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PDF Bodybuilding
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Bodybuildin g Competition Guide

**Learn how to
train and pose to
build the perfect
physique and
compete
successfully in
Men's Physique**

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**Competition.
Advice and
instruction on all
aspects of
training and
competing. The
top training tips
from the experts.
A complete
course on how to
learn to pose for
NPC Physique
Competition.
Built on the**

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**idea's of building
a "perfect" body
(the Champion's
like Vince
Gironda and
Frank Zane).
Learn the the
essentials of
"body" sculpting.
Learn the
exercises used by
old school and
modern
bodybuilding**

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Champions to build the perfect body. Tips on diet, pre-contest prep, cycles, DNA testing and much more. Some of the best training advice and idea's from the the experts on how to build an amazing body. Specific

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**exercises for
each body part
fully
photographed.
Over two years in
the making! Fully
Photographed
and beautifully
illustrated.
Complete posing
instruction and
workout routines
for you to
use--today. The**

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**55 best body
shaping
exercises, fully
photographed.
Build wide
shoulders, a
small tight,
washboard waist,
a "V" shape back,
and muscular
arms. Your guide
to a perfectly
symmetrical
ripped and**

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muscular body.

**Written by
experts for
athletes. For a
fraction of what
it cost's to hire a
trainer for one
hour, buy this
book and start
learning how to
win contests and
shape your body.
You won't be
disappointed.**

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Again this book is designed for people that want to learn how to train and pose and potentially become a Physique Champion and competitor. This is an experts training guide. Contains all the current poses

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**used by the TOP
Men's Physique
Champions as of
summer 2016.**

**Learn to pose
exactly like the
World**

**Champions and
National**

**Champions. Want
to learn how to
do it for real?**

**This is your
book.**

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**EMBARK ON
THE
BODYBUILDING
DIET TO GET
THE PERFECT
MUSCULAR
BODY FOR
YOURSELF
TODAY! Sticking
to a diet is
something that is
not the easiest in
the world. When
it comes down to**

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it, we struggle to change up our diets on a whim. It might be that for the first few days, you are able to stick to it and make sure that you are only eating those foods that are better for you, but over time, you will get to a

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point where you feel the pressure to cave in. You might realize that sticking to your diet is difficult and think that stopping for a burger on your way home won't be too bad. You might think that figuring out

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lunch or dinner is too much of a hassle, or you realize that the foods that you have bought forgot a key ingredient that you needed for dinner. The good news is, you have an easy fix. When you are able to figure out what

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**you are making
for yourself for
your meals well
in advance, you
stop having to
worry so much
about the foods
that you eat,
what you do with
them, and what
you are going to
reach for when
it's time to eat.
You will be able**

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**to change up
what you are
doing so that you
can be certain
that the meals
that you are
enjoying are
good for you, and
you won't have to
worry so much
about the stress
that goes into it.
Let's take a look
at what you need**

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**to do to get
started with meal
planning so that
you can begin to
do so without
having to think
too much about
it. In This Book
You Will Find
Delicious Recipes
Such As: □ Garlic-
Roasted Salmon
and Brussels
Sprouts □ Walnut**

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**Crusted Salmon
with Rosemary** □

Spaghetti and

Clams □ **Braised**

Lamb and Fennel

□ **Mediterranean**

Cod □ **Baked Feta
with Olive**

Tapenade □

30-Minutes or

Less Meals □

Vegetarian Toss

Together

Mediterranean

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**Pasta Salad □
Cilantro and
Garlic Baked
Salmon □ Harissa
Pasta □ 1 Hour
Baked Cod □
Grilled Chicken
Mediterranean
Salad □ Lemon
Herb Chicken
and Potatoes One
Pot Meal □
Vegetarian
Mediterranean**

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**Quiche □ Herbed
Lamb and
Veggies □
Chicken and
Couscous
Mediterranean
Wraps □ Sheet
Pan Shrimp □
Mediterranean
Mahi Mahi □
Slow Cooker
Mediterranean
Chicken □ Slow
Cooker**

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**Vegetarian
Mediterranean
Stew □ Slow
Cooked Brisket
AND SO MUCH
MORE! Let's Get
You To Your
Goals ASAP!
Order your copy
today and
combat your
kidney disease
today!
This reference**

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**and training
guide provides
descriptions and
examples of 277
exercises for 11
different muscle
groups,
explaining the
proper
techniques and
providing a
timeframe for
achieving
results.**

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**Get better and
bigger results
without using
illicit or
unhealthy drugs!
This book
includes detailed
programs and
workouts,
specific
techniques for
particular lifts,
proven dietary
guidelines, a**

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**week-long pre-
competition plan,
and true
inspirational
success stories to
help readers
reach their
fitness potential.
The Physique
Athlete's Guide
to a Perfect Prep
Macrobohic
Nutrition
Ultimate Bikini**

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**Competition Diet
Cookbook! Bikini
Competitors
Guide with Carb
Cycling and
Clean Eating
Recipes to
Prepare and Win
Your Bikini
Fitness
Competition!
Bikini
Competition -
Sarah Brooks**

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Guide
**A Complete
24-Week**

**Program For
Sculpting
Muscles That
Show**

**How to Contest
Prep for
Amateurs**

**A Research
Based Program
to Get the
Results You
Want in 12**

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**Minutes a Week
My personal
fitness journey
began more
than 40 years
ago. On the job
training have
given me a
clear
understanding
at what exercise
should Look
and FEEL like**

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on many levels.

***After all, I'm
acquainted with
how the body
feels at 20, 30,
40, and over 50
years young! Fit
at Any Age is
my way of
sharing
knowledge with
those looking
for the most***

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***effective and
safe way to
manage age
through
functional
exercise and
nutrition. No,
we are not
going to live
forever ... but it
is my sincere
hope that we
make our "Last***

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***Set, Our Best
Set"!***

***Many people
want to attain
the muscles and
lean body of a
bodybuilder but
wonder how to
do it right.....***

.....

***Welcome to the
only guide you
will ever need***

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***before, during
and after your
life as a
competitor. In
these pages you
will not find the
standard plans,
advice and
cheerleader
rhetoric that we
have come to
see over and
over in other***

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programs.

***Instead, be
prepared to
read a brutally
honest and
factual account
of what you
must know to
be successful in
your
competition
journey! If this
is your first or***

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Guide

***your 50th trip
to the stage, let
this book show
you the right
way and be your
guide to the
realities and
truths of
achieving your
goal of hitting
the stage with a
healthy mind,
body and soul.***

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Join

bodybuilding

coach Lee

Hayward as he

shares his 15+

years of

competitive

bodybuilding

expertise, and

outlines a

complete pre-

contest diet and

training

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***program that
will help you
step on the
competition
stage in your
best shape
ever! Everything
from 6 months
out right up to
the day of the
show is
covered. You'll
learn how to get***

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Guide

***the ripped
muscular
physique that
will impress the
judges. How to
cycle your
carbohydrate
intake with
sample eating
plans that will
maximize your
fat loss. Find
out exactly***

what to do during the last week before a show with regards to carb depleting, carb loading, and manipulating your water. Get tips on how to practice your posing so that you highlight

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***your strong
points and hide
your weak
points. And
much more!
12 Weeks to
Mental and
Physical
Strength
The
Bodybuilding
Cookbook for
Beginners; Your***

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***Guide to
Winning Your
Next
Bodybuilding
Competition
The Complete
Guide to
Technique,
Training, and
Competition
Body by Science
Natural
Bodybuilding***

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***The 12-Minute
Athlete***

***Everything You
Need to Rock
the Stage and
Win Your
Competition***

**Evidence-based muscle
building and fat loss
resource written for
people living with
diabetes.Go to
resource for rapid**

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body redesign and strength development when living with diabetes. The book provides a deep insight into the underlying physiology of diabetes and how it influences human metabolism, nutrition requirements and examines the body's response to different types of exercise especially

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**weights resistance
exercise.**

Not just for physique competitors, this guide can help anyone meet their goals with a whole foods, plant-based, vegan diet. You will learn how to: - Calculate the time to reach your goal - Apply strategies to build muscle and lose fat - Assess your

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**progress - Create
workout routines -**

**Design meal plans that
hit your targets In
addition to these
customizable tools and
formulas, this book
includes eight sample
menus, three weight-
lifting routines, eight
cardio workouts,
recipes, and more!
Derek Tresize and
Marcella Torres are**

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the husband and wife team of competitive vegan bodybuilders behind Vegan Muscle and Fitness at www.veganmuscleandfitness.com. Owners of Richmond, Virginia's only plant-based personal training studio, Root Force Personal Training, the pair seeks to promote a fit and active plant-

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powered lifestyle and shatter the perception that strength and athleticism can't be achieved with a plant-based diet.

****UPDATED JUNE 2016** **Best Rated Bikini Competition Guide on Amazon****

Want to enter a bikini competition but not sure where to start?

This book is for you! I

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Competition
Guide

will walk you through the secrets to success only top competitors know. In this book you will find everything you need to rock the stage and succeed: -8 week training program -3 sample diets -Interviews with industry pros -Posing Tips -Tanning Advice -How to choose a bikini -Make-up

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Guide

**Tutorial -Competing
as a Breastfeeding
Mom -Competition
Countdown -And so
much more! Plus, you
get 2 FREE bonuses:
My FREE Meal Prep
Guide & Access to our
Private Facebook
Group**

**If you want to burn
fat, build lean muscle,
and get strong, you
need to train like a**

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bodybuilder! Ever wondered what training programs professional bodybuilders use to get that herculean look? Well, natural bodybuilder and two-time Ms. Figure Olympia Erin Stern knows exactly what it takes to build a body the right way. Now you can use the same

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natural bodybuilding techniques Erin uses in this fantastic fitness book to build lean, strong muscle and create a strong, ripped physique. Join Erin as she takes you through her training techniques and teaches you everything you need to know about strength training, bodybuilding and

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more, including how to plan workouts, how to bulk up, how to cut fat, how to use nutrition to maximize the benefits of your hard work, and how to take advantage of the essential mind-muscle connection to get the results you're seeking. What are you waiting for? Dive right in to discover: - Over 60

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**exercises with
beautiful step-by-step
color photography,
each broken out by
major muscle groups,
with cardio exercises
to ensure you're
achieving maximum
fat burn - 10 expertly
crafted workouts that
span from 4 to 6 days
and cover all the
major muscle groups
to ensure you'll never**

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get bored doing the same routine - Expert guidance on nutrition, training techniques, supplements, equipment, and more From bench press to box jumps, dumbbells to deadlifts, whether you're just getting started or are looking to take your training to the next level, Train Like a Bodybuilder

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**has everything you
need to get the strong,
ripped physique you've
always dreamed of!**

**Fancy a fuller
physique this New
Year? Whether it's a
New Year's Resolution
to be more
musclebound, or
you're simply seeking
technical training tips
to match your fitness
needs, this all-**

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Competition
encompassing
Guide

**bodybuilding book
may be exactly what
you're looking for!
Join the journey to
becoming your
strongest self today!
Train Like a
Bodybuilder
Prepped to Win
Women's Physique
Posing. Competition
Guide**

Men's Physique

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**Professional Training
Guide**

**Burn the Fat, Feed the
Muscle**

**Championship Body
Building**

**The Wisdom of Mike
Mentzer**

***BodybuildingThe
Complete***

Contest

Preparation

HandbookHuman

Kinetics

Publishers

Sixteen weeks is the four-month period of preparation that those in the bodybuilding community fondly refer to as Prep. Prep is much more than

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***lifting weights
and flexing in the
mirror. Prep is
sixteen weeks of
intense mental
focus. Sixteen
Weeks is full of
professional
advice on how to
prepare your
environment for
success; and***

***make the mental
shift required to
keep the pace of
this incredible
sixteen week
march to the
stage!***

***This book was
created to teach a
person how to
pose, that knows
nothing about***

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***physique posing.
If you desire to
learn to pose
professionally
this is the book
for you. An in
depth look at
women's
physique posing.
Written by
competition
athletes for***

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***people that want
to learn to pose
for NPC or IFBB
women's
physique
competition.***

***Fully illustrated
using all the best
poses from the
top athlete's in
the world as of
November 2014.***

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Guide

Cutting edge and as real as it gets. Over 60 unique poses. Contains two complete posing routines and an in-depth look at how to learn to pose from the ground up. This is not a book for a

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hobbyist. You will find it dull and too detailed. This book is guide for people who want to learn to pose on a stage and compete. If you follow the guide and master the poses and the routines you may

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Guide

turn out to be the best poser at your first show. A detailed section on Female Bodybuilding posing. A great book that really teaches posing. Unlock your athletic potential and get into the

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***best shape of
your life with
Krista Stryker's
HIIT and
bodyweight
workouts—all of
which can be
done in just
minutes a day! If
you've ever
thought you
couldn't get***

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***results without
spending hours
in the gym, that
you'd never be
able to do a pull-
up, or that it's too
late to get in your
best shape ever,
The 12-Minute
Athlete will
change your
mind, your body,***

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and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight

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***and a few basic
pieces of
portable
equipment for
short, incredibly
effective
workouts. Reset
your mindset,
bust through
mental blocks,
and set
meaningful goals***

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you'll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In The 12-Minute Athlete you'll also find: –A guide to basic

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***calisthenics and
bodyweight
exercises for any
fitness level
–Progressive
exercises to
achieve
seemingly
“impossible”
feats like pistol
squats, one-arm
push-ups, pull-***

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***ups, and
handstands***

***–More than a
dozen simple and
healthy recipes
that will fuel your
workouts –Two
8-week workout
plans for getting
fitter, faster, and
stronger –Bonus
Tabata workouts***

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—And so much more! The 12-Minute Athlete is for men and women, ex-athletes and new athletes, experienced athletes and “non-athletes”—for anyone who has a body and wants

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***to get stronger
and start living
their healthiest
life.***

Bikini

***Unlock the Metab
olism-Boosting
Secrets Behind
Feeling Happy
and Looking Hot
The Art, Science
and Philosophy***

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*of a Bodybuilding
Legend*

*The Vegan
Muscle & Fitness
Guide to
Bodybuilding
Competitions
Get Lean, Strong,
and Healthy at
Any Age!
Get Lean. Get*

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Big. Get Strong.

NEW UPDATED

VERSION (JUNE

2015) WITH FREE

GIFT WORTH

*\$9.99 INSIDE!***

**Amazon #1 Best*

Seller -

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*Now!***Are you*

preparing for

bikini

competition?Are

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*you trying lean
out to look
like a figure
model?Download
Ultimate Bikini
Competition
Prep Guide for
Weight Loss,
and Diet and
Learn Things
Like...*

*Preparing your
mind right for*

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*your bikini
competition How
you should
approach your
Training How
you should prep
your meals How
to grab judges
attention so
you can get
better score
What to do on
the competition*

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day Much, much more! Scroll up, and Click Buy now with 1-Click to Grab a Copy Today!! A no-nonsense plan that has been proven and tested by more than 300,000 people in 154 countries.

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Whether you want to shed 10 pounds or 100, whether you want to build muscle or just look more toned, this book is the original "bible of fitness" that shows you how to get

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permanent results the safe, healthy, and natural way. Do you want to shed fat and sculpt a new body shape at the same time? Do you want a program without gimmicks, hype,

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or quick fixes?

Do you want a

program

guaranteed to

work, no matter

how old you are

or what kind of

shape you're in

now? For twenty-

five years,

industry

veteran and

bestselling

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author Tom Venuto has built a reputation as one of the world's most respected fat-loss experts. In Burn the Fat, Feed the Muscle—known by fans as “the bible of fat

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loss"—Tom
reveals the
body
transformation
secrets of the
leanest people
in the world.
This is not a
diet and it's
not just a
weight-loss
program; this
is a

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*breakthrough
system to
change your
life and get
you leaner,
stronger,
fitter, and
healthier with
the latest
discoveries in
exercise and
nutrition
science.*

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Inside, you'll discover: - The simple but powerful LEAN formula, revealing the four crucial elements of body transformation success. - The New Body 28 (TNB-28): a

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*four-week
training plan
for sculpting
lean muscle,
plus a quick
start primer
workout perfect
for beginners -
A lifestyle
program that's
more flexible
and easier than
ever to follow,*

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*even if you are
busy, have*

dietary

restrictions,

or have never

worked out

before. - The

motivation

strategies it

takes to stick

with your plan.

Burn the Fat,

Feed the Muscle

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is not about getting as ripped as a fitness model or becoming a bodybuilder like Tom did (unless you want to); it's about using their secrets to achieve your own personal

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*goals. You are
sure to call it
your fitness
bible for many
years to come.*

*"The purpose of
this book is to
provide a
comprehensive
overview of the
bodybuilding
contest
preparation*

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*process from
the start of
contest
preparation,
through show-
day, and into
the transition
to the
offseason" - -
Many of us are
eating less and
moving more,
yet still can't*

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*lose body fat
or feel happy
in our own
skin. Do you
secretly think
you have to
restrict
yourself to
achieve your
best figure? Or
put in more
time at the
gym? Our bodies*

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*function
beautifully
when our
hormones are
balanced, but
we're often
eating in ways
that totally
screw with our
systems. The
result? We feel
tired, stressed
and deprived*

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*while our fat
cells multiply
- how rude! The
Hormone
Connection lays
out all of the
metabolic-
boosting
secrets to
health and
happiness, one
meal at a time.
But it's more*

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than a recipe book. Along with 70 easy, delicious recipes, Penny Lomas provides the hormonal truths behind everything you are eating, with bonus hints and hacks to make fat

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*loss an
achievable no-
brainer. Once
you understand
the hormone
connection
you'll use it
to your
advantage to
look hot, feel
happy and live
life like you
love it.*

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*Women's
Physique
Division: A
Guide to
Advanced
Bodybuilding
Competition
Preparation
Ultimate Bikini
Competition
Prep Guide for
Weight Loss,
and Diet*

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*Building The
Classic
Physique
The New
Encyclopedia of
Modern
Bodybuilding
First Call Out
What to Expect
When You're
Competing
The Natural Way
Building muscle has*

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never been faster or
easier than with this
revolutionary once-a-
week training
program In Body By
Science,
bodybuilding
powerhouse John
Little teams up with
fitness medicine
expert Dr. Doug
McGuff to present a

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scientifically proven
formula for
maximizing muscle
development in just
12 minutes a week.
Backed by rigorous
research, the authors
prescribe a weekly
high-intensity
program for
increasing strength,
revving metabolism,

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and building muscle
for a total fitness
experience.

Bodybuilding
Basics: Your
Beginners Guide is a
simple and easy-to-
read book in which
you'll discover top
tips and practical
advice to learn all
about body building

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including.... History
of Body Building
Bodybuilding and
Muscle Building
Bodybuilding Myths
Is Bodybuilding
Right for You? Tips
for Becoming a
Bodybuilder Starting
Out Bodybuilding
for Beginners
Making Your

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Workouts Effective
Building More
Muscle and
Recovering Faster
Taking Advantage of
Online Training
Forums Exercising
at Home Nutrition
for Beginners
Dietary Mistakes
Getting Involved in
Bodybuilding

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Competitions Your
First Competition
Navigating the
available fitness
information online
can be confusing and
time-consuming at
best, and a minefield
of misinformation at
worst. One inherent
problem is that
information online is

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always presented as
supremely important
and as the next 'big
thing,' without
context or any
understanding of
priorities. Enter The
Muscle and Strength
Pyramid books. The
foundational concept
of these books is
understanding

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priorities and
context, so you can
take all the pieces of
the puzzle and fit
them together into
an actionable plan. *

Six sample routines
to get you started
quickly Six
programs for novice,
intermediate, and
advanced-level

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bodybuilders and strength-focussed athletes. * Break through those training plateaus With our full progression guidelines and examples, you'll never be left frustrated and wondering what to

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do next. * Learn how to tailor your own programming for faster results Our quick-start programming guide will show you how to apply all the principles that go into program design. The chief author of the books, Dr. Eric

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Helms, has not only the academic understanding of training and nutrition as an active researcher but also extensive practical experience. He has been a personal trainer, powerlifting and bodybuilding coach since 2005,

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helping hundreds
bridge the gap
between science and
practice to reach
their goals. In
addition, he has the
minds of Andrea
Valdez, and Andy
Morgan to ensure
the concepts are
communicated
clearly and

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effectively and no
stone is left

unturned. Andrea is
a lifelong athlete
with extensive
coaching experience
and her Masters in
Exercise Physiology,
and Andy is a
successful writer and
consultant for body
composition change

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with a unique grasp of how to communicate topics to diverse groups, as he produces content for both the Japanese and English speaking fitness communities.

Together, they bring you The Muscle and Strength Training

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Pyramid, the hierarchical, comprehensive, evidence-based guide that is a must-have for every serious lifter or trainer.

Mention the name Bill Phillips to any of the people he's helped transform and

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you will see their faces light up with appreciation and respect. These people include: Hundreds of thousands of men and women who read his magazine for guidance and straightforward information about

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exercise, nutrition,
and living with
strength. Elite
professional athletes,
among them John
Elway, Karl Malone,
Mike Piazza, and
Terrell Davis who
have turned to
Phillips for clear-cut
information to
enhance their energy

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and performance.

People once plagued by obesity, alcoholism, and life-threatening ailments who accepted a personal challenge from Bill Phillips and, with his help, have regained control of their bodies and their

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lives. When you begin to apply the information in this book, you will be proving to yourself that astounding changes are within your grasp too. And, you will discover Body-for-LIFE is much more than a book about physical

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fitness ?t's a gateway to a new and better life, a life of rewarding and fulfilling moments, perhaps more spectacular than you've ever dared to dream before.

Within 12 weeks, you too are going to know ?ot believe,

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but know : that the transformation you've created with your body is merely an example of the power you have to transform everything else in your world. In language that is vivid and down-to-earth, Bill Phillips guides you,

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step by step, through
the integrated
Body-for-LIFE
Program, which
reveals: How to lose
fat and increase your
strength by
exercising less, not
more; How to tap
into an endless
source of energy by
living with the

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Power Mindset™;
How to create more
time for everything
meaningful in your
life; How to trade
hours of aerobics for
minutes of weight
training with
dramatic results;
How to make
continual progress
by using the

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High-Point
Technique™; How
to feed your muscles
while starving fat
with the
Nutrition-for-LIFE
Method™; How
thousands of
ordinary people have
now become
extraordinary and
how you can, too;

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How to gain control of your body and life, once and for all. The principles of the Body-for-LIFE Program are surprisingly simple but remarkably powerful. So allow yourself to experience the force of the information in

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this book, allow yourself to take your mind, your body, your life to a higher point than you may have ever dreamed you could. All in as little as 12 weeks.

The Complete
Contest Preparation
Handbook

A Comprehensive

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Guide to Competing
in Bikini, Fitness,
Figure, Women's
Physique and
Bodybuilding
Get Fitter, Faster,
and Stronger Using
HIIT and Your
Bodyweight
A Step-by-Step
Bodybuilding
Contest Training

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Guide That Shows
You How to Prepare
for Your First Show
The Diabetic Muscle
and Fitness Guide

Bodybuilding
Fit at Any Age
**It takes guts
and dedication
to meticulously
sculpt an
extremely lean**

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and cut
Guide

physique. If you are ready to build a competition-worthy body or just want to look like a pro, there is no better program than the total-body diet and workout plan

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**revealed in
Men's Health
Natural
Bodybuilding
Bible. It is THE
how-to manual
for anyone who
wants to win
his first
bodybuilding
competition the
right
way—purely,**

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**naturally, on
guts, grit, and
extreme
dedication to
diet and muscle
craft. Or even
just look like
you did without
stepping foot
on a stage!
Developed by
professional
Natural**

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**Bodybuilding
Champion Tyler
English, this
plan will show
you how to
pack on pounds
of MUSCLE with
the workouts
that helped him
take first place
in competition.
Get the best
intense**

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**workouts for
each muscle
and the right
form so you
reap maximum
results.**

**From elite
bodybuilding
competitors to
gymnasts, from
golfers to
fitness gurus,
anyone who**

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works out with weights must own this book -- a book that only Arnold Schwarzenegger could write, a book that has earned its reputation as "the bible of bodybuilding." Inside, Arnold

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**covers the very
latest advances**

**in both weight
training and**

**bodybuilding
competition,**

with new

**sections on diet
and nutrition,**

sports

**psychology, the
treatment and**

prevention of

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injuries, and methods of training, each illustrated with detailed photos of some of bodybuilding's newest stars. Plus, all the features that have made this book a classic are here:

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**Arnold's tried-
and-true tips
for sculpting,
strengthening,
and defining
each and every
muscle to
create the
ultimate buff
physique The
most effective
methods of
strength**

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**training to stilt
your needs,
whether you're
an amateur
athlete or a pro
bodybuilder
preparing for a
competition
Comprehensive
information on
health,
nutrition, and
dietary**

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**supplements to
help you build
muscle, lose
fat, and
maintain
optimum
energy Expert
advice on the
prevention and
treatment of
sports-related
injuries
Strategies and**

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**tactics for
competitive
bodybuilders
from selecting
poses to
handling
publicity The
fascinating
history and
growth of'
bodybuilding as
a sport, with a
photographic**

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**"Bodybuilding
Hall of Fame"**

And, of course,

Arnold's

individual

brand of

inspiration and

motivation

throughout

Covering every

level of

expertise and

experience, The

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**New
Guide
Encyclopedia of
Modern
Bodybuilding
will help you
achieve your
personal best.
With his unique
perspective as
a seven-time
winner of the
Mr. Olympia
title and all**

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**international
film star,
Arnold shares
his secrets to
dedication,
training, and
commitment,
and shows you
how to take
control of your
body and
realize your
own potential**

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**for greatness.
A complete plan
of action for
women
interested in
competing
successfully in
Bikini Contests.
Covers dieting,
contests, body
shaping, fat
loss, benefits of
competing,**

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**losing the last 5
pounds of
sticky body fat,
complete
exercise guide,
daily meal
plans, stage
walk, contest
preparation in
detail: suits,
tanning, make-
up, hair, and
more. Look like**

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**a Bikini
Champion and
become a
winner
yourself. Over
200 photos.
In order to
enter any kind
of bodybuilding
competition or
build lean
muscle in
general, one**

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must understand how to feed your body perfectly to help it do exactly that: build muscle. Unfortunately, the bodybuilding cookbook that exist today do not go into

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**detail on what
types of foods
you should
consume to
help you
achieve a
healthy and
more muscle
toned
body...until this
book. With this
book, The
Encyclopedia of**

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**Bodybuilding-
The
Bodybuilding
Cookbook for
Beginners: Your
Guide to
Winning Your
Next
Bodybuilding
Competition
you will
discover over
25 of the most**

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**delicious
bodybuilding
recipes that will
help you build
lean muscle in
no time. There
truly is no other
encyclopedia of
bodybuilding
quite like this
one.**

**Transform Your
Body Forever**

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**Using the
Secrets of the
Leanest People
in the World
Sixteen Weeks
The
Encyclopedia of
Bodybuilding
Physique
Sculpting
Training and
Posing
The Hormone**

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**Connection
Complete Step
By Step Guide
To Cooking The
Best
Bodybuilding
Recipes And
Getting Your
Best Muscles
Ever With The 6
Week Diet Plan
For Men And
Women**

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Your First Bodybuilding Competition

*Do you plan to
compete in a
bodybuilding
contest? From
Womens Bikini
to Mens Open
Bodybuilding,
competing is a
science in*

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itself. Every weekend, thousands of amateur athletes cheat themselves by either under preparing or over preparing. Whether you've competed or

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not, you probably have the following questions: How many weeks out should I choose a show? How do I choose a coach? What happens on the day of the

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*show? What is
peak week? Do
I need to take
PED's? In this
guide you get
all the
answers in
great detail
so that you
can have the
best
opportunity to*

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*succeed. The
point of being
an amateur is
to improve,
gain
experience,
and progress
into a PRO.*

*"Compete to
Win" from the
very start!*

A complete and

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*comprehensive
guide for
competing in
Bikini,
Fitness,
Figure,
Women's
Physique and
Bodybuilding.
Loaded with
information
and resources*

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*for those
looking to
compete.*

*Guides you
through the
steps from
choosing a
trainer to
stepping on
stage.*

*Complete with
Q and A*

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*section with
judges,
competitors,
and a
professional
photographer.
Imagine
watching
pounds of fat
melt away
without ever
feeling like*

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you're on a diet. Imagine adding lean muscle to all the right places by doing just a few workouts per week that make you strong. And imagine

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*realizing that
your health
and fitness
goals—even the
ones you've
all but given
up on—are
finally within
your reach.
Muscle for
Life will show
you how. From*

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the
Guide

*bestselling
fitness author
of Bigger
Leaner
Stronger and
The Shredded
Chef, Muscle
for Life
reveals a
science-based
blueprint for*

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*eating and
exercising
that anyone
can follow at
any age and
fitness level.
Based on time-
proven
principles
produced by
decades of
hands-on*

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**experience and
thousands of
hours of
scientific
research,
Muscle for
Life will give
you a plan for
transforming
your body
faster than
you ever**

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*thought possible, including:
-Conquering the “mental game” of fitness. Learn to hack your habits, willpower, and mindset so your fitness*

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*regimen feels
like it's on
autopilot.*

*-Harnessing
the science of
"flexible
dieting." A
whole new
paradigm for
eating that
empowers you
to forever*

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*break free of
fad dieting,
crash dieting,
and yo-yo
dieting.*

*-Unlocking the
power of
strength
training. The
"secret" to
optimizing
your body*

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*composition,
which is far
more important
for your
health and
image than
your body
weight.*

*Whether you're
a beginner
looking for a
lifestyle*

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*change, a
lifelong
athlete
looking to
reach the next
level, or
somewhere in
between,
Muscle for
Life will show
you how to
look, feel,*

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*and perform
your best. And
frankly, it
may be the
last fitness
book you'll
ever need to
read.*

*One of the
world's
greatest
powerlifters*

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*offers a look
at how to
train and
compete in the
sport. Ten-
time world
champion Dan
Austin has
packed
Powerlifting
with technical
advice for*

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*both men and
women on
nutrition,
warm-up and
recovery,
training for
competition,
and mental
health
strategies.*

*Encyclopedia
of Muscle &*

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Powerlifting
Muscle for
Life
Chris Aceto's
Instruction
Book for Body
Building
The Bikini
Competition
Training Guide
The

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***Bodybuilder's
Essential
Guide to
Perfect Posing
Men's Health
Natural
Bodybuilding
Bible
The last word on
how to build a
better body--from
the late, great Mike***

Mentzer With his revolutionary "Heavy Duty" system, Mike Mentzer changed the way bodybuilders train, showing them that "less is more" when it comes to making great gains. In The Wisdom of Mike

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Mentzer, you will discover Mike's most advanced training techniques and philosophies--previously known only to his inner circle and personal clients. Drawing upon never-before-released materials, his longtime colleague

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***John Little reveals
Mentzer's most
powerful lessons
and workout plans,
including: The
importance of
working to failure
Techniques for
pushing past
mental and
physical plateaus
How overtraining
impedes progress***

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*A complete
advanced "Heavy
Duty" training
system The
workout that
worked "like
magic" for Mr.
Universe himself
More than an
instruction
manual, this
thorough
compendium*

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brings together a lifetime of insights, training truths, and personal philosophies from one of the greatest bodybuilders of all time.

The sport of Women's Bodybuilding has dramatically evolved since its

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inception during the 1970s. Today women may choose among five distinct categories of competition: Bikini, Fitness, Figure, Physique and Bodybuilding. The newest category, Women's Physique Division (WPD) has become

in a sense, a new era of Women's Bodybuilding; displaying a smaller musculature that epitomizes symmetry, shape, proportion, muscle tone, poise and beauty flow, and femininity, without an excessive

***degree of
muscularity. While
this category has
been an IFBB
Olympia event
since 2013, there
is at present no
framework or
scientific research
to support how a
WPD competitor
should approach
competition***

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preparation to achieve the outlined judging criteria---especially at the advanced level. For this reason, the aim of this project is to present a starting point and guideline for nutrition, strength training and

cardiovascular exercise that is specifically tailored to the needs of an advanced level WPD athlete. From the off-season phase through to the final "peak week" (before competition), this project serves to

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***provide guidance,
but it is expected
that individual
modification
should occur
throughout the
competition
preparation period
based on
individual
variability and
response. (Note:
due to copyright,***

the project appendices have not been included in this document). Posing is one of the most critical elements in the sport of bodybuilding, yet is often the most overlooked aspect costing many first-place physiques to

fall short of taking home a championship trophy. Brenda Rahe, 5 x World Champion Professional Natural Bodybuilder, judge and show promoter, has taken over 12 years of personal

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***competition
experience in
some 26 shows
and combined this
vast knowledge
with her 12 years
of teaching
hundreds of
bodybuilders how
to master the art of
every
bodybuilding pose
from top to bottom***

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***to bring you The
Art of Posing.***

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The Art of Posing
is like attending
one of Brenda's
highly acclaimed
"Professional
Posing &
Presentation"
workshops in the
comfort of your
own home. Enjoy***

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***your enhanced
success on the
bodybuilding
stage as you
master The Art of
Posing with
Brenda Rahe's
personal and
professional
posing tips. The
Art of Posing
contains over 40
instructional "How***

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***To" photos along
with over 20
"Champion's Tips"
and a bonus
"Show Checklist"
to help you
prepare for
competition day.
This is a
comprehensive
guide to running
your own
successful contest***

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prep. Based on my own personal experience as well as the thousands of clients I have worked with over the last ten plus years, I lay out all the research and strategies used to help turn athletes in to champions. There is no other

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***comprehensive
guide like this out
on the market and
this will be a game
changer for you in
your training and
dieting approach
to getting on stage
and winning.***

***Exercise to
Stimulate Not
Annihilate
How to Look Feel***

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and Perform Better

Guide

As a Diabetic

Secrets of the

Bikini Competitor

Bodybuilding

competition guide

Body For Life

The Muscle and

Strength Pyramid:

Training

The Complete

Contest Prep

Guide (Female

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BIKINI

COMPETITION

ULTIMATE DIET

COOKBOOK AND

CLEAN EATING

RECIPES TO WIN

YOUR BIKINI

FITNESS

COMPETITION!

This "Bikini

Competition"

book contains

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proven steps
and strategies
on how to win
your bikini
fitness
competition
with the right
kind of diet.
Today only, get
this Amazing
Amazon book for
this incredibly
discounted

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price! Joining a bikini competition is a lot more than looking sexy in a bikini. It takes a lot of self-discipline and control to be able to look fit in time for the competition.

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You need to understand the different kinds of diet plans that you can try to keep your body fit and toned. This book contains a brief background about popular diet plans,

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such as carb cycling, clean eating, and Paleo. You will also find simple recipes that you can try at home. You can get some tips and information about bikini competitions

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and what the judges look for when judging the contestants. This will at least give you an idea what to improve on and what to avoid before joining the competition.

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You will also learn about different supplements that you can take before the competition to maintain your fit and toned physique.

Finally, this book will also give you some

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tips and techniques to keep your motivation high, and will also help you win the competition. After all, it is important that both your mind and body are in

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excellent
condition if
you want to be
declared as the
winner. Here Is
A Preview Of
What You'll
Learn...

Introduction To
Bikini
Competition
What The Judges
Are Looking For

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Diet Cookbook

Outline Carb

Cycling Diet

For Bikini

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Clean Eating

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Weight Loss

Paleo Diet For

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To Keep

Motivation High

And Win! Much,

Much More! Get

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Basics: Your
Beginners Guide
The Bible of
Bodybuilding,
Fully Updated
and Revis

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and Fitness
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Cookbook