NATURALLY

Written By Karen Sessions (MsFit), author of
The Competitive Edge – Women’s Bodybuilding Contest Secrets
at www.Competitive-Edge-Ebook.com

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Who am I? I'm Karen Sessions, a multi-certified fitness instructor, 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. 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



Ah yes, contest season is just around the corner. You have been training diligently long and hard, developing good muscle mass, with the idea in the back of your mind to take it to the competitive stage... And rightly so! With all those months and even years of hard work, it's exciting to shed the fat to see the real work-of-art you created.

Let's face it, training for muscle mass and even dieting for a contest is hard work, and most people can't even commit to doing either. If you are reading this, chances are you are two steps ahead of the competition because you are already preparing mentally by gathering information and getting all your ducks lined up.



Now all that's left to do is get the right information for YOU, avoid the pitfall as much as possible, and finally take that proud strut across stage.

While browsing fitness and bodybuilding forums and websites, I find it common for new competitors to be completely lost in an abundance of information.

Information overload can destroy your best intentions. Many individuals that are new to the sport of physique competitions gather a ton of quality information. While this is good, the downfall is that he or she uses **every** method they have outlined, leaving no back-up sources to fall back on when a plateau strikes.

Let's discuss some guidelines.



Consistent Off-Season Diet

You can't realistically look 100% on contest day if you haven't maintained a clean and consistent off-season diet.

You can't go from eating pizza and burgers all winter and attempt to clean it up come January and expect to enter a show in May. While you may make some physical changes, you won't be in the shape you could have been if you ate well in the off-season.

Off-season is the time to build muscle quality and density. Use food of quality during this time to ensure your off-season training is stable. Great food choices for an off-season prep-plan include turkey, chicken, egg whites (limited yolks), steak, fish, potatoes, brown rice, limited whole wheat pasta, vegetables, etc.

Low-carbing in the off-season in hopes to build muscle and keep lean is extremely difficult. You need carbs to fuel your training power. With no power for quality intensity, your strength will suffer and you will miss out on some good muscle gains.

By maintaining a diet of quality in the off-season you won't have to struggle as hard to lose fat when you start your contest dieting process.

If you gain a lot of weight in the off-season and try to diet hard in attempt to lose body fat, you will only lose muscle, fat, energy, and just burn out well before the contest arrives.



Last Minute Preparation

This can fall under the lines of the above to some degree, but what I'm putting emphasis on here are those who decide on a contest at the last minute, thinking they can start from scratch and prepare in twelve weeks.

Contest preparation and competing on stage takes time, effort, focus, and vision. While I have seen many competitors take the last minute approach, it's quite obvious they were not prepared and just competed for the sake of saying, "I did it."

Deciding at the last minute to do a contest will cause you to diet so hard that you diet down wrong, eating up precious lean muscle tissue, causing you to be smooth, and even holding water the day of your show.



The weeks prior to your contest diet actually prime your mind and body for the journey ahead. A good visual is what if I tell you that in 30 minutes you have to dive in and swim across an Olympic size pool, but the water is only 40 degrees. Yes, that's quite cold, but if I have you 30 minutes warning of what was ahead you would be able to handle the task much better than if I just pushed you in the freezing pool and told you to swim.

Mental prep well before the diet starts is a huge factor in your success rate.



Cutting Carbohydrates

Granted, limiting and even restricting carbohydrates will get you lean, hard, and defined and detail your physique, but many, too many competitors go about this in the wrong manner.

A common error many competitors make when they begin to diet down is they go from a low-carb diet, to cutting carbs. First, as stated earlier, you shouldn't be low-carbing in the off-season if you are planning to compete.



But, those who do low-carb in the off-season can't realistically cut carbohydrates because they are not eating them to begin with. How do you go from low carbs to low carbs? You can't. Eat carbs first so you can cut them when the time is right.

The best approach for reducing carbohydrates and losing body fat is to cycle the carbohydrates down slowly. This way you are always presenting something new to the body and it keeps the body responding by shedding fat.

By the time you are in your final week of dieting, you will be on very low carbohydrates and showing a great amount of detail. However, you can't get to this point overnight. Dieting down properly takes time and it should follow a systematic formula.



Supplementing

Supplementing your diet is crucial if you are planning to compete. When you prepare for a contest, you are putting your body under a great deal of stress mentally, physically, and nutritionally. You must compensate with supplements that provide nutrients, such as a vitamin/mineral of quality.

Adding sports nutrition supplements to aid in muscle growth and recovery, as well as fat burning will be a plus. Such products would include an array of products such as, glutamine, creatine, ChromeMate, thermogenics, L-Carnitine, branched-chain amino acids, and HMB.

Now, you can't just take supplements haphazardly, there is a working system to use them so they are fully effective.

There are a few different ways of using creatine in a contest prep plan, but personally I like to get off of it several weeks before my contest.

Glutamine is a good supplement to use for your entire contest prep plan.

L-Carnitine and HMB work great when you get more into low-carbing... not necessarily needed with high carbs and calories though.

Thermos work great and the dosages can be cycled in a fashion that forces your body to burn fat.

Supplementing is good, but knowing how and when to implement each will be the determining factor in their effectiveness.



Cardio

Cardio is a tactic many competitors employ, thinking it will get them ripped. While cardio is wonderful for the cardio-pulmonary system, too much cardio can destroy muscle gains and put you into overtraining mode, leaving you smooth as a baby's bottom.

Many novices start off with a terrible amount of cardio, up to an hour or two a day the first month. This is a costly mistake! When the body adapts to this amount of exertion, what does it have to fall back on? Three hours a day?

This is a prime example of jumping in with both feet AND putting all your eggs into one basket. There is nothing left to resort to when you bum out or the body adapts.

Starting your cardio off full-force with an all-or-nothing attitude will only last a few weeks.

A better approach would be to start your cardio 16-20 weeks before the show, starting with three days of 15-20 minutes and build on that every week in a slow manner. This way you have a back-up method.

Do you see the difference between committed consistency and die-hard no looking back?

It's all about planning and being consistent, not killing yourself from the get-go.





Last Minute Fatal Tricks

Last minute fatal tricks is the deadly downfall to 95% of the newbie's and even some veteran competitors.

Last minute fatal tricks can destroy you on contest day. Don't get this confused with last minute **tactics** employed to further prepare you for contest day.

A tactic is a planned procedure. A trick is an underhanded maneuver which can backfire. However, a skilled and trained competitor can turn a "trick" into a tactic and have it work in their favor.



A fatal trick is something along the lines of loading creatine the week before a show or eating a dozen donuts the night before. Yes, I've seen these "tricks" used before and it will destroy a ready physique in a matter of hours.

Sure, these particular tricks may work for some competitors, but that's their body, their program, and their supplement list that may allow for them to implement such drastic tricks.

Be careful who you listen to and get advice from. Some *tricks* sound good when posted on forums, and in your desperation you may fall victim to them and end up ruining your contest-ready physique.



Learn How to Tweak Your Program for Continual Success

I find most beginners don't understand tweaking or how to properly tweak. A tweak is a small adjustment.

A tweak would be considered something minor, such as lowering the carbohydrates, or adjusting the calories, or changing the cardio. Do not do all the tactics at the same time or you won't know what's working. Use only one tactic at a time and monitor your changes.

Tweak your diet only when it shows no positive results. In other words; if it *ain't* broke, don't fix it.

If you simply cannot make proper adjustments yourself, hire a trainer. It's far better to have a watchful eye over you than for you to destroy your own plan at the last minute when panic strikes.

While your trainer's plan may not appear effective on paper or at the time, you must have faith in them. Preparing for a contest is a far different avenue than general dieting and it can have many unfamiliar faces.

Keep in mind a contest plan is not a one-shot arrow. As your body changes, so will your plan. It's a system. You can't realistically start a 12 or 16 week prep program on 1200 calories and 0 carbs with endless hours of cardio. You need a starting point and from there you work down.



General Steps to Take for Getting Contest Ready

- 'Y' Eat well year around. When a contest is about 24 weeks away, begin to clean up your diet by eliminating any obvious junk food you may sneak in during the day. Limit your bread and dairy intake as well.

- 'Y' After a few weeks of general cleaning up, start tracking your calories to find your caloric baseline.

- 'Y' Take your stats and design a diet based on your lean body mass, activity level, and the caloric baseline you devised above.

- 'Y' Make sure you feed your body a complete meal every three hours.

- 'Y' Add cardio to the equation. Start off on the low and progress slowly each week. Don't overload the body with too much cardio too soon.

- 'Y' Don't rely on stats alone. Playing the number game every week or every day will drive you insane, cause stress, and will blind you to your true progress.

- 'Y' Use the mirror, photos, videos, and a critical eye as a helpful guide when dieting down.



Conclusion

When preparing for a bodybuilding contest you need to do just that, prepare. It takes a lot of time, mental commitment, and focus to compete.

The most important thing is to create a written plan, a system you will follow... and follow it.

The worst thing you can do is create a plan and then change it every two weeks if you don't see the desired results.

A well-formulated plan will produce results; you just have to be patient enough to reap the rewards.



Fitfully Yours,

Karen Sessions NSCA-CPT

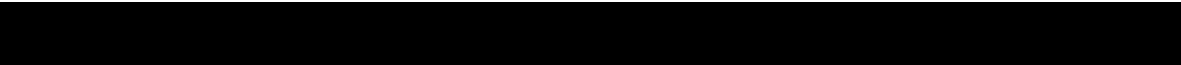
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P.S. If you liked this eBook and think a friend can benefit from it, please feel free to forward it to them, and tell them they can get more of the same great information at www.Competitive-Edge-Ebook.com.

P.S.S. This short eBook just scratched the surface of competing. If you want more detailed and underground female bodybuilding contest preparation information, check out [The Competitive Edge](#). It will guide you to be your best on competition day!



What do others have to say about The Competitive Edge?...



Karen,

I look hard! I have striations in my shoulders without flexing. Vascular as hell - even veins show on my upper chest some of the time. Freaky. I've never looked better in my life.

I saw my NPC coach friend this past weekend and he said I looked amazing and that you really know what you are doing.

Thanks bunches!
Laurie Murphy



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





Hey Karen,

I just started the carb-cycling program in The Competitive Edge - Female Bodybuilding Contest Secrets. I added some fat to my diet and tapered down the carbs as you suggested. I can already see that I am tightening up, and even got a comment on it last night from a student in spin class.

I have already dropped two pounds and I don't feel like I am going to DIE the entire day either.

Tammy Churchman,
Florida

"When Karen told me she'd help me, I had no idea that she would TRANSFORM me. I weighed 106 pounds when we started.

In eleven and a half weeks Karen was there for me every step of the way. She'd send me via email, a workout program and menu when I asked for it.

She also went as far as to remember me and my daughter's birthdays and send us wishes.

By the time I took the stage on Oct 27, 2001 for my very first bodybuilding competition, I weighed in at 96 lbs with only 6% body fat.



At the same time my computer went down for a week. Karen actually called me long distance to see how I placed and congratulated me.

She knows how to transform my body. She supplies the wisdom, pep talks, and you supply the work. If you follow her advice you'll walk away a winner."

Amy Anderson,
Ohio



Your story here...