NOTES AND QUESTIONS
Please take notes of points to remember, as well as list any questions you have from studying this manual. If you can’t find the answer call 1-800-781-3475 to speak to a Beverly supplement specialist for clarity.

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December 9 Contest Countdown Workshop – Bodybuilding

12/9/06
75 Minutes
15 Weeks Out

Please read: A Basic Course in Bodybuilding Nutrition; What I’ve Learned from Beverly
Please bring: Wear shorts for assessment and posing. Bring your most important question on each area - diet, training, cardio, supplements, and the competition itself.

----- Agenda Topics -----

Initial Body Composition
Pre Test
Review Articles & Initial Diet Plan
Diet/Supplement
Cardio
Training
Posing - The Front Poses

Other Information

Pre Test

1. In which division of the Northern have you decided to compete?

2. How much weight do you need to lose to be ready?

3. Name six foods that you will build your diet around.

4. If you could take just one Beverly supplement, which one would you take? Why?

5. Name one way that you can increase cardio calories expended.

6. Name at three ways you can make your training progressive during your precontest countdown.

7. What is the most important pose in the contest?
January 6 Contest Countdown Workshop – Bodybuilding

1/6/2007
75 Minutes
11 Weeks Out

---- Agenda Topics ----

Body Composition
Pre Test
Cardio
Contest – Rules, How is it judged?
Posing - Review Front Poses, Side and Rear Poses
Diet Plan Revisions
Diet/Supplement Questions
Training

Other Information

Pre Test

8. What is your (sum of six) sub total for today? ____ Did you meet your (sum of six) sub total goal? ____ What is your goal for January 27? Sum of 6: ____; Bodyfat (lbs)____

9. Given your body composition results is your cardio schedule on track? Behind? Or ahead of schedule?

10. What pose is banned in all NPC competitions?

11. List three things that you should do as you hit each of the compulsory poses.

12. Name one additional supplement that you are thinking about adding to your regimen this week. Why?

13. What have you done over the past 4 weeks to deal with cravings and hunger?
January 27 Contest Countdown Workshop – Bodybuilding

1/27/2007
75 Minutes
8 Weeks Out

----- Agenda Topics -----

Pre Test
Body Composition / Diet Plan Revisions
Cardio
Contest – Application and NPC card; Weigh-in
Posing - Review Mandatories, Basic Individual Posing Routine
Diet/Supplement Questions
Training – 8 Weeks Out Training Program

Other Information

Pre Test

14. Have you sent in your entry form for the Northern?

15. What is your (sum of six) sub total for today? _____  What is your Bodyfat (lbs) total today? _____

16. What cardio adjustments do you need to make for the next two weeks?

17. What will be your cardio schedule for the next two weeks? (answer in days x minutes, or calories burned)

18. How long should you hold each pose in your individual routine?

19. Review Question: List three things that you should do as you hit each of the compulsory poses.

20. Given your current stats, what are the three most important supplements you can use for the next four weeks?

Bodybuilding (3)

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February 10 Contest Countdown Workshop – Bodybuilding

2/10/2007
75 Minutes
6 Weeks Out

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| Other Information |

**Pre Test**

21. Have you sent in your entry form for the Northern?

22. What is your (sum of six) sub total for today? _____ What is your Bodyfat (lbs) total today? _____

23. Rank order (1-4) the importance of each of the following during these final 6 weeks:
   - Cardio ___, Diet ___, Posing ___, Training ____.

24. Given your current stats, what are the three most important supplements you can use for the next four weeks?

25. Review Question: List three things that you should do as you hit each of your poses.

26. How would you categorize your complexion – dark, medium, light? Approximately how many coats of Pro Tan will you need to get a rich, dark color that will hold up under the bright stage lights?
CONTEST INFORMATION

1. Choose your contest(s) at least sixteen weeks in advance.

2. Request the entry form for each contest you plan to enter, and decide what division(s) you are going to enter.

3. Take great care in completing your entry form. Everything you do perfectly before the show will make your contest experience much better, even just taking the time to neatly and accurately complete your entry forms. This also gives you a mental feeling of a job well done, something that can in fact carry over throughout your whole contest prep experience.

4. Make sure that you understand all fees that are associated with entering the contest. This includes the entry fee and purchasing a membership card for the sanctioning body of your contest. Do this ahead of time when possible. It'll be one less line you'll have to stand in and one less expense you'll have on contest day.

5. Crossovers - Decide in advance if you will be “crossing over” to a second division where permitted. There are advantages and disadvantages to crossovers. But, if you wait until the last minute you'll be paying for another division and a late fee on top of it. Extra expenses on contest day are another stressor and are not conducive to taking the stage in a confident, fully-prepared frame of mind. Keep in mind that when you crossover it's like competing in two separate contests. You may do extremely well in one division in a particular weight class, then when with a different group of athletes you may not fare as well. Each class is judged separately and a previous high placing does not guarantee you a place in a different class. We generally recommend that you base your contest prep on the one division in which you think you can do the best. That’s the one you’ll base your show success on.

6. In summary, sixteen weeks out is the time to start completing the forms necessary for entering a contest. Get a clear picture of all the administrative work you will do to be “officially” entered. You also might want to consider purchasing tickets for your family and friends at this time while the best seats are still available.

DON'T WAIT UNTIL THE LAST MINUTE TO TAKE CARE OF DETAILS YOU CAN COMPLETE WEEKS IN ADVANCE!
COMPETITION GUIDELINES*

1. **CHECK-IN**: Double check your entry form for information concerning the location and time of check-ins. It is your responsibility to be sure to show up when and where you should.

Have your suit on before you get in the line at weigh-ins. Do not wait until you are at the weigh-in location. Be considerate of your fellow competitors.

2. **NUMBERS**: Your numbered tag should be placed on your left hip. **Place it on the flat plane of your hip to prevent it from twisting or flipping around.** This way the judges should be able to see it clearly and will be able to spend their energies on judging your physique, rather than figuring out what number you are.

3. **ROUNDS OF COMPETITION**: Prejudging will consist of a symmetry round, comparisons, and a free posing round (dependent upon whether all competitors will pose at night).

   **Symmetry Round**: Each class will be directed to the stage in a single numerical line-up.

   The class will be instructed by the head judge to perform quarter turns, one turn at a time, to the right. You should perform quarter turns with heels touching, arms at your side and your head facing in the direction of your feet. You should be in a “semi relaxed” pose, meaning you are not performing any mandatory poses, but you should not be totally relaxed either.

   **Do not distort your body by twisting your torso or placing one arm further in front of you than the other. Perform the quarter turns as indicated above.** If you are not in the position indicated above, the head judge will direct you to conform to the position required.

   **Comparison Round**: The entire class will file on stage in a line as they did in the symmetry round. At this point, the head judge will call out the mandatory poses to be performed. The mandatory poses consist of the following:

   1. Front double biceps
   2. Front lat spread
   3. Side chest (either side)
   4. Side triceps (either side)
   5. Back double biceps (facing rear curtain)
   6. Rear lat spread (facing rear curtain)
   7. Abdominals and quadriceps

   **BANNED POSE**: AT NO TIME DURING THE PREJUDGING OR EVENING FINALS IS THE MOON POSE ALLOWED. THIS POSE IS PERFORMED WHEN THE ATHLETE TURNS HIS BACK TO THE AUDIENCE AND BENDS OVER AT THE WAIST. BE SURE YOU KNOW WHAT THIS POSE IS AND THAT YOU DO NOT PERFORM IT. IF YOU PERFORM THIS POSE YOU WILL BE DISQUALIFIED – NO EXCEPTIONS!!

   **LISTEN TO THE HEAD JUDGE AS HE DIRECTS YOU ON STAGE.** You may not remain in the same location on stage throughout this round. Depending on the number of competitors in the class and what comparisons the judges want to see, you may be asked to stand next to different competitors, to move to one side of the stage or the other or to move on or off the posing platform.

* Adapted from [www.lindsayproductions.com](http://www.lindsayproductions.com) competition guidelines.
EVENING FINALS

You must return to the theater prior to the start of the competition at the assigned time and be back stage at least fifteen minutes before your class is to appear on stage.

The evening finals posing routine duration is noted on your contest info form; you can, however, at your discretion, use less time. Your time begins when the music starts. Music can be on CD or cassette tape (check info form to make certain that cassettes are acceptable at your contest.)

MUSIC: Each tape cassette or CD must contain only one track (music mixing is allowed), must be pre-set, and must bear the contestant’s name. Each contestant is responsible for picking up his/her music at the Evening Show. Music that contains profane language or disparaging remarks is not allowed. If such music is used, it will be turned off and you are subject to disqualification by the meet chairman.

SCORING RESULTS: The Placement System is used for scoring the contest. Each of the prejudging rounds is considered to be equally important, however only one placing will be marked on the judges score sheet for each contestant. When calculating the scores from 7 judges, the highest and lowest scores are discarded, if there are 9 judges, the two highest and lowest scores are discarded. The remaining 5 scores are added together. The contestant with the lowest score wins and the rest are placed accordingly. (See sample score sheets at http://www.bodybuildingworld.com/Contest/2007npc/).

JUDGING RESULTS: If you wish to approach the judges please do so after the end of the competition at the evening finals. The judges are judging for the overall placement in the various divisions so please wait until then to approach them with your questions. You can also email or call the district chairman, Sandy Riedinger, the following week regarding scores, results etc.

SPORTSMANSHIP: The NPC requires that all athletes conduct themselves in a manner which will reflect favorably on the sport of Bodybuilding and the NPC. Any conduct contrary to that effect is discouraged, and, depending on the severity of such conduct, can lead to suspension from competition. Such conduct includes, but is not limited to:

1. Making disparaging remarks concerning any NPC official, judge or fellow athlete in the venue location.
2. Making disparaging gestures while on stage.
3. Smashing, breaking or throwing an award, damaging or vandalizing the contest venue.
4. Any conduct which demeans you, your fellow athletes, judges or officials.

Competition can be a source of great triumph and achievement. There are no guarantees. The nature of the competition requires "risk taking". Sometimes you wind up being very disappointed because you did not do as well as you wanted to, or as well as you thought you deserved.

What ever happens, leave the audience with the impression that you are a gracious competitor, that you have dignity and class. The way that you present yourself and take your placement will be remembered long after people remember what place you took.
FEMALE SPECIFIC INFORMATION

SUCHS - FEMALE:

PREJUDGING:
1. Two piece bikini swim suit must be a solid color.
2. Except for a wedding ring, no jewelry is to be worn during the morning prejudging.
3. Suits must cover 50% of the glutes. *No thong or T back allowed, however V style suits are acceptable.*

FINALS:
Suits may be as follows:
1. Metallic, multi-colored, studded with rhinestones
2. Triangle top or push-up
3. V suits are acceptable
You should bring at least two suits with you in case your first choice tears, rips, the string breaks or some other mishap happens.
No matter how well your suit fits it will move. There are a variety of different products which will temporarily glue your suit to your body.

HAIR: There is no rule that says you have to wear your hair in any particular style, including up or down. Just remember, "The judges cannot judge what they cannot see" If your hair is long, by wearing it down you may do yourself a disservice because the judges will have a harder time seeing the development of your back. Even shoulder-length hair can sometimes cover more than you want to cover.

MAKEUP: It is not mandatory to wear makeup. This is your personal choice. However the more finished and feminine you appear, the better your overall presentation is. If you do wear makeup, as your tan must be dark enough to show up under the bright stage lights, so does your makeup. The judges are looking for the best package of muscularity, symmetry, stage presence and femininity.

JEWELRY: Jewelry is allowed to be worn on stage at the evening finals.

MALE SPECIFIC INFORMATION

POsing TRUNKS: Posing trunks **must** be a solid color. Posing trunks **must** cover at least 50% of the glute area.
Posing trunks should **not** be as follows:
1. Metallic
2. Multi-colored
3. Have any decorations, i.e.; studs, sequins, etc.
You should bring at least two pairs of posing trunks with you in case your first choice tears, rips or some other mishap occurs.

JEWELRY: No jewelry will be worn except for a wedding band. All other types of jewelry will not be worn. This includes any other rings, earrings, chains, or pins.
You will be asked to remove unauthorized jewelry and will not be allowed on stage until you do so. This also applies to all phases of competition, prejudging and the evening finals.
BODYBUILDING COMPETITOR CHECKLIST

1. Register for the show in advance and purchase your NPC card.

2. What you will need in order to compete successfully:
   - a lean physique (conditioning is much more important than size)
   - a deep tan
   - ability to pose perfectly in each quarter turn and hold each for at least 60 seconds
   - ability to hit each mandatory pose perfectly and hold each for at least 30 seconds
   - an individual presentation routine
   - have attended a contest, workshop, or viewed a video of one

3. Registration and check-in
   a. attend the early check-in if at all possible (Friday evening: 6:00 pm)
   b. Your registration and NPC registration will be confirmed then you will be officially entered into the appropriate division and class.
   c. At the contest, a competitor’s meeting will be held where contest rules and the final order of events will be discussed. Your number will be assigned by class and you'll turn in your music cd or cassette for your evening routing at this time.

4. Here’s what you’ll need in your gym bag:
   - Your posing suit; and a spare suit if you have one. Put it in a zip lock freezer bag so you can find it easily.
   - 2 hand towels.
   - Your competitor number and small zip lock bag to keep it in.
   - Water and food (chicken breast, small bites of potato or rice cakes, Beverly goos – 2 scoops UMP, ½ cup honey, ½ cup peanut butter.
   - Morton’s Light Salt or packets of salt for cramping.
   - Warm-up suit
   - Flip flops to walk around back stage so your feet do not get dirty.
   - Pam unscented cooking spray to use for oil
   - ID or driver’s license for proof of age or residence
   - Money for emergencies
   - A camera for photos in the pump-up room and out doors.
   - Extra sheets for your hotel room and car

Females Competitors Extras:
   - Make up kit
   - Curling iron, hair spray, etc
   - Bikini Bite to glue your suit on
   - Safety pins and sewing kit for emergencies
   - Jewelry for evening show
   - Hygiene products
5. Prejudging
   a. Pump-up
   b. Very light coat of Pam
   c. Compete
      ▪ You will be lined up numerically back stage.
      ▪ Your class will take the stage lined up in numerical order.
      ▪ Your front stance should be positioned towards the center of the judging table.
      ▪ You will do 4 basic right turns. Front, right side, rear, left side and final back to the front.
      ▪ Your goal is to look polished, confident, smile, and relaxed while you are staying tight the entire time.
      ▪ Mandatory poses: front double biceps, lat spread, side chest, side triceps; rear double biceps, rear lat spread; abdominal and thigh pose, most muscular.
      ▪ You may be compared against other athletes throughout the competition. Do not rest for a second, even if you are not being directly compared. You are being judged the entire time you are on stage.
   d. Criteria for judging: symmetry, conditioning, muscularity, and presentation.

6. The Finals:
   a. Prepare for the finals just as you did for the prejudging.
   b. If you win your class, you will go back on stage after all classes have been presented their awards and compete against the other class winners in the Overall.

7. The Overall
   a. Hit your best poses.
   b. Try to find the best lighting on the stage–this may not be at the front of the stage.
   c. Try to highlight your strong points against your competition’s weakness.
   d. Catch the judges’ eye with your poise and control.

8. Prepare to compete again. Find another show to do.
INDEX TO PHASE 1 DIETS

Phase 1 Diet Plans
The Phase 1 diet plans also serve as excellent off season plans to help you gain muscle while you lean out. These plans emphasize excellent food choices which will start the recompositioning (that means more muscle – less fat) process. You’ll be using stored fat for your energy needs and the recommended high protein foods and quality supplements to continue to add muscle during the first phase of your contest diet.

Introduction to Phase 1
Being contest ready means being ripped. You should start your diet for the contest as early as possible. Don’t wait until the last minute. The earlier you start, the less stringent your diet has to be.

Phase 1 Goal
You will increase your muscularity while gaining/retaining as much muscle as you can, but even now, your main concern is losing fat. During Phase 1 you’ll be getting enough nutrition to continue to make improvements to your physique so make every training session count. Train as heavy and hard as possible, but use textbook form and concentrate mentally and physically on improving any weak points in your physique.

Male Bodybuilding Plans
Plan A – Plan A is the plan that 60% of you will start with. It works extremely well for bodybuilders with an average metabolism and a reasonable amount of muscular development. Plan B – This plan is for you if you’ve kept yourself in pretty good shape during the off season. It’s generally for someone with a higher metabolism and/or a lot of muscle. About 15% of you will qualify for this plan. Plan C – About 25% of you will start with this plan. If you are over fat starting out or have a slow metabolism Plan C is your starting point.

Female Bodybuilding Plans
Plan F – If you have been training regularly, somewhat watching your diet, and have an average to good metabolism then Plan F is your starting point. Plan G – If you want to compete but have allowed your bodyfat to get a little too high Plan G is where you should start.
PHASE 1 NUTRITION PLAN (A)

Plan A is the plan that 60% of you will start with. It works extremely well for male bodybuilders with an average metabolism and a reasonable amount of muscular development. (Note: In the meal plans below all meats are weighed prior to cooking.)

Meal #1
2 whole eggs + 4 egg whites; 6 oz very lean meat; 1/2 cup oatmeal - before cooking

Meal #2 (Choose one option)
Option A: Protein Drink with two scoops Ultimate Muscle Protein, two tablespoons healthy fat source (olive oil, flax oil, almond butter) or heavy cream.
Option B: 8 oz lean beef or chicken or 2 cans tuna, one small apple or orange

Meal #3
8 oz lean meat (chicken or other lean protein source); 6 oz sweet potato or 2/3 cup cooked brown rice; 2 cups vegetables (broccoli, etc.) or green salad with 4 tbsp vinegar and oil dressing

Meal #4 (same options as meal #2)

Meal #5
10 oz. very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc); 2 cups vegetables; salad with 2 tbsp vinegar and oil dressing

Meal #6
Option A: Protein Shake or Pudding: 2 Scoops Ultimate Muscle Protein, add enough water to make a shake or pudding the consistency you desire
Option B: 8 egg whites + 2 whole eggs or 6 oz beef; 1-2 cup vegetables

Essential Supplement Program:
1 Super Pak with meal #1
4 Ultra 40 tablets and 4 Mass Aminos with each meal listed above
3 EFA Gold capsules with meal #1 and meal #5

The Best Optional Supplements for Phase 1 (in priority order)
Glutamine Select plus BCAAs – take 2-4 scoops during training to preserve muscle during precontest dieting.

Muscle Synergy – if you want to continue to add muscle, get a great pump every workout, and can afford it – then Muscle Synergy is for you. You have to take enough though, eight tablets twice a day if you weigh less than 185; if you’re a light heavy or heavyweight you’ll benefit most from 24 per day. Muscle Synergy holds lean muscle tissue while dieting better than anything. We just don’t always recommend it to everyone because of the expense.

Creatine Select plus Phosphates will help you keep your strength up and train harder while dieting so that’s another product you should consider. Take 5 scoops per day with meals for the first 5 days, than 2 scoops daily on training days, and 1 scoop on non training days.

An economical way to use Muscle Synergy and Creatine Select during phase 1:
Weeks 1&2: Use Creatine Select as directed above.
Weeks 3&4: Take Muscle Synergy and Creatine Select together for the next two weeks.
Weeks 5&6: Creatine Select, no Muscle Synergy.
Weeks 7&8: Creatine Select and Muscle Synergy.
If you have any questions about our other supplements be sure to call us at 1-800-781-3475.
PHASE 1 NUTRITION PLAN (B)

Plan B is for the 15% of you who have kept yourself in pretty good shape during the off season. It’s generally for someone with a higher metabolism and/or a lot of muscle.
(Note: In the meal plans below all meats are weighed prior to cooking.)

Meal #1
2 whole eggs + 4 egg whites; 8 oz very lean meat; 1 cup oatmeal – measured before cooking

Meal #2 (Choose one option)
Option A: Protein Drink with two scoops Ultimate Muscle Protein, plus one scoop Muscle Provider, two tablespoons healthy fat source (olive oil, flax oil, almond butter) or four tablespoons heavy cream.
Option B: 10 oz lean beef or chicken or 2 cans tuna, one small apple or orange

Meal #3
10 oz lean meat (chicken or other lean protein source); 8 oz sweet potato or 1 cup cooked brown rice; 2 cups vegetables (broccoli, etc.) or green salad with 4 tbsp vinegar and oil Dressing

Meal #4 (same options as meal #2)

Meal #5
12 oz. very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc); 2 cups vegetables; salad with 2 tbsp Vinegar and Oil Dressing

Meal #6
Option A: Protein Shake or Pudding: 2 Scoops Ultimate Muscle Protein, two tablespoons healthy fat source (olive oil, flax oil, almond butter) or heavy cream; add enough water to make a shake or pudding the consistency you desire
Option B: 8 egg whites, 2 yolks; 1 cup oatmeal

Essential Supplement Program:
1 Super Pak with meal #1
4-6 Ultra 40 tablets and 4-6 Mass Aminos with each meal listed above
3 EFA Gold capsules with meal #1 and meal #5

The Best Optional Supplements for Phase 1 (in priority order)

Glutamine Select plus BCAAs – take 2-4 scoops during training to preserve muscle during precontest dieting.

Muscle Synergy – if you want to continue to add muscle, get a great pump every workout, and can afford it – then Muscle Synergy is for you. You have to take enough though, eight tablets twice a day if you weigh less than 185; if you’re a light heavy or heavyweight you’ll benefit most from 24 per day. Muscle Synergy holds lean muscle tissue while dieting better than anything. We just don’t always recommend it to everyone because of the expense.

Creatine Select w/ Beta Alanine will help you keep your strength up and train harder while dieting so that’s another product you should consider. Take 5 scoops per day with meals for the first 5 days, than 2 scoops daily on training days, and 1 scoop on non training days.

An economical way to use Muscle Synergy and Creatine Select during phase 1:
Weeks 1&2: Use Creatine Select as directed above.
Weeks 3&4: Take Muscle Synergy and Creatine Select together for the next two weeks.
Weeks 5&6: Creatine Select, no Muscle Synergy.
Weeks 7&8: Creatine Select and Muscle Synergy.
PHASE 1 NUTRITION PLAN (C)

Plan C is for you if you have accumulated a little too much fat during your off season and/or you have a slower metabolism.

(Note: In the meal plans below all meats are weighed prior to cooking.)

Meal #1
1 whole egg + 4 egg whites; 5 oz very lean meat; 1/2 cup oatmeal - before cooking

Meal #2 (Choose one option)
Option A: Protein Drink with two scoops Ultimate Muscle Protein, one tablespoon healthy fat source (olive oil, flax oil, almond butter) or heavy cream.
Option B: 6 oz lean beef or chicken or 2 cans tuna, one small apple or orange

Meal #3
8 oz lean meat (chicken or other lean protein source); 5 oz sweet potato or 1/2 cup cooked brown rice; 2 cups vegetables (broccoli, etc.) or green salad with 2 tbsp vinegar and oil dressing

Meal #4 (same options as meal #2)

Meal #5
8 oz. very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc); 2 cups vegetables; salad with 2 tbsp vinegar and oil dressing

Meal #6
Option A: Protein Shake or Pudding: 2 Scoops Ultimate Muscle Protein, add enough water to make a shake or pudding the consistency you desire
Option B: 8 egg whites with 2 cups of vegetables

Essential Supplement Program:
1 Super Pak with meal #1
4-6 Ultra 40 tablets and 4-6 Mass Aminos with each meal listed above
Lean Out – since your bodyfat is a little too high. Take 2 per meal.
3 EFA Gold capsules with meal #1 and meal #5
Glutamine Select plus BCAAs – take 2-4 scoops during training to preserve muscle during precontest dieting.

The Best Optional Supplements for Phase 1 (in priority order)
Since you will be dieting pretty strictly, additional BCAAs would certainly help if they fit your budget. Take 5 Muscle Mass tablets with each scoop of Glutamine Select that you use.
If you are currently taking Muscle Synergy you should definitely keep it up. Muscle Synergy holds lean muscle tissue while dieting better than anything. We just don’t recommend it to everyone because of the expense.
Creatine Select plus Phosphates will help you keep your strength up and train harder while dieting so that’s another product you can keep using if you already are.
If you have any questions please call us at 1-800-781-3475. You’ll be tempted to try everything in an attempt to get rid of your excess bodyfat but just remember it’s a slow process. Stick to the basics above during this phase and call us if you need help.
PHASE 1 FEMALE NUTRITION PLAN (F)

Female Bodybuilders - If you have been training regularly, somewhat watching your diet, and have an average to good metabolism then Plan F is your starting point.
(Note: In the meal plans below all meats are weighed prior to cooking.)

Meal #1
1 whole egg + 4 egg whites
5 oz very lean meat
1/2 cup oatmeal - before cooking

Meal #2 (Choose one option)
Option A: Protein Drink with two scoops Ultimate Muscle Protein, one tablespoon healthy fat source (olive oil, flax oil, almond butter) or heavy cream.
Option B: 6 oz lean beef or chicken or 2 cans tuna, one small apple or orange

Meal #3
6 oz lean meat (chicken or other lean protein source)
5 oz sweet potato or 1/2 cup cooked brown rice
2 cups vegetables (broccoli, etc.) or green salad with 2 tbsp Vinegar and Oil Dressing

Meal #4 (same options as meal #2)

Meal #5
8 oz. very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc)
2 cups vegetables
Salad with 2 tbsp vinegar and oil dressing

Meal #6
Option A: Protein Shake or Pudding: 1 Scoop Ultimate Muscle Protein, add enough water to make a shake or pudding the consistency you desire
Option B: 8 egg whites with 2 cups of vegetables

Essential Supplement Program:
Take 1 Super Pak with meal #1
Take 3 Ultra 40 tablets and 3 Mass Aminos (or 2 Density) with each meal listed below
Take 3 EFA Gold capsules with meal #1 and meal #5

The Best Optional Supplements for Phase 1 (in priority order)
Creatine Select w/ Beta Alanine - Take 4 scoops per day with meals for the first 5 days, than 1 scoop daily.
Glutamine Select plus BCAAs – take 1-2 scoops during training to preserve muscle during precontest dieting.
Muscle Synergy – if you feel you need to add more muscle (naturally). Muscle Synergy helps you add lean muscle tissue while dieting better than anything. We just don’t always recommend it to everyone because of the expense. If you decide to use it, take 8 tablets twice daily.
Lean Out – if plan F is for you, chances are you can wait a couple of weeks before you add Lean Out. If you can’t wait, take 1 capsule per meal during this stage to help regulate cravings and mobilize fats for energy.
PHASE 1 NUTRITION PLAN (G)

Female Bodybuilders - If you want to compete but have allowed your bodyfat to get a little too high Plan G is where you should start.
(Note: In the meal plans below all meats are weighed prior to cooking.)

Meal #1
1 whole egg + 3 egg whites
3 oz very lean meat
1/3 cup oatmeal - before cooking

Meal #2 (Choose one option)
Option A: Protein Drink with two scoops or Ultimate Muscle Protein, one tablespoon healthy fat source (olive oil, flax oil, almond butter) or heavy cream.
Option B: 4 oz lean beef or chicken or 1 can tuna, one small apple or orange

Meal #3
5 oz lean meat (chicken or other lean protein source)
1/2 cup cooked brown rice or 4 oz sweet potato
1 cup vegetables (broccoli, etc.) or 2 cups green salad with 2 tbsp Vinegar and Oil Dressing

Meal #4
Two scoops Muscle Provider in 16 oz water

Meal #5
6 oz. salmon or very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc)
1 cup low carb vegetables
Salad with 1 tbsp vinegar and oil dressing

Meal #6
OPTION A: Protein Shake or Pudding: 1 Scoop Ultimate Muscle Protein, add enough water to make a shake or pudding the consistency you desire
OPTION B: 6 egg whites with 1 cup of vegetables

Essential Supplement Program:
Take 1 Super Pak with meal #1
Take 3 Ultra 40 tablets and 2 Density with each meal listed below
Take 3 EFA Gold capsules with meal #1 and meal #5
Take 1 Lean Out capsule with each meal. (Lean Out is the most important supplement you can take with this nutritional plan if your primary goal is to lose fat. Lean Out helps your body burned stored fats, not your hard-earned lean muscle.)

The Best Optional Supplements for Phase 1 (in priority order)
Glutamine Select plus BCAAs – take 1-2 scoops during training to preserve muscle during precontest dieting. BCAAs are optional during Phase 1 but they’ll become essential in later phases.
Creatine Select w/ Beta Alanine - Take 4 scoops per day with meals for the first 5 days, than 1 scoop daily.

If you have any questions about our other supplements be sure to call us at 1-800-781-3475. We want to help you get the best results possible.
INDEX TO PHASE 2 AND 3 DIETS

The Phase 2 and Phase 3 diet plans are “precontest diets” in the true sense of the term. These plans are peaking plans that help you strip off as much fat as possible while you retain your hard-earned lean muscle. In general you will switch from a Phase 1 plan to a Phase 2 plan somewhere between 8 and 10 weeks out. To switch too soon will compromise the end result.

Kick in the Phase 3 plan at from 4 to 6 weeks out and only if your progress has stalled.

Phase 2 Bodybuilding Plans

Plan 2-A is the best Phase 2 diet plan for the greatest number of competitors at eight to ten weeks out. This is the logical successor to Plan A from the Phase 1 diets. As a guide, you’ll need to be in the 7-10% bodyfat range and weigh at least 175 lbs to use this diet plan. This program is pretty multi functional and heavier athletes (up to 225) can benefit.

Plan 2-B is generally started at 8-10 weeks out. You must be lean, muscular, and have a high metabolism to be able to peak using this plan. This is the logical successor to Plan B from the Phase 1 diets. As a guide, you’d need to be 7% bodyfat or less and weigh more than 185 lbs to use this diet plan at ten weeks out.

Plan 2-C is a multi purpose program. If you weigh under 175 you can start it at ten weeks out. If you weigh more than 175 this is a logical progression at 6-8 weeks out from Plan 2-A.

Phase 2 Female Bodybuilding Plans

Plan 2-F is for the female that is on track. You still have a little more than a pound per week to lose to hit your target weight. This is a good plan for the majority of female bodybuilders at 8-10 weeks out who have done their homework during the off-season.

Plan 2-G is for the female that is a little behind at the 10-12 week out point. This is a pretty strict program and there is only one more diet cut that we could recommend. So only start this plan if you’re really running behind schedule.

Phase 3 Male Bodybuilding Plans

Plan 3-A is a no-frills; no nonsense basic precontest diet program that works for nearly everyone. We have used Plan 3-A as far out as 6-8 weeks or for just the final 4 weeks depending on condition and weight.

Plan 3-B is the strictest program that we use. It is for the lighter bodybuilder or for anyone all the way up to light heavyweight who just wants to take his conditioning to the highest level. We recommend this program at the 4-6 week out range. It’s tough and definitely not for the long term.

Plan 3-C is one that you can follow for up to 10 weeks and continue to improve. It is a rotation plan and actually consists of 3 different plans depending upon the day of the week. Try this if you are happy with your size and condition and desire to just get a little leaner each week.

Phase 3 Female Bodybuilding Plans

Plan 3-F is the strictest plan for females that we recommend. You should follow it for the final four weeks before your contest if your current diet is not getting you there quick enough.

Plan 3-G Female Bodybuilders – is a rotation plan we use with females who are on track at 6-8 weeks out from their contest.
PHASE 2 NUTRITION PLAN (2-A)

Plan 2-A is the best Phase 2 diet plan for the greatest number of competitors at eight to ten weeks out. This is the logical successor to Plan A from the Phase 1 diets. As a guide, you’ll need to be in the 7-10% bodyfat range and weigh at least 175 lbs to use this diet plan. This program is pretty multi functional and heavier athletes (up to 225) can benefit.

Note: In the meal plans below all meats are weighed prior to cooking.)

Supplements:
Breakfast: 1 - Super Pak with breakfast. 3 EFA Gold with breakfast and dinner.
Each meal: 4-6 Ultra 40; 3 Density (and/or Mass); 3 Muscularity; and 2 Lean Out.
Training: 2-4 scoops Glutamine Select plus BCAAs and 10-20 Muscle Mass (5 Muscle Mass per scoop of Glutamine Select).

Take 3 Quadracarn 3 times daily: 1st thing in the morning, before training, and before bed.
Take 2 scoops Creatine Select w/ beta alanine daily.
Optional: Up-Lift – 2 scoops before training; Muscle Synergy - 2 scoops (or 16 tablets) daily

Meal #1
8 oz lean beef or turkey
3 egg whites, 1 yolk
1 grapefruit

Meal #2
Protein Drink: 2 scoops Ultimate Muscle Protein, 1 scoop Muscle Provider, 1 TBS healthy fat (olive oil, flax oil, almond butter) or 1 tbsp heavy whipping cream

Meal #3
8 ounces chicken or turkey breast (weighed prior to cooking)
2 cups vegetables

Meal #4
Protein Drink: 1 scoop Ultimate Muscle Protein, 2 scoops Muscle Provider, 1 TBS healthy fat (olive oil, flax oil, almond butter) or 1 tbsp heavy whipping cream
Option B: 6 oz can tuna or 5 oz. chicken; 3 egg whites, 1 whole egg; 1 tomato

Meal #5
10 ounces lean meat (chicken, turkey, fish, 93% or leaner beef, etc.)
4 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.)
2 TBL Cider Vinegar and 1 TBS Olive Oil (or other vegetable oil) for a dressing

Meal #6
4 oz chicken or turkey breast; 6 egg whites; 1 cup omelet vegetables

Monday and Thursday: In place of meal 6 or as an added 7th meal if your condition warrants it:
1.5 cups oatmeal (precooked) or cooked rice, 10 oz. sweet potato, medium banana, 1 cup vegetables, 1 tbsp butter, almond butter or oil at the end of the day.
PHASE 2 NUTRITION PLAN (2-B)

Plan 2-B is generally started at 8-10 weeks out. You must be lean, muscular, and have a high metabolism to be able to peak using this plan. This is the logical successor to Plan B from the Phase 1 diets. As a guide, you’d need to be 7% bodyfat or less and weigh more than 185 lbs to use this diet plan at ten weeks out.

Supplements:

Breakfast: 1 - Super Pak with breakfast. 3 EFA Gold with breakfast and dinner.
Each meal: 4-6 Ultra 40; 3 Density (and/or Mass); 3 Muscularity; and 2 Lean Out.
Training: 2-4 scoops Glutamine Select plus BCAAs and 10-20 Muscle Mass (5 Muscle Mass per scoop of Glutamine Select).
Take 3 Quadracarn 3 times daily: 1st thing in the morning, before training, and before bed.
Take 2 scoops Creatine Select w/ beta alanine daily.
Optional: Up-Lift – 2 scoops before training; Muscle Synergy - 2 scoops (or 16 tablets) daily

Meal #1
5 oz turkey breast
6-8 egg whites
½ cup oatmeal

Meal #2
Protein Drink: 2 scoops Ultimate Muscle Protein, 1 scoop Muscle Provider, 16 oz water

Meal #3
10 ounces chicken or turkey breast (weighed prior to cooking)
6 oz sweet potato (before cooking)
1 cup vegetables

Meal #4
Option A: Protein Drink: 1 scoop Ultimate Muscle Protein, 2 scoops Muscle Provider, water
Option B:
6 oz can tuna
3 egg whites
1 tomato

Meal #5
10 ounces 96% lean beef
2 cups vegetables

Meal #6
12 oz fish; 2 cups spinach or salad

Meal #7:
6 oz chicken or turkey breast; 6 egg whites; 1 cup omelet vegetables

Monday and Thursday: In place of meal 7: 1.5 cups oatmeal (precooked) or cooked rice, 10 oz. sweet potato, large banana, 1 cup vegetables, 1 tbsp butter, almond butter or oil at the end of the day.
PHASE 2 NUTRITION PLAN (2-C)

Plan 2-C is a multi purpose program. If you weigh under 175 you can start it at ten weeks out. If you weigh more than 175 this is a logical progression at 6-8 weeks out from Plan 2-B.

Supplements:
Breakfast: 1 - Super Pak with breakfast. 3 EFA Gold with breakfast and dinner.
Each meal: 4-6 Ultra 40; 3 Density (and/or Mass); 3 Muscularity; and 2 Lean Out.
Training: 2-4 scoops Glutamine Select plus BCAAs and 10-20 Muscle Mass (5 Muscle Mass per scoop of Glutamine Select).
Take 3 Quadracarn 3 times daily: 1st thing in the morning, before training, and before bed.
Take 2 scoops Creatine Select w/ beta alanine daily.
Optional: Up-Lift – 2 scoops before training; Muscle Synergy - 2 scoops (or 16 tablets) daily

Meal #1
8 oz 96% or leaner beef
3 egg whites, 1 yolk
1 grapefruit

Meal #2
Protein Drink: 2 scoops Ultimate Muscle Protein, 1 scoop Muscle Provider, 1 TBS healthy fat (olive oil, flax oil, almond butter) or 1 tbsp heavy whipping cream

Meal #3
8 ounces chicken or turkey breast (weighed prior to cooking)
2 cups vegetables

Meal #4
Option A: Protein Drink: 1 scoop Ultimate Muscle Protein, 2 scoops Muscle Provider, 1 TBS healthy fat (olive oil, flax oil, almond butter) or 1 tbsp heavy whipping cream
Option B:
6 oz can tuna or 5 oz. chicken
3 egg whites, 1 whole egg
1 tomato

Meal #5
10 ounces lean meat (chicken, turkey, fish; or 8 oz 93% or leaner beef)
2 cups vegetables

Monday and Thursday: As an added meal 6: 1.5 cups oatmeal (precooked) or cooked rice, 10 oz. sweet potato, medium banana, 1 cup vegetables, 1 tbsp butter, almond butter or oil at the end of the day.
PLAN 2 F: SEMI-STRICET FEMALE COMPETITION NUTRITION PROGRAM

Plan 2-F is for the female that is on track. You still have a little more than a pound per week to lose to hit your target weight. This is a good plan for the majority of female bodybuilders at 8-10 weeks out who have done their homework during the off-season.

Meal 1: six egg whites; one-third cup oatmeal, one-half grapefruit.

Meal 2: Option (A): Protein Drink with one or two scoops Ultimate Muscle Protein or Muscle Provider, one teaspoon healthy fat source (olive oil, flax oil, almond butter).
Option (B): Three ounces chicken breast or tuna; three egg whites, one tomato.

Meal 3: Five ounces chicken breast (weighed prior to cooking); two cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.) or two cups low carb vegetables; one tablespoon “Newman’s Own” dressing (or make your own with one tablespoon cider vinegar and one tablespoon olive oil).

Meal 4: same options as meal two (above) – but no added fat to your shake. If this is the meal preceding or just after training, Muscle Provider is the optimal protein at this time.

Meal 5: five ounces chicken breast, turkey breast or 96% lean beef; two cups low carb vegetables or salad.

Meal #6: Option (A): four egg whites; one cup omelet vegetables (onions, celery, broccoli, peppers).
Option (B): Protein pudding – mix one scoop Ultimate Muscle Protein in a bowl with just enough water to make a pudding texture. Add one teaspoon almond butter.

Carb Load Meal: 1-cup oatmeal (before cooking); 6 oz sweet potato (after cooking); 4 oz banana; 1 cup vegetables; 1 tbsp butter or almond butter

Essential Supplements for the “Plan F” Competition Nutritional Plan

At this point your supplement program becomes more and more important. It should be designed to burn off every possible ounce of stored fat as you maximize lean muscle retention.

Breakfast: 1 - Super Pak. Breakfast and dinner: 3 EFA Gold.

Each meal: 3 Ultra 40; 2 Density, 2 Muscularity; 2 Lean Out; and 1 Energy Reserve.

Training: 2 scoops Glutamine Select plus BCAAs and 10 Muscle Mass (5 Muscle Mass per scoop of Glutamine Select). 2 scoops Creatine Select w/ beta alanine daily.

Optional: Upon arising and before retiring: take six GH Factor capsules immediately upon arising and six more before bed (or if you eat right before bed, take six GH Factor thirty minutes prior to your last meal.

If 35+ - take 3 Quadracarn 3 times daily: 1st thing in the morning, before training, and before bed.

Optional: Up-Lift – 2 scoops before training; Muscle Synergy - 2 scoops (or 16 tablets) daily
PLMN 2 G: STRICT FEMALE COMPETITION NUTRITION PROGRAM

Plan 2-G is for the female that is a little behind at the 10-12 week out point. This is a pretty strict program and there is only one more diet cut that we could recommend. So only start this plan if you’re really running behind schedule.

Meal 1: three ounces chicken breast or turkey breast; three egg whites; one-half grapefruit.

Meal 2: Option (A) Protein Drink with one or two scoops Ultimate Muscle Protein, one teaspoon healthy fat source (olive oil, flax oil, almond butter).

Option (B): Three ounces chicken breast or tuna; three egg whites, one tomato.

Meal 3 (A): Five ounces chicken breast (weighed prior to cooking); two cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.) or two cups low carb vegetables; one tablespoon “Newman’s Own” dressing (or make your own with one tablespoon cider vinegar and one tablespoon olive oil).

Meal 4: same options as meal two (above) – but no added fat to your shake. If this is the meal preceding or just after training, Muscle Provider is the optimal protein at this time.

Meal 5: five ounces chicken breast, turkey breast or 96% lean beef; two cups low carb vegetables or salad.

Meal #6 (A): four egg whites; one cup omelet vegetables (onions, celery, broccoli, peppers).

Option (B): Protein pudding – mix one scoop Ultimate Muscle Protein in a bowl with just enough water to make a pudding texture. Add one teaspoon almond butter.

Carb Load Meal: On Monday and Thursday evening you will have a “carb load” meal as your last meal of the day. You can eat this meal right before you go to bed if you like (it’ll help you sleep along with all the other benefits listed earlier). You will have this meal in place of your regularly scheduled sixth meal.

Here’s what you’ll eat at this meal: One cup oatmeal (measure your oatmeal before you cook it – once you cook it, it’ll be nearly two cups), or you can substitute one cup cooked brown rice; with your oatmeal or rice you’ll also eat a five-ounce sweet potato, a small banana, and one-half cup of low carb vegetables. You’ll add one teaspoon of olive oil, flax oil, almond butter, or regular butter to prolong the positive effects of the carb up meal and stabilize your blood sugar through the night.

Essential Supplements for the “Plan F Competition Nutritional Plan

At this point your supplement program becomes more and more important. It should be designed to burn off every possible ounce of stored fat as you maximize lean muscle retention.

Breakfast: 1 - Super Pak. Breakfast and dinner: 3 EFA Gold.

Each meal: 3 Ultra 40; 2 Density, 2 Muscularity; 2 Lean Out; and 1 Energy Reserve.

Training: 2 scoops Glutamine Select plus BCAAs and 10 Muscle Mass (5 Muscle Mass per scoop of Glutamine Select).

7-Keto MuscLEAN – take 3 capsules twice daily

Optional: Upon arising and before retiring: take six GH Factor capsules immediately upon arising and six more before bed (or if you eat right before bed, take six GH Factor thirty minutes prior to your last meal.
PHASE 3 CONTEST PEAKING NUTRITION PLAN (3-A)

Plan 3-A is a no-frills; no nonsense basic precontest diet program that works for nearly everyone. However, you should stay with your Phase 2 Plan as long as you are getting results in terms of improved conditioning. Don’t change for the sake of change.

We have used Plan 3-A as far out as 8 weeks or for just the final 4 weeks depending on condition and weight.
Note: In the meal plans below all meats are weighed prior to cooking.)

Supplements:
Breakfast: 1 - Super Pak, Breakfast and dinner - 3 EFA Gold.
Each meal: 4-6 Ultra 40; 3 Density; 3 Muscularity; 2 Lean Out, and 1 Energy Reserve.
Training: 2-4 scoops Glutamine Select plus BCAAs and 10-20 Muscle Mass (5 Muscle Mass per scoop of Glutamine Select). Optional take 5 Density just before training.

Meal #1
5 oz. lean beef or turkey
6 egg whites, 1 whole egg
1/2 grapefruit

Meal #2
Protein Drink: 2 scoops Ultimate Muscle Protein, 1 tablespoon healthy fat or heavy cream, 4 strawberries (optional), 16 oz water
or
6 oz can tuna or 5 oz chicken
3 egg whites, 1 whole egg
1 tomato

Meal #3
8 ounces chicken (weighed prior to cooking)
4 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.)
2 TBL Cider Vinegar and 1 TBS Olive Oil (or other vegetable oil) for a dressing

Meal #4
6 oz can tuna or 5 oz. chicken
3 egg whites, 1 whole egg
1 tomato
or
Protein Drink: 2 scoops Muscle Provider, 12 oz water (if post training); or 2 scoops Ultimate Muscle Protein

Meal #5
8 ounces lean meat (chicken, turkey, fish or 93% lean beef, etc.)
2 cups vegetables

Monday and Thursday: Add a 6th meal: 1.5 cups oatmeal (precooked) or cooked rice, 10 oz. sweet potato, 4 oz. banana, 1 cup vegetables, 1 TBS butter, almond butter or oil at the end of the day.
PHASE 3 CONTEST PEAKING NUTRITION PLAN (3-B)

Plan 3-B is the strictest program that we use. It is for the lighter bodybuilder or for anyone all the way up to light heavyweight who just wants to take his conditioning to the highest level. We recommend this program at the 4-6 week out range. It’s tough and definitely not for the long term.

(Note: In the meal plans below all meats are weighed prior to cooking.)

Supplements:
Breakfast: 1 - Super Pak. Breakfast and dinner - 3 EFA Gold.
Each meal: 4-6 Ultra 40; 3 Density; 3 Muscularity; 2 Lean Out and 2 Energy Reserve.
Twice daily on an empty stomach: 6 GH Factor, 3 7-Keto MuscleLEAN
Training: 2 scoops Glutamine Select plus BCAAs and 10 Muscle Mass (5 Muscle Mass per scoop of Glutamine Select). Optional: 2 scoops Up-Lift and/or 5 Density just before training.

Meal #1
5 oz. lean beef or turkey
6 egg whites
1/2 grapefruit

Meal #2
Protein Drink: 2 scoops Ultimate Muscle Protein, water
or
6 oz can tuna
3 egg whites
1 tomato

Meal #3
6 ounces chicken (weighed prior to cooking)
4 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.)
2 tbsp cider vinegar and 1 tbsp olive oil for a dressing

Meal #4
6 oz can tuna or 5 oz. chicken
3 egg whites
1 tomato
or
Protein Drink: 2 scoops Muscle Provider or Ultimate Muscle Protein, 12 oz water

Meal #5
6 ounces lean meat (chicken, turkey, fish, 96% or leaner beef, etc.)
1.5 cups vegetables

Monday and Thursday: In place of your 5th meal: 1cup oatmeal (precooked) or cooked rice, 8 oz. sweet potato, 4 oz. banana, 1 cup vegetables, 1 tbsp butter, almond butter or oil.
PHASE 3 CONTEST PEAKING NUTRITION PLAN (3-C)

Plan 3-C is one that you can follow for up to 10 weeks and continue to improve. It is a rotation plan and actually consists of 3 different plans depending upon the day of the week. Don’t think that this one is necessarily better just because it is more complicated. However, if you are happy with your size and condition and desire to just get a little leaner each week this is the plan.

Daily Supplements (take these supplements every day)

Breakfast: 1 - Super Pak. Breakfast and dinner: 3 EFA Gold with meals #1 and #3. Each meal: 5 Ultra 40; 3 Density, 2 Muscularity; 2 Lean Out, and 1 Energy Reserve. Training: 2 scoops Up-Lift and 5 Density just before training, then 3 scoops Glutamine Select plus BCAAs and 15 Muscle Mass while training.

Before cardio: 1 scoop Up-Lift, 5 Muscle Mass + 2 Energy Reserve
Before bed: 3 ZMA

Monday and Thursday: (Low Carbs / Moderate Calories / Carb Meal at end of day)

Special Supplements: Twice daily on an empty stomach: 3 7-Keto MuscLEAN, and 6 GH Factor.

Meal #1
8 oz. 93% lean beef, chicken breast or turkey breast
3 egg whites, 1 whole egg
1 grapefruit

Meal #2
Protein Drink: 2 scoops Ultimate Muscle Protein, 1 scoop Muscle Provider, 1 TBS almond butter or heavy cream, water
Or: 1 can tuna, 3 egg whites, 1 yolk, 1 tomato

Meal #3
8 ounces chicken (weighed prior to cooking)
4 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.) or 2 cups green beans
2 TBL Cider Vinegar and 1 TBS Olive Oil for a dressing

Meal #4
1 scoop Ultimate Muscle Protein, 2 scoops Muscle Provider, 1 TBS almond butter or heavy cream, water

Meal #5
10 oz chicken breast, turkey breast or very lean beef (filet would be ideal)
2 cups green leafy vegetables or salad ((asparagus, broccoli, cauliflower, green beans, spinach or zucchini)

Meal #6 (Thursday only)
UMP pudding or crepes

Monday In place of your normal sixth meal and Thursday as a 7th meal: 1.5 cups oatmeal (precooked) or cooked rice, 10 oz. sweet potato, 6 oz. banana, 1 cup vegetables, 1 TBS butter at the end of the day.
PHASE 3 CONTEST PEAKING NUTRITION PLAN (3-C) - Wednesday / Saturday / Sunday

**Meal #1**
8 oz. 93% lean beef, chicken breast or turkey breast; 3 egg whites, 1 yolk; ½ cup oatmeal; ½ grapefruit

**Meal #2**
Protein Drink: 2 scoops Ultimate Muscle Protein, 1 scoop Muscle Provider, water
Or 2 cans tuna; 3 egg whites, 1 tomato

**Meal #3**
8 ounces chicken (weighed prior to cooking); ¾ cup cooked brown rice or 6 oz sweet potato; 2 cups green beans

**Meal #4**
Protein Drink: 2 scoop UMP, 2 scoops Muscle Provider, water
Or 2 cans tuna; 3 egg whites, 1 tomato

**Meal #5**
10 oz chicken breast, turkey breast or very lean beef
4 cups salad with vinegar and oil dressing

**Tuesday and Friday**

**Special Supplements:** Increase Muscularity to 4 capsules per meal on Tuesday and Friday.

**Meal #1**
5 oz. turkey breast; 5 egg whites, 1 yolk; 1/2 grapefruit

**Meal #2**
Protein Drink: 2 scoops UMP, 1 tbsp healthy fat source
Or 6 oz tuna, 3 egg whites, 1 tomato or ½ cup vegetables

**Meal #3**
6 ounces chicken (weighed prior to cooking); 4 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.); 2 tbsp cider vinegar and 1 tbsp olive oil for a dressing

**Meal #4**
6 oz can tuna or 5 oz. chicken; 3 egg whites; 1 tomato or 1 carrot

**Meal #5**
Protein Drink: 2 scoops UMP or Muscle Provider, 12 oz water

**Meal #6**
6 ounces lean meat (chicken, fish, filet mignon or Laura’s Lean Beef) or 8 oz Cod Fish
1.5 cups vegetables
PHASE 3 FEMALE PRECONTEST NUTRITION PLAN F – VERY STRICT

Female Bodybuilders – this is the strictest plan that we recommend. You should follow it for the final four weeks before your contest if your current diet is not getting you there quick enough. This is a very severe food plan and you should never follow it for more than 6 weeks. The supplement plan is comprehensive as you must not sacrifice nutrients even though your food intake is severely restricted.

(Note: In the meal plans below all meats are weighed prior to cooking.)

Supplements:

Breakfast: 1 - Super Pak. Breakfast and dinner: 3 EFA Gold.
Each meal: 3 Ultra 40; 2 Density, 2 Muscularity; 2 Lean Out, 1 Energy Reserve.
Training: 2 scoops Up-Lift; 5 Density, 2 scoops Glutamine Select plus BCAAs and 10 Muscle Mass
Before Cardio: 1 scoop Up-Lift + 2 Energy Reserve

Meal #1
3 oz turkey breast
3 egg whites
½ Grapefruit

Meal #2
Protein Drink: 1 or 2 scoops Ultimate Muscle Protein, water
Or
3.25 oz tuna
2 egg whites
1 tomato

Meal #3
5 ounces chicken (weighed prior to cooking) or 6 oz can tuna
2 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.)
1 tbsp apple cider vinegar and 1 tbsp olive oil for a dressing (or use 3 tbsp Newman’s oil and vinegar)

Meal #4
3.25 oz tuna
2 egg whites
1 tomato
or
Protein Drink: 1 scoop Muscle Provider or Ultimate Muscle Protein, water

Meal #5
5 ounces lean meat (chicken, fish, strip sirloin, lean beef, etc.)
1 cup vegetables

Monday and Thursday: Substitute the following for your 5th meal at the end of the day:
3/4 cup oatmeal, or 3/4 cup cooked brown rice, 5 oz sweet potato, 4 oz banana, 1 cup vegetables, 1 tbsp butter or almond butter
PHASE 3 FEMALE PRECONTEST NUTRITION PLAN (G) – ADVANCED ROTATION

Female Bodybuilders – you can use this plan at 6-8 weeks out from the contest and continue to improve each week all the way into the show. It is a rotation plan and actually consists of 3 different plans depending upon the day of the week.
(Note: In the meal plans below all meats are weighed prior to cooking.)

Daily Supplements: (take these supplements every day)
Breakfast: 1 - Super Pak. Breakfast and dinner: 3 EFA Gold with meals #1 and #3.
Each meal: 3 Ultra 40; 2 Density, 2 Muscularity; 2 Lean Out.
Before training: 2 scoops Up-lift, 5 Density, 2 scoops Glutamine Select
Before cardio: 1 scoop Up-Lift + 2 Energy Reserve
Before bed: 2 ZMA

Monday and Thursday: (Low Carbs / Moderate Calories / Carb Meal at end of day)
Special Supplements for Monday and Thursday: Three times daily on an empty stomach: 2 MuscLEAN, 2 Energy Reserve, and 4 GH Factor.
Meal #1: 4 oz turkey breast; 3 egg whites, 1 yolk; ½ grapefruit
Meal #2: Protein shake or pudding: 2 scoops Ultimate Muscle Protein
Meal #3: 6 ounces chicken (weighed prior to cooking) or can of tuna; 2 cups salad; 2 tbsp apple cider vinegar and 1 tbsp olive oil for a dressing (or use 3 tbsp Newman's Own oil and vinegar)
Meal #4: Protein shake: 2 scoops Muscle Provider or Ultimate Muscle Protein
Meal #5 Carb up meal: 1-cup oatmeal (before cooking); 6 oz sweet potato (after cooking); 4 oz banana; 1 cup vegetables; 1 tbsp butter or almond butter

Tuesday and Friday: (Low carbs / Low Calories)
Special Supplements: Three times daily on an empty stomach: 2 MuscLEAN, 2 Energy Reserve, and 4 GH Factor.
Meal #1: 4 oz turkey breast, 3 egg whites, ½ grapefruit
Meal #2: 5 ounces chicken (weighed prior to cooking); 2 cups salad with 2 tbsp apple cider vinegar and 1 tbsp olive oil for a dressing (or use 3 tbsp Newman’s Own oil and vinegar)
Meal #3: Protein shake or pudding: 2 scoops Ultimate Muscle Protein or Muscle Provider
Or 3.25 oz can tuna, 2 egg whites, and 1 small carrot or tomato
Meal #4: 5 oz lean meat (chicken breast, turkey breast) or 6 oz cod fish; 2 cups vegetables (spinach or asparagus is best here)

Wednesday – Saturday – Sunday (Moderate carbs / Moderate Calories)
Special Supplement for Wed-Sat-Sun: 3 7-Keto MuscLean twice daily
Meal #1
3 egg whites and 3 oz. chicken or turkey breast; 1/2 cup oatmeal before cooking
Meal #2: Protein shake or pudding: 2 Scoops Ultimate Muscle Protein
Or 3.25 oz can tuna, 3 egg whites, and 1 small carrot or tomato
Meal #3: 5 oz chicken (before cooking); 4 oz. sweet potato or 1/2 cup cooked brown rice; 1 cup vegetables (broccoli, etc.)
Meal #4 (Same as meal #2)
Meal #5: 5 oz 93% lean beef, chicken, turkey, fish; 1-2 cups vegetables
FINAL WEEK CONTEST COUNTDOWN - MALE

2 Weeks Out from the contest:
- You may increase your cardio for one week only by an additional 30 minutes per day.
- Check your conditioning each morning for slight improvements. If you continue to see improvements, stay the course, everything is working as it should be.

Final Week:
Monday:
Training: See attached
Cardio: regular cardio
Posing: 30 minutes
Diet: no change unless you have to cut weight, then eliminate your carb up meal
Sodium / Potassium: no change
Water Intake: drink an extra ½ - ¾ gallons (1.75 gallons – 2.5 gallons per day)
Tanning: exfoliate and moisturize

Tuesday:
Training: See attached
Cardio: reduce cardio by 25%
Posing: 30 minutes
Diet: no change
Sodium / Potassium: no change
Water Intake: (1 ¾ to 2 ½ gallons)
Tanning: exfoliate and moisturize

Wednesday:
Training: Last day for training, see attached
Cardio: Last day for cardio; reduce Tuesday cardio program by 25%
Posing: practice 30 minutes
Diet: (see attached)
Sodium / Potassium: Take one (1) 99mg tablet with a glass of water following each meal today (6 tablets for the day.)
***Potassium works with sodium to regulate your body's water balance. It also helps attract nutrients into cells and is required for carbohydrate and protein metabolism. Potassium gluconate or Potassium citrate are the best forms.
***Do not take added potassium along with any other diuretic product.
***Do not take added potassium if you restrict your water to less than ½ gallon per 100 pounds of bodyweight.
Water Intake: (1 ¾ to 2 ½ gallons)
Tanning: begin tanning dye. Two coats; follow directions in your “Putting on the Glitz” guide.

Thursday:
Training: no training
Cardio: go for a 20-40 minute walk in the evening and de-stress
Posing: 30-60 minutes (add a 2nd posing session if possible) Practice pumping up before each session – even if you use no weights go through the motions.
Diet: (see attached)
Sodium / Potassium: Limit any foods that contain added sodium.
Take two (2) 99mg tablet with a glass of water following each meal today (12 tablets for the day.)
Water Intake: same water intake as Wednesday (1 ¾ to 2 ½ gallons) switch to Spring Water
Tanning: 2-3 coats, follow directions on your “Putting on the Glitz” guide.
Friday
No training
Cardio: go for another 20-40 minute walk in the evening and de-stress if possible
Posing: 30-60 minutes
Diet: (see attached)
Sodium / Potassium: Take three (3) 99mg tablets with a glass of water following each meal today (18 tablets for the day.) No added sodium or foods that contain added sodium
Water Intake: reduce water intake to normal levels or just slightly less (1 – 1 ¼ gallons)
Tanning: 2-3 coats; follow directions on your “Putting on the Glitz” guide.

Saturday
Tanning: Final coat if absolutely necessary
Diet (see attached)
Sodium/Potassium: Use a little Morton’s Lite Salt with each meal (it has the perfect blend of potassium and sodium to keep eliminating water, yet keep your muscles full. No extra potassium.
Water Intake: sip water throughout the day

Your Final Week Training and Cardio

Method #1 (if you definitely want to get leaner)
1. Train your entire body (with the exception of quads) each day, Monday – Wednesday.
2. Perform two exercises each for chest and back – superset.
3. Perform one exercise each for Dels, Biceps and Triceps – tri set.
4. Perform one exercise each for Hamstrings and Calves – superset.
5. Do three sets for each exercise. Keep reps in the 8-12 range.
6. Monday use 80% of your normal training poundage for the indicated sets and reps. Rest 60 seconds between tri sets and supersets.
7. This means if you usually do 8 – 10 reps with 100 lb dumbbells for incline dumbbell presses, you will now use 80 pounds for 8 – 10 reps even though you are capable of doing more.
8. Tuesday use 70% of your normal training poundage for the indicated sets and reps and rest just 30 seconds between tri sets and supersets.
9. Wednesday use 60% of your normal training poundage for the indicated sets and reps with no rest between supersets and trisets.
10. Decrease cardio in the same manner: 80% time or intensity on Monday, 70% on Tuesday and 60% on Wednesday.

Method #2 (if you are getting better every day anyway)
1. Train the complete body over three days on a split routine (with the exception of quads).
2. Utilize your normal training poundages and reps but avoid going to failure.
   No cardio at all the final week.

Final Week Diet and Supplement Schedule

Supplement Program for Last Week – Don’t purchase new supplements. The suggestions below apply only to those you are already using, if you’re not already using a particular supplement, you don’t need to add it.
A. 6 GH Factor first thing in the morning and again before bed with 3 Bev ZMA (on Saturday take 6-12 GH Factor or 12 Muscle Synergy twenty minutes before you start pumping up).

Supplements with meals:
A. Super Pak with 1st meal
B. 3-5 Density, 3 Muscularity and 2 Energy Reserve with each meal (Saturday - 6 Muscularity each meal)
C. 5 - Ultra 40 per meal (take 5 every hour on Saturday up to prejudging); 3 – Density per meal
D. 2 - EFA Gold with each meal (don’t need it Saturday).
F. 1 scoop Creatine Select with each meal (take Saturday with 1st two meals)

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**Wednesday - Thursday Diet Plan**

**Meal #1**
5 oz 90% or leaner beef or chicken; 6 egg whites plus 1 yolk; ½ cup oatmeal and ½ grapefruit

**Meal #2**
Protein Drink: 2 scoops Muscle Provider or UMP in water as a shake or pudding
Or 5 oz chicken or turkey breast, 1 tomato

**Meal #3**
8 oz 90% or leaner beef or chicken; ½ cup white rice and ½ grapefruit

**Meal #4**
Protein Drink: 2 scoops Muscle Provider or UMP in water as a shake or pudding
Or 5 oz chicken or turkey breast, 1 tomato

**Meal #5**
8 oz steak and 2 cups green leafy vegetables or salad ((asparagus, broccoli, cauliflower, green beans, spinach or zucchini)

**Meal #6** on Wednesday: 5 oz chicken, 6 egg whites plus 1 yolk
**Meal #6** on Thursday: 1.5 cups oatmeal (precooked) or cooked rice, 10 oz sweet potato, 6 oz banana, 1 cup vegetables, 1 TBS butter

**Friday - Diet Plan**

**Meal #1**
8 oz 90% or leaner beef; ½ cup oatmeal and 1 grapefruit

**Meal #2**
Protein pudding: 2 scoops UMP in just enough water to make a pudding
Or 5 oz chicken or turkey breast, 1 tomato

**Meal #3**
8 oz 90% or leaner beef or chicken; ½ cup white rice; 1 grapefruit

**Meal #4**
Protein pudding: 2 scoops UMP in just enough water to make a pudding
Or 5 oz chicken or turkey breast, 1 tomato

**Meal #5**
8-12 oz steak; ½ grapefruit

**Meal #6**
1 cup oatmeal

**Saturday Diet Plan**

1st meal (7:00): 2 whole eggs, 4 oz beef or chicken, ½ cup oatmeal, ½ grapefruit

2nd meal (9:30-10:00): 6 oz chicken or beef, 3 rice cakes with jelly, ½ grapefruit

3rd meal – prejudging (11:30 on): Beverly goo – ¼ cup honey, ¼ cup peanut butter, ¼ cup UMP (eat a couple of tablespoons every half hour from 11:30 throughout prejudging).

Other meals: lean meat, small potato, iced tea or water with lemon.
FINAL WEEK CONTEST COUNCETDOWN - FEMALE BODYBUILDING

2 Weeks Out from the contest:
- You may increase your cardio for one week only by an additional 30 minutes per day.
- Check your conditioning each morning for slight improvements. If you continue to see improvements, stay the course, everything is working as it should be.

6-9 Days Out:
- Last heavy leg workout
- Exfoliate and moisturize skin daily
- Training, Cardio, Diet, Supplements, Posing, Water intake, Sodium intake – no changes
- Pack your bag for the contest – don’t wait until the last minute

Final Week:
Monday:
Training: See attached
Cardio: regular cardio
Posing: 30 minutes
Diet: no change unless you have to cut weight, then eliminate your carb up meal
Water Intake: drink ½ gallons extra today (1.25 gallons – 1.5 gallons per day)
Tanning: exfoliate and moisturize

Tuesday:
Training: See attached
Cardio: reduce cardio by 25%
Posing: 30 minutes
Diet: no change
Sodium / Potassium: no change
Water Intake: (1 ¼ to 1 ½ gallons)
Tanning: exfoliate and moisturize

Wednesday:
Training: Last day for training, see attached
Cardio: Last day for cardio; reduce Tuesday cardio program by 25%
Posing: practice 30 minutes
Diet: (see attached)
Sodium / Potassium: Take one (1) 99mg tablet with a glass of water following each meal today (6 tablets for the day.)
***Potassium works with sodium to regulate your body’s water balance. It also helps attract nutrients into cells and is required for carbohydrate and protein metabolism. Potassium gluconate or Potassium citrate are the best forms.
***Do not take added potassium along with any other diuretic product.
***Do not take added potassium if you restrict your water to less than ½ gallon per 100 pounds of bodyweight.
Water Intake: (1 ¼ to 1 ½ gallons)
Tanning: 2-3 coats, follow directions on your “Putting on the Glitz” guide.

Thursday:
Training: no training
Cardio: go for a 20-40 minute walk in the evening and de-stress
Posing: 30-60 minutes (add a 2nd posing session if possible) Practice pumping up before each session – even if you use no weights go through the motions.
Diet: (see attached)
Sodium / Potassium: Limit any foods that contain added sodium.
Take one (2) 99mg tablet with a glass of water following each meal today (12 tablets for the day.)
Water Intake: same water intake as Wednesday (1 ¼ to 1 ½ gallons) switch to Spring Water
Tanning: 2-3 coats, follow directions on your “Putting on the Glitz” guide.
Friday
No training
Cardio: go for another 20-40 minute walk in the evening and de-stress if possible
Posing: 30-60 minutes
Diet: (see attached)
Sodium / Potassium: Take two (2) 99mg tablets with a glass of water following each meal today (12 tablets for the day.) No added sodium or foods that contain added sodium
Water Intake: reduce water intake to normal levels or just slightly less (3/4 – 1 ¼ gallons)
Tanning: 2-3 coats; follow directions on your “Putting on the Glitz” guide.

Saturday
Tanning: Final coat if absolutely necessary
Diet (see attached)
Sodium/Potassium: Use a little Morton’s Lite Salt with each meal (it has the perfect blend of potassium and sodium to keep eliminating water, yet keep your muscles full. No extra potassium.
Water Intake: sip water throughout the day

Your Final Week Training and Cardio
Method #1 (if you definitely want to get leaner)
3. Train your entire body (with the exception of quads) each day, Monday – Wednesday.
4. Perform two exercises each for chest and back – superset.
5. Perform one exercise each for Delts, Biceps and Triceps – tri set.
6. Perform one exercise each for Hamstrings and Calves – superset.
7. Do three sets for each exercise. Keep reps in the 8-12 range.
8. Monday use 80% of your normal training poundage for the indicated sets and reps. Rest 60 seconds between tri sets and super sets.
9. This means if you usually do 8 – 10 reps with 100 lb dumbbells for incline dumbbell presses, you will now use 80 pounds for 8 – 10 reps even though you are capable of doing more.
10. Tuesday use 70% of your normal training poundage for the indicated sets and reps and rest just 30 seconds between tri sets and supersets.
11. Wednesday use 60% of your normal training poundage for the indicated sets and reps with no rest between supersets and trisets.
12. Decrease cardio in the same manner: 80% time or intensity on Monday, 70% on Tuesday and 60% on Wednesday.

Method #2 (if you are getting better every day anyway)
1. Train the complete body over three days on a split routine (with the exception of quads).
2. Utilize your normal training poundages and reps but avoid going to failure.
3. No cardio at all the final week.

Supplement Program for Last Week – Don’t purchase new supplements. The suggestions below apply only to those you are already using, if you’re not already using a particular supplement, you don’t need to add it.
A. 6 GH Factor first thing in the morning and again before bed with 3 Bev ZMA (on Saturday take 6 GH Factor or 8 Muscle Synergy twenty minutes before you start pumping up).
B. 3 Density, 3 Muscularity and 2 Energy Reserve with each meal (Saturday take 6 Muscularity per meal)
C. 3 - Ultra 40 per meal (take 3 every hour contest day - up to prejudging)
D. 1 - EFA Gold with each meal (don’t need it Saturday)
F. Optional: 1 scoop Creatine Select with each meal Wed-Fri (take Saturday with 1st two meals)
Wednesday - Thursday Diet Plan

Meal #1:
3 oz 90% or leaner beef or chicken; 3 egg whites plus 1 yolk; ½ cup oatmeal and ½ grapefruit

Meal #2
Protein Drink: 1 scoop Muscle Provider or UMP in water as a shake or pudding, ½ grapefruit
Or 3 oz chicken or turkey breast, ½ grapefruit

Meal #3
5 oz 90% or leaner beef or chicken; 1 tomato, and ½ grapefruit

Meal #4
Protein Drink: 1 scoop Muscle Provider or UMP in water as a shake or pudding
Or 3 oz chicken or turkey breast, 1 tomato

Meal #5
6 oz steak and 1 tomato (or 6 cherry tomatoes)

Meal #6 on Thursday only: ¾ cups oatmeal (precooked) or cooked rice, 4 oz sweet potato, 4 oz banana, 1 TBS butter

Friday Diet Plan

Meal #1
5 oz 90% or leaner beef; 1 grapefruit

Meal #2
Protein pudding: 1 scoop UMP in just enough water to make a pudding

Meal #3
5 oz 90% or leaner beef or chicken; ½ grapefruit

Meal #4
Protein pudding: 1 scoop UMP in just enough water to make a pudding

Meal #5
6 oz steak; ½ grapefruit

Meal #6
½ cup oatmeal

Saturday Diet Plan

1st meal (7:00): 2 whole eggs, ½ cup oatmeal (or 1 pancake), ½ grapefruit
2nd meal (9:30-10:00): 3 oz chicken or beef, 3 rice cakes with jelly, ½ grapefruit
3rd meal – prejudging (11:30 on): Beverly goo – ¼ cup honey, ¼ cup peanut butter, ½ cup UMP (eat a couple of tablespoons every half hour from 11:30 throughout prejudging).
Other meals: lean meat, small potato, iced tea or water with lemon.
CARDIO

A. Do you need cardio?
It depends on the amount of FAT you need to lose. And the amount of TIME you have to lose it. Remember, the first thing to understand is that from a bodybuilding perspective, we’re using cardio to burn BODY FAT, plain and simple.

B. Quantify your cardio program.
Don’t just get on a treadmill and walk. Set a GOAL! It can be DURATION, INTENSITY (mph, % incline, or level), or best of all CALORIES expended.

C. Cardio Methodology – Phase One
A Sample Duration-Based Cardio Program:

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>14 Weeks Out: 3 times per week, 20 minutes</td>
<td>4 times per week, 30 minutes</td>
</tr>
<tr>
<td>12 Weeks Out: 4 times per week, 20 minutes</td>
<td>5 times per week, 30 minutes</td>
</tr>
<tr>
<td>10 Weeks Out: 5 times per week, 20 minutes</td>
<td>6 times per week, 30 minutes</td>
</tr>
<tr>
<td>8 Weeks Out: 6 times per week, 20 minutes</td>
<td>6 times per week, 40 minutes</td>
</tr>
<tr>
<td>6 Weeks Out: 6 times per week, 30 minutes</td>
<td>6 times per week, 50 minutes</td>
</tr>
<tr>
<td>4 Weeks Out: 6 times per week, 40 minutes</td>
<td>6 times per week, 60 minutes</td>
</tr>
<tr>
<td>2 Weeks Out: 6 times per week, 50 minutes</td>
<td>6 times per week, 60 minutes</td>
</tr>
</tbody>
</table>

Notes:
1. If you feel you are getting too lean either decrease the number of days or the number of minutes.
2. If you feel you are behind, jump ahead of your schedule. But do not go beyond 60 minutes per day.
3. If you are already lean, just stay at three times per week for 20 minutes.
4. Feel free to cross train and perform a variety of cardio exercises.

A Sample Intensity-Based Cardio Program:
1. Start with 12-20 minutes of fairly intense cardio three days a week (women 4 days a week). Each week attempt to burn more calories in the same amount of time.
2. If you love cardio or need additional cardio, add two or three days of a lower intensity cardio (<75% MHR) activity for thirty minutes each.
3. If you are already lean forget cardio.
4. Record calories expended each week. This is important to establish a baseline for phase 2 that starts at 8 weeks out.
PHASE 1 TRAINING - HOW TO BECOME LEAN WITHOUT SACRIFICING MUSCLE MASS

Your goal should be to become the very best you can be within a certain time frame. If you want to set a goal on where you will place in the contest that is fine too, but remember the real contest is with yourself.

There are three parameters of progress that you should be concerned with during contest training.

- Increase reps with same weight
- Increase weight for the same rep range
- Decrease rest intervals between sets – best for pre contest.

You must improve in one of the above areas to stimulate the potential for growth. Even with the proper stimulus growth will only occur with proper nutrition, supplementation, rest and recuperation.

1. Always look back to your last workout and try to improve in one of these areas.
2. Remember, you can’t be losing muscle if you are increasing in any of the three parameters of progress.
3. Some indispensable do’s and don’ts:
   - Keep a workout journal. It can be a spiral notebook or as fancy as you like. Keep track of every training session. Use the “star” method * to track your progress. Every time you use a heavier weight than before on a set, get more reps with a particular weight, or complete a series of sets in less time give yourself a star in your journal. A 10 Star workout means you did an extra rep or used more weight on at least ten sets during your workout. Finish the whole program in record time and you get another star.
   - You can download our recommended journal format at: www.bodybuildingworld.com; click on Training Diary in the yellow box at the top of the page.
   - You should take your training journal with you to the gym. It’s best if you record each set as you go. Don’t rely on your memory. After the workout you should record how you felt during the workout, whether you got a good pump, and rate your concentration, strength, intensity and total workout effectiveness.
   - Another advantage of keeping a training journal is you can refer back to it for your next contest. A journal lets you know next time what went right and what went wrong. It lets you repeat what went right and avoid making the same mistakes.
   - You should review your journal every week to give you a good idea of how you are doing and what you plan to do. Resolve to do even better the following week.
   - Use proper form. You don’t get a star if you raise your butt off the bench or have your spotter lifting 50% of the weight while he says, “It’s all you.”
   - Make sure each exercise is working the correct area. If you’re training back yet getting a pump in your arms – something’s wrong. Loosen your grip and focus on pulling with your back. Use the “your hands are hooks” philosophy. Conversely if you’re working biceps and your lower back is stiff the next day, that’s a sure sign you’re cheating way too much on your curls.
   - Use a full range of motion on every exercise to develop big, full round muscle bellies. That means squats to parallel or below not modified good mornings. Full-range Leg Presses not lock outs to see how much weight the machine holds. Bent Over Rows should be performed in the traditional manner – flat back, torso near 90 degrees, legs bent slightly, pull weight to upper abdomen – use traditional or reverse grip but DON’T make it into an inclined thrust pulling the weight to the top of your thighs.
Train 2 days on, 1 day off for the first four weeks.
Day 1: Legs
Day 2: Chest / Triceps
Day 3: off
Day 4: Shoulders / Biceps / Legs (feeder workout)
Day 5: Back
Day 6: off

From 12 weeks out until 8 weeks out, train 4 days on, 1 day off.

In this program you’ll use two basic progression schemes:

1. Pyramid Training: Add weight lower the reps each set.
   Set 1: 12 reps with a very easy warm-up weight – not all you can do for 12 reps
   Set 2: 10 reps still pretty easy
   Set 3: 8 reps – use a weight you could get for 9 – 12 here but stop at 8
   Set 4: 6 reps – use a weight you could get 6 – 8 reps with but stop at 6
   Set 5: 4 – 6 reps - a max set. Here’s where you can earn stars in your training journal. Once you reach 6 reps add weight to the final 3 sets (which will earn a star on each of these sets next time) and start back at 4 reps on set #5. **Exercises using the Pyramid system are marked with *.

2. Double Progressive System: Use the same weight for all sets. Start at the low end of the suggested rep range. Gradually increase the repetitions, usually adding one rep each week until you reach the top number of suggested reps for each set of a particular exercise. Then add weight and start over at the lower end of the rep scheme. **Exercises below where you should use the Double Progressive System are marked **.

3. Feeder Workouts - Please see [http://www.bodymusclejournal.com/vol10/whammy.html](http://www.bodymusclejournal.com/vol10/whammy.html) for a detailed explanation of how to use feeder workouts to correct a weak point. Use the feeder workouts for only one bodypart the first 4 weeks and another the 2nd 4 weeks of this program. Do not do a feeder workout every workout day.

Here’s how to set up you’re basic program to continue to build muscle while you lose fat:

**Day #1 – Legs / Calves**

1. Squat* – Pyramid 5 sets x 12 / 10 / 8 / 6 / 4-6 reps
2. Leg Press** or Hack Squat** 4 x 10 – 16 reps (you may want to increase 2 reps per workout here)
3. Leg Extension** 3 x 12 – 15 reps
   Superset #4 and #5 4. Leg Curls** 3 sets x 10 – 12 reps
5. Lunge or Straight Leg Dead Lift** 3 sets x 10 – 12 reps
   Superset #6 and #7 Seated Calf Raise** 5 x 10 – 12 reps and Free Standing (no weight) Calf Raises** 5 x 25 – 50 reps (OUCH!)

**Shoulder Feeder Workout:** Machine or cable side laterals: warm-up x 10-15 reps, One Extended Work set – 8-10 reps (close to maximum), reduce weight by 25-30% then immediately perform 6-8 reps to failure.

**Biceps Feeder Workout:** Seated Dumbbell Curls: warm-up x 10-15 reps, One Extended Work set – 6-10 reps (close to maximum), rest for 3 deep breaths then 3-6 more reps, 3 more breaths then 1-4 reps to failure.

That ends Day #1. There are lots of opportunities to earn “stars” in your training journal. Don’t be in a big rush to use as much weight as possible in each exercise. Try to leave each workout knowing you can improve in at least one exercise the next.

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Day #2 Chest, Triceps, Calves
1. Bench Press (pyramid)*
2. Incline DB Press (double progressive)** 3 sets x 6 – 8 reps constant weight. First session do 6 – 6 – 6 and gradually add reps and earn stars until you get to 8 – 8 – 8 then add weight and start back at 6. If you get bored adding reps, reduce rest time between sets to earn additional “stars.”
3. DB Flyes** 3 x 8 – 12 reps.
4. DB Pullovers** 3 x 8 – 12 reps
5. Close Grip Bench Press* (pyramid) 4 x 12 / 10 / 8 / 5 – 7
6 & 7 Super Set – Triceps Pushdown** and Dips** 3 x 6 – 12 reps each – constant weight no rest between exercises, rest only after both exercises have been performed.
8. Heavy Calf Raises** 4 x 8 – 12
9. Light Calf Raises** or Donkeys** 4 x 15 – 20 reps

Back Thickness Feeder Workout: Under-grip Cable Seated Rows Curls (three-second pause at the contracted position): warm-up x 10-15 reps, One Extended Work set – 6-10 reps (close to maximum), rest for 3 deep breaths then 3-6 more reps, 3 more breaths then 1-4 reps to failure.

Back Width Feeder Workout: Shoulder-width Parallel-grip Pulldown (three-second pause at the contracted position): warm-up x 10-15 reps, One Extended Work set – same procedure as above.

Day #3 Off

Day #4 – Shoulders / Biceps
1. Military Press* - Pyramid 4 sets x 12 / 10 / 8 / 6 – 8 reps
2. DB or Machine Laterals** 3 x 8 – 12 reps
3. DB or Cable Bent Laterals** 3 x 8 – 12 reps
4. Barbell Curl* 4 x 12 / 10 / 8 / 6 – 8
5. Incline DB Curl** 3 x 8 – 10
6. Machine Curl or Preacher Curl** 2 x 8 – 12

Quad Feeder Workout: Smith Machine Squat (or a horizontal leg press machine) warm-up x 10-15 reps, One Extended Work set – 6-10 reps (close to maximum), rest for 3 deep breaths then 3-6 more reps, 3 more breaths then 1-4 reps to failure.

Calves Feeder Workout: Standing Calf Raise: warm-up x 10-15 reps, 4x25, 1x100 (no weight on the 100-rep set unless you can get the full 100 reps without resting.)

Day #5 – Back
1. Chins** – 4 sets up to 12 reps per set. (If you ever get to 12 reps on all 4 sets, start reducing rest periods or add weight.)
2. Dead Lifts - 3 sets 10 reps (add weight each set but stay at ten reps per set) Concentrate on perfect form and add weight very gradually in 5-lb. increments each week. You can do a compound Deadlift and Shrug movement instead of regular Deadlifts if you wish to stress traps a little more.
3. Bent Rows* or T-Bar Row* – 4 sets pyramid 12 / 10 / 8 / 6-8
4. Reverse Grip Front Pulldowns** or 1 Arm DB Row** 3 x 8 – 12
5. Straight Arm Pullovers** 3 x 10 – 12 (lie on a bench length wise – keep arms straight) 6. 10 minutes of abs

Chest Feeder Workout: Incline Flyes: warm-up x 10-15 reps, One Extended Work set – 6-10 reps (close to maximum), rest for 3 deep breaths then 3-6 more reps, 3 more breaths then 1-4 reps to failure.

Triceps Feeder Workout Incline Triceps Extension (with an EZ curl bar): warm-up x 10-15 reps, One Extended Work set – same procedure as above.

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PHASE 2 TRAINING – EIGHT WEEKS OUT

Start your Phase 2 training program eight weeks out from your contest. During Phase 2 training you’ll be doing a lot of supersets. Supersets allow you to get more work done in less time. Remember, less rest between sets is one of the parameters of progress. As the show approaches chances are you won’t be getting stronger, so reducing the time between sets becomes more and more important. Supersets help you improve muscle density and add a fat burning aspect to your training.

It’s not necessary to “run” from one exercise to the next when supersetting. After you complete a superset rest 60-90 seconds and then start your next set.

Three on – one off:
Day 1: Chest and Back
Day 2: Legs
Day 3: Shoulders and Arms
Day 4: Off; Repeat

Day #1 – Chest, Back, Abs
Superset #1:
A. Bench Press 4-5 sets of 5-9 reps or DB Bench Press 4-5 sets of 7-10 reps
B. Chin-Ups 4-5 sets max reps per set or Lat Pulldowns 4-5 sets of 8-10 reps
Superset # 2:
A. Incline Press (BB or DB) 3-4 sets of 8-10 reps
B. Bent Over Rows (BB) 3-4 sets of 6-10 reps
Superset #3:
A. DB Flyes 3-4 sets of 10-12 reps
B. T-Bar or Cable Rows 3-4 sets of 8-12 reps
Superset #4 (Optional)
A. Cable Crossover or Pec Deck 2-3 sets of 10-15 reps
B. Close Grip Pulldown 2-3 sets of 7-10 reps
Finishing Exercise: DB Pullovers 3-4 sets of 10-15 reps


Abs: Three or four exercises, 3-4 sets each for 15-25 reps per exercise.
You should count total reps for abs per workout with a goal of 250-350 reps total.

Day #2 – Legs, Calves
Superset #1:
A. Leg Extensions 3 sets of 8-10 reps
B. Leg Press 3 sets of 8-12 reps
Superset #2:
A. Squat or Hack Squat 4 sets of 6-12 reps
B. Straight Leg Deadlift 4 sets of 10 reps
Superset #3:
A. Lunge 3 sets of 10-15 reps
B. Leg Curl 3 sets of 6-10 reps

Calves:
Standing Calf Raise 4 sets of 15-20 reps
Seated Calf Raise 3 sets of 10-15 reps
Donkey Calf or Calf Press 3 sets of 20-25 reps
Day #3 – Shoulders, Arms, Abs

Straight sets for shoulders:
1. Shoulder Press (machine, dumbbell, military – your choice) 4 sets of 6-10 reps
2. Side Lateral Raise 3 sets of 8-10 reps
3. Rear Laterals (DB, Cable, or Machine) 3 sets of 10-12 reps
4. Side Cable Raise 3 sets of 8-12 reps

Superset #1:
A. Concentration Curl 3 sets of 6-10 reps (squeeze)
B. Triceps Pushdown 3 sets of 10-12 reps

Superset #2
A. DB Curl 3 sets of 6-10 reps
B. Lying Tricep Extension 3 sets of 8-10 reps

Superset #3
A. Barbell or Preacher Curl 3 sets of 6-8 reps
B. Close Grip Bench Press of Dips 3 sets of 10-12 reps

Triset #1
A. Reverse Curl 3 sets of 8-12 reps
B. Wrist Curl 3 sets of 12-20 reps
C. Overhead Pulley Tricep Extension (or Triceps Machine) 3 sets of 8-15 reps

Abs: Same as Day 1 (250-350 total reps)
PRESENTATION

There are many articles on posing that you can find on the internet. The article we recommend is on bodybuilding.com and written by Mark Tilden. Mark’s information is very similar to what we presented orally in the workshop. So, first thing, go to http://www.bodybuilding.com/fun/mark9.htm and print Mark’s article.

Phase 1 Posing Practice

A. It’s never too early to start practicing your poses.

B. Posing is the most neglected area of precontest preparation. Bodybuilding competition is posing! No one asks what you can bench press or squat. How you present yourself and look on stage is all that counts.

C. Begin a structured program to practice your poses. Practice the mandatory poses 10 - 20 minutes at least two days per week. Hold each pose for 10 seconds. Remember to start each pose from the feet up - make sure to keep your legs flexed.

Front stance
Quarter turn to the right
Quarter turn to the rear
Quarter turn to the right

The Seven Compulsory Poses

1. Front Double Biceps
2. Front Lat Spread
3. Side Chest
4. Back Double Biceps
5. Back Lat Spread
6. Side Tricep
7. Abdominal pose

D. Spend most of your time practicing on your front facing pose. This is where the judging starts and first impressions are very important.

E. Start each pose from your feet up to make certain your legs are flexed.

F. Start posing practice two days per week at 12-14 weeks out.

G. Start at 2 sets of each pose for 10 - 15 seconds. For the next four weeks hold each pose for an additional 5 seconds each week.

H. Work your way around in a circle hitting every pose.

I. After completing all the mandatory poses, that’s one set. Do 2 total sets.
PHASE 2 POsing PRACTICE

A. Eight weeks posing practice schedule: Start at 2 sets of each pose for 10 - 15 seconds. For the next four weeks hold each pose for an additional 5 seconds each week.

Remember to start each pose from the feet up - make sure to keep flex your legs flexed, suck in your gut, lift your chest, and relax your facial muscles.

Front stance
Quarter turn to the right
Quarter turn to the rear
Quarter turn to the right

The Seven Compulsory Poses
8. Front Double Biceps
9. Front Lat Spread
10. Side Chest
11. Back Double Biceps
12. Back Lat Spread
13. Side Tricep
14. Abdominal pose

B. Spend most of your time practicing on your front facing pose. This is where the judging starts and first impressions are very important.

C. The Individual Routine: Six weeks out (or sooner) start working on your individual routines. Don't do any poses that do not enhance your physique just because you think they look cool. Show the judges only what you want them to see.

1. You can develop your routine by starting with the mandatory poses, then add a few flattering optional poses. For ideas stand front of a mirror and go through a magazine. Mimic each pose you see and determine which ones feel comfortable and flatter your strong points.
2. Your routine should be based solely on your strongest poses.
3. Select your music well in advance and make a professional quality cassette of CD. Record only the 60 seconds of music on which you will base your routine. Don't record the entire song. Make a posing practice cassette with your 60-second selection recorded over and over with a 30 second delay between cuts. You can practice your routine over and over without rewinding the cassette.

D. Posing Drills
- Begin with 4 – 15 minute early morning posing sessions per week, holding each mandatory pose for 10 seconds. Work your way around in a circle hitting every pose.
- After you complete all the mandatory poses, that's one set, do 2 total sets.
- Each week, add 5 seconds on each pose. Six weeks out, add an evening session. You're now doing 2 sessions per day - one in the morning and another in the evening – at least 4 days per week.
- At 4 weeks out you'll be holding each pose for 30 seconds. The entire session may last up to 25 minutes.
- At your evening session start with 2 sets of 30-second holds followed by a "prejudging drill".
- 10-minute prejudging drill: Make a 10-minute tape where you call out quarter turns and poses just like the head judge at prejudging. This drill is tremendous for practicing quarter turns. No rest between poses; stay tight the entire drill.
- For variation use an actual prejudging tape from a previous show. Put it in the VCR, press play, and go through it just like you're on stage.
- At six weeks out add your 60 or 90-second (according to the contest rules) posing routine to music 3 times back to back to end your evening session.
- Do 2 posing sessions Monday through Friday, Saturday one long session, and Sundays off.
- The final week eliminate cardio and I use the extra time to add yet a 3rd posing session, 2 more sets of 30-second holds.

E. Points to remember
- You will often be asked to hold the front facing pose on stage much longer than the others. You should continue to hold this stance anytime you are on stage throughout the show when you are not being directly judged or as others are "called out". Never completely relax and always keep your legs tensed.
- Practice hitting the poses with your eyes closed and then opening them to see if you are hitting each pose correctly. Remember, on stage you have no mirror.
- It is not necessary to complete all of your posing "sets" at one session, but be sure to complete all scheduled "sets" of each posing round - facings, mandatories, prejudging individual routine, and evening presentation with music - by the end of each day.
- Posing sessions are one of the key factors in developing hardness and muscle separation - you can overdo training or cardio but you can't pose too much!
TANNING

Putting On The Glitz
By Stacy Kaufman

Any physique judge will tell you that aside from symmetry, muscularity and the confidence to succeed, your tan and oil preparation mark the final quality touches that make the difference on stage. However, before you begin tanning sessions, you must first take steps to improve the appearance and condition of your skin. To do this, it’s vital that one determine his skin type. For example, dry skin feels taut and drawn and sometimes has a flaky feel or look. On the other hand, if one’s skin is oily - or is a combination dry and oily - grease marks will appear on tissue paper blotted against the skin. As a matter of fact, this reaction can be noted within an hour after washing one’s face as the forehead, nose and chin are particularly susceptible to oily build-up. Naturally, those blessed with normal skin have one less problem to worry about.

Although it’s seldom discussed, skin care is extremely important to the figure competitor and bodybuilder. One of the fundamental musts is to wash morning and night, especially after working out, in order to remove all traces of the day’s debris - using a cleaner to achieve this ultra sanitary state. Wash and rinse thoroughly in lukewarm water. Never use overly hot water, as this will open the pores, “tripping the switch” for moisture loss.

Of course, maintaining the skin's moisture is also crucial. However, those with oily skin should avoid most moisturizing lotions due to the fact that the extra oil may contribute to skin breakouts. Naturally, those with normal, dry or combination skin should apply a moisturizer or rehydrating cream daily after the bath or shower.

Now you are ready to acquire that deep, dark, healthy looking tan that’s a must for sporting the polished figure physique or “cast in granite” bodybuilding appearance at contest time.

**Step One:** Six weeks prior to the competition, start using a tanning bed two to three times weekly.

**Step Two:** Be sure to use a good moisturizing lotion after showering to prevent drying and flaking caused by the increased exposure to sunlight and the lack of fats through dieting. When dieting, be sure you are getting adequate essential fatty acids such as Beverly’s EFA Gold. In addition to being excellent for your health, it will help keep your skin moisturized and healthy looking.

**Step Three:** A month prior to the contest, one’s exposure time on the tanning bed should extend to four – five times weekly. However, in no circumstances should the skin become burned. Actually, tanning should be done in short intervals to attain a solid brown (but not red) appearance. Furthermore, this decreases the likelihood of the skin prematurely aging or wrinkling due to overexposure to the sun.

**Step Four:** Three days before the contest, stop tanning. Why? During this time excessive tanning will “attack” the skin by dehydrating its structure. Plus, it may also cause one to feel exceptionally weak. However, now is the time to start applying a liquid instant tanning product like Pro Tan Instant Color as this tends to give the most natural look.

How does one apply these kinds of products for maximum effectiveness?

**Wednesday:** Apply two coats of Pro Tan. It’s better to split up the applications, but you can apply two coats consecutively as long as you let each dry before reapplying. A hair dryer will help speed this process.

Make sure that each coat is applied evenly with a soft sponge or applicator brush. But be sure to avoid getting the product on the palms of the hands! Do not apply to face!

**Thursday:** Apply two (or three if you have a light complexion) coats of Pro Tan using the same method. Do not apply to face.
Friday: Apply one coat after your morning shower, following up with one or two more coats in the afternoon and evening. No shower Friday evening. Be sure that all areas are covered - add extra coverage where blending. You'll need two or three 8.5 ounce bottles of Pro Tan to be safe.

Step Five: Contest morning evaluate your skin color. If you feel you need to be a little darker, then you will want apply an additional coat of Pro Tan or use an instant bronzer. Apply only one coat only, as bronzers tend to get messy during presentation if applied to heavily. Most bronzers are applied with damp hands for even coverage. Allow drying for several minutes before contact with clothes.

Use theatrical makeup on your face. Practice early to get the same color as your body.

Step Six: Using the right oil to show off your true skin tone is imperative. However, be sure to use a natural blend of oils such as Muscle Juice/sheen – Natural scent spray Pam instead of a regular sun tanning oil or baby oil, which may contain ingredients which are foreign to the skin and can foster the excessive beading of sweat. Almond, apricot and sunflower oils are also excellent choices because they allow the skin to breathe and do not create muscular “blind spots” like mineral oil tends to under stage lighting.

Incidentally, always bring your own oil to a contest because settling for what's handy just won't do. And be sure that someone is available who can apply your posing oil evenly and lightly. If the oil is put on too thick, pat the skin dry with a towel.

With your newfound skin confidence you can have the winning edge. Your great tan will glow with the proper skin balance you've maintained, and your appearance will be that of a healthy disciplined bodybuilder.

CONTEST PREPARATION 101

Before applying your Pro Tan, always exfoliate your skin. (This will make a big difference in the quality of the tan.) Exfoliating means removing all of the dirt, dead skin cells, and daily debris that collects in your pores. A skin scrub should be used during your shower, before your initial application. This will develop a perfectly smooth skin surface, which will in turn allow complete adhesion and even coverage of the stain, and eliminate unsightly and blotchy “wear-off”. (It will also leave your skin looking healthier and feeling sleek.) Now that your skin is healthy and smooth, you may apply your Pro Tan.

<table>
<thead>
<tr>
<th>Fair Skin</th>
<th>Medium Skin</th>
<th>Dark Skin</th>
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<tbody>
<tr>
<td>Days Before:</td>
<td>3-4</td>
<td>2-3</td>
</tr>
<tr>
<td>Applications:</td>
<td>8</td>
<td>6</td>
</tr>
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Note: Each application should take about 30 minutes. Apply in the morning or evening after showering over the entire body using a sponge applicator.

Be sure to apply a very light coat over dry skin areas such as: ankles, knees, elbows, and wrists (these joint areas tend to get a little darker than the rest of the body. Before applying put a moisturizing lotion over these areas to avoid saturation.)

Allow at least a half-hour before direct contact with clothes and water (air dry if possible). You will notice an instant tan; however, the true color darkens over an eight-hour period and may be deepened by repeated applications. (PRO TAN may wash out of sheets, etc., but don't forget to shower before wearing good clothes.)

Put a sheet on your car seat. Bring extra sheets for your hotel bed and furniture.
Please read:  Your 4 Month Figure Makeover; What I've Learned from Beverly

Please bring:  Wear shorts and sports top for assessment and posing. Bring your most important question on each area - diet, training, cardio, supplements, and the competition itself. Bring this agenda with you.

----- Agenda Topics ----- 

Initial Body Composition
Pre Test
Review Articles & Initial Diet Plan
Diet/Supplements
Cardio Training
Presentation – Suits, Shoes, Posing

Other Information

Pre Test

1. In which division of the Northern have you decided to compete?

2. How much fat can you realistically lose each month?

3. Given your goal and current assessment, what is the most important Beverly supplement you should take? Why?

4. Name six foods that you will build your diet around.

5. What are the best times to do your cardio training?

6. How many days per week should you train with weights during your precontest preparation?

7. What is the most important pose in the contest?
January 13 Figure Contest Countdown Workshop

75 Minutes

----- Agenda Topics -----

Body Composition
Pre Test
Cardio
Contest – Rules, How is it judged?
Presentation – FAQ, Presentation Tips, Review Front Poses, Introduce Side and Rear Poses
Diet/ Supplement Questions
Training

Other Information

Pre Test

8. What is your (sum of six) subtotal for today? _____ Did you meet your (sum of six) subtotal goal? _____

   What is your goal for February 3? Sum of 6: _____;

9. Given your body composition results is your cardio schedule on track? Behind? Or ahead of schedule?

10. How do you qualify for the Masters Figure Nationals?

11. List three things that you should do in each of your figure presentation stances.

12. Name one supplement that you are thinking about adding to your regimen this week. Why?

13. What have you done over the past 4 weeks to deal with cravings and hunger?
February 3 Figure Contest Countdown Workshop

75 Minutes

----- Agenda Topics -----

Body Composition / Nutrition Plan
Cardio – maybe time for 2 a days
Training – 6 on 1 off
The Contest – packing your bag, pumping up
Presentation
  • Tanning
  • Posing Practice – quarter turns, presentation pose, comparisons, individual presentation

Other Information

Pre Test

14. Have you sent in your entry form for the Northern?

15. What is your (sum of six) sub total for today? _____ What is your Bodyfat (lbs) total today? _____

16. What cardio adjustments do you need to make for the next two weeks?

17. What will be your cardio schedule for the next two weeks? (answer in days x minutes, or calories burned).

18. Review Question: List three things that you should do as you hit each of your figure poses.

19. Given your current stats, what are the three most important supplements you can use for the next four weeks?

20. How would you categorize your complexion – dark, medium, light? Approximately how many coats of Pro Tan will you need to get a rich, dark color that will hold up under the bright stage lights?
# February 17 Figure Contest Countdown Workshop

## Agenda Topics

<table>
<thead>
<tr>
<th>Body Composition / Nutrition Plan</th>
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<tbody>
<tr>
<td>The Contest – packing your bag, pumping up</td>
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<tr>
<td>Presentation</td>
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<tr>
<td>- Tanning</td>
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<tr>
<td>- Posing Practice – quarter turns, presentation pose, comparisons, individual presentation</td>
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</tbody>
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## Other Information

### Pre Test

What are the three most important things that you have learned during this series of workshop sessions?

What questions do you still have?
NPC WOMEN’S FIGURE COMPETITION GUIDELINES

When judging a figure competition the judges assess the athleticism of the physique. This is not a bodybuilding contest. A DEGREE OF MUSCULARITY WITH SEPARATION IS DESIRED, BUT NOT EXCESSIVE MUSCLE MASS OR VISIBLE STRIATIONS. The muscle tone should appear firm but not excessively lean. The figure competitions provide alternatives for athletic women who (a) Train, (b) Do not wish to gain too much muscle size and vascularity and (c) do not have a strong gymnastic / dance background. All Figure competitors must have reached their eighteenth (18) birthday by the day of the contest.

Any questions you have can be answered by giving us a call at Beverly International, 1-800-781-3475 or email sandyr@beverlyinternational.net. You may also get information by going to www.npcnewsonline.com.

1. CHECK-IN: Double Check your entry form for information concerning the location and time of check-ins. It is your responsibility to be on time.

2. NUMBERS: Your number should be pinned on the flat plane on your left hip; this way the judges will be able to see it clearly.

3. ROUNDS OF COMPETITION: At the morning prejudging all competitors will be judged in 2 piece bikini and hi-heels. All contestants will be brought out individually, or in a line up in their 2-piece swimsuits with heels. You will be asked to walk individually to the center of the stage, stop while facing the audience, then slowly do a series of 1/4 turns so that the judges can see your physique from all angles. Proceed now to the back of the stage standing with the other athletes who preceded you on stage.

Quarter turns will be directed by the head judge. At this time, judges are assessing the overall physique for degree of athleticism, proportion and skin tone. The judges will be scoring the degree of athleticism by assessing the degree of firmness, symmetry, proportion and the overall physical appearance including complexion, poise and overall presentation.

The head judge will call you out by your number for quarter turn comparisons. You may be called out several times to be compared with different competitors, so stay focused and S-M-I-L-E.

4. SCORING: Scores will be compiled and the athletes will be placed numerically 1st place to last place in each round. At the evening finals all competitors will be introduced in their (2) piece bikini and awards will be given at that time 1st through 5th. Following the height class awards the head judge will call the class winners back out on stage for comparisons and an overall winner will be chosen at that time.

5. SUITS: Suits may be solid or multi colored – Thong or T back swim suits cannot be worn. V style suits are acceptable and should cover 50% of the glute area.

Suits may be as follows:
   a. Metallic
   b. Triangle top or push-up
   c. Have any decorations, i.e. studs, sequins, rhinestones, ribbons, etc.

No matter how well a suit fits it will move. There are a variety of different products which will temporarily glue your suit to your body.
HAIR: There are no rules that say you must wear your hair in any particular style, including up, or down. The judges cannot judge what they cannot see. If your hair is long, be reminded to move it off your back during quarter turns.

JEWELRY: Jewelry may be worn during all rounds; however it should not detract from your overall appearance.

MAKEUP: The more finished and feminine you appear, the better your overall presentation is. Keep in mind your face makeup should be dark enough to match your body makeup. The judges are looking for the best package of symmetry, stage presence, overall skin tone and femininity.

JUDGING RESULTS: If you wish to approach the judges for feedback, or questions, please do so after the end of the competition at the evening finals.

SPORTSMANSHIP: The NPC requires that athletes conduct themselves in a manner which will reflect favorably on the sport of "figure" and the NPC. Any conduct contrary to that effect is discouraged, and depending on the severity can lead to suspension from competition. Such conduct includes, but is not limited to:

1. Making disparaging remarks concerning any NPC official, judges or competitors anywhere in the venue location.
2. Making disparaging gestures while on stage.
3. Smashing, breaking or throwing an award, damaging or vandalizing the contest venue,
4. Or conduct which demeans you, your fellow athletes, judges or officials.

EVENING FINALS

You will be notified before the end of the prejudging when you need to return to the venue. Competition can be a source of great triumph and personal growth; we thank you for your interest and look forward to seeing you on stage at one of our NPC sanctioned events real soon.
FIGURE COMPETITOR CHECKLIST

1. Register for the show in advance and purchase your NPC card.

2. What you will need in order to compete successfully:
   - a lean physique
   - a deep tan (make your spray tanning appointment a month in advance if you can)
   - ability to pose perfectly in each quarter turn
   - a flattering presentation stance
   - an individual presentation routine
   - ability to walk gracefully in your heels
   - great hair and make-up
   - have attended a contest, workshop, or viewed a video of one

3. Registration and check-in
   a. attend the early check-in if at all possible)
   b. Your registration and NPC registration will be confirmed then you will be officially entered into the appropriate class.
   c. At the contest, a competitor’s meeting will be held where contest rules and the final order of events will be discussed. Your number will be assigned. (And you’ll wait and wait).

4. Here’s what you’ll need in your gym bag to take to the show:
   - Your 2-piece suit; store in a zip lock freezer bag. This makes each easy to take care of and find when you need it.
   - Your competitor number and small zip lock bag to keep it in as you switch suits.
   - Water and food (chicken breast, small bites of potato or rice cakes, Beverly goo – 1 scoop MP chocolate, ¼ cup honey, ¼ cup peanut butter
   - Warm-up suit
   - Make up kit
   - Curling iron, hair spray, etc
   - Bikini Bite to glue your suit on
   - Pam unscented cooking spray to use for oil
   - 2-Hand towels
   - ID or driver’s license for proof of age or residence
   - Money for emergencies
   - A camera for photos in the pump-up room and out doors.
   - Safety pins and sewing kit for emergencies
   - Jewelry for prejudging and evening
   - Hygiene products
   - Back up suits (if you have them)
   - Bring extra sheets. You’ll need them to protect your car seats and your hotel room from tan stains.

5. Prejudging
   a. Hair and make-up perfected
   b. Bikini bite applied
   c. Pump-up
   d. Very light coat of Pam
   e. Compete in 2-piece round
You will be lined up numerically back stage in your 2 piece suit.
Your class will take the stage lined up in numerical order.
Your front stance should be positioned towards the center of the judging table.
You will do 4 basic right turns. Front, right side, rear, left side and final back to the front.
Your goal is to look polished, confident, smile, and relaxed while you are staying tight the entire time.
You may be compared against other athletes throughout the competition. Do not rest for a second, even if you are not being directly compared. You are being judged the entire time you are on stage.

f. Criteria for judging: body shape, muscle shape, conditioning, grooming, beauty and presentation.

6. The Finals:
a. Prepare for the finals just as you did for the prejudging: hair, make-up, Bikini Bite, pump up, Pam.
b. If you win your class, you will go back on stage after all classes have been presented their awards and compete against the other class winners in your 2-piece for the Figure Overall.

7. Prepare to compete again. Find two more shows to do.
Try to find another show or two in the same time period and compete again. The more you compete, the more you’ll learn. Don’t just take the results and comments from one show to determine your success or what you need to improve on.
FAT LOSS NUTRITION - INTRODUCTION

For about 90%, following the proper diet and supplement program is where you will win or lose in the sport of Figure.

If you can’t successfully get the fat off, you won’t be a successful Figure competitor.

You have to take a disciplined approach and consistently eat the right combination of nutrients and right types of nutrients in order to lose fat and reduce your body fat percentage as you add lean, shapely muscle and improve your body composition. A proper nutritional regimen should consist of three basic food types (macronutrients) in the following proportions.

Protein
Best sources of protein for building lean, shapely muscle while you are cutting your bodyfat percentage are: egg whites, turkey breast, chicken breast, fish, lean beef (90% or leaner), and salmon. The best protein supplements are Ultimate Muscle Protein, and Muscle Provider.

Complex Carbohydrates
Best sources of complex carbohydrate for losing fat while you gain lean muscle are oatmeal, brown rice, sweet potatoes, and all black or red beans.

Low Carb Vegetables and Fruit
Low carb vegetables include salads, broccoli, cauliflower, spinach, green beans and just about any other green or yellow vegetable. Low carb fruits are blueberries, cantaloupe, grapefruit, peaches, and strawberries.

Fats
Dietary fats are not your enemy. Fat is critical to your health and essential to your success as a dieter. Although fat has twice the calories of other food types, it has a more stable influence on your blood sugar, by slowing the absorption of other foods into the bloodstream. For best results on this plan you should really pay attention to getting the right amount and right kinds of dietary fats. Best sources are olive oil, coconut oil, flax oil, almond butter, walnuts, and avocado. We will also give you an option of using a tablespoon of heavy cream in your protein shakes and protein pudding formula. You should also take an essential fatty acid supplement like Beverly’s EFA Gold or a fish oil supplement.

Free Foods
You can eat any of the following at any time during this first phase, without jeopardizing your results: Sugar free gum, Crystal Light, diet soda, coffee, tea, sugar-free Jell-O, Splenda, Equal, cinnamon, spices, salsa, seasonings, mustard, vinegar, hot sauce, salt and pepper.

Beverages - Make sure that you drink plenty of water. If you are dehydrated, you will not burn fat and you can’t build muscle. Water is necessary in every metabolic process. You should drink at least 64 ounces each day.
Other acceptable beverages are unsweetened tea and coffee, as well as diet drinks like Crystal Light, diet flavored waters, and diet sodas.
Essential Supplements for the “Fit Figure” Nutrition Plan

- **Lean Out** is the most important supplement you can take with this nutritional plan. Lean Out helps your body burn stored fats, not your hard-earned lean muscle. Your diet is the hub of the wheel – the foundation on which your results depend. Once you have the right nutritional plan, and follow it consistently, the addition of Lean Out will create a big difference in your rate of fat loss. Lean Out contains a combination of fat emulsifiers along with its two key ingredients: L-Carnitine and Chromium Picolinate.

  The first vital ingredient in Lean Out is L-Carnitine. This is the substance your body uses to transport a fat cell into the mitochondria where the fat can be burned for energy. Without L-Carnitine your body simply could not burn fat for energy.

  Chromium Picolinate is another crucial ingredient found in Lean Out that can make your diet much easier. In many studies chromium has been shown to cause increases in the speed of fat reduction, helps control appetite, improves the way the body utilizes sugars and carbohydrates, and may also speed up muscular growth. It may help reduce sugar cravings too.

- **Muscularity BCAAs** or **Glutamine Select plus BCAAs** are next in importance. How do you decide which one to take?

  Glutamine Select plus BCAAs is a drink mix powder that many professional figure athletes sip on before, during, and after training. It is great for recovery and will help you spare and increase your lean muscle tissue.

  Muscularity comes in capsules. You’ll get best results from Muscularity by taking two capsules with each meal. Muscularity also contains the same form of chromium as Lean Out and will help you lose more fat and retain more lean muscle.

  If you are super motivated to build some nice lean muscle and your budget allows it then maybe you’ll want to try them both. Take two Muscularity capsules with each meal and then mix up two scoops of Glutamine Select in your water bottle and sip from it as you train or perform cardio.

  **The Super Pak** contains all the vitamins, minerals, enzymes, and micronutrient catalysts you need to support protein synthesis and muscle building. in one easy to take packet.

- **EFA Gold** provides essential fatty acids that support metabolism, improve energy levels, and stimulate natural hormone production that aid in muscle growth and fat metabolism.

  Take three EFA Gold capsules with breakfast and three with dinner.

Optional Supplements for the “Figure Competition” Plan

Champion figure competitors use a variety of Beverly supplements. Some of their favorites include 7-Keto, Density, Energy Reserve, and GH Factor. If you have any questions about these or any BI supplements, please call us at 1-800-781-3475 and we can help you to effectively incorporate any of our other fat burning and muscle building supplements into your plan.

Lifestyle Hints to Maximize Your “Fit Figure” Nutritional Program

1. Try to live a regulated life. Train, eat, and go to bed at the same times each day whenever possible.
2. You must not miss meals. If you do not eat five or six times a day at least 90% of the time, you will not succeed.
3. Strive to progressively improve your workouts. Try to increase your workout weights or reps, or decrease the amount of rest between sets while maintaining weight and reps.
4. Have a positive and productive attitude. Read a positive quote of the day, self-help or spiritual literature at a specific time each day. (Sound mind in a sound body principle.)
**FIGURE “LOSE FAT” DIET PLAN A**

This is the plan that approximately 75% of figure athletes should start with. It’s the plan that many successful competitors have followed for their entire contest prep period.

It’s okay to adjust portions or add or decrease a meal as needed to maintain progress. Do not worry about the particular order of your meals, if you want to eat Meal 1 as your last meal of the day, go ahead, it’s OK. Just make sure that you eat something or have a protein shake about every three hours.

**Meal #1**
1 whole egg + 3 egg whites
3 oz very lean meat
1/2 cup oatmeal - before cooking

**Meal #2** (Choose one option)
Option A: Protein Drink with two scoops Ultimate Muscle Protein, one tablespoon healthy fat source (olive oil, flax oil, almond butter) or heavy cream.
Option B: 1 can tuna, one small apple or orange

**Meal #3**
5 oz lean meat (chicken or other lean protein source)
1/2 cup cooked brown rice or 4 oz sweet potato
1 cup vegetables (broccoli, etc.) or 2 cups green salad with 2 tbsp Vinegar and Oil Dressing

**Meal #4**
Two scoops Muscle Provider in 16 oz water

**Meal #5**
6 oz. salmon or very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc)
1 cup low carb vegetables
Salad with 2 tbsp Vinegar and Oil Dressing

**Meal #6** (This is an option if you reduce meal #4 to one scoop protein; you get to make up the rest with meal #6. Which is better? – Whatever works better for you.)
Option A: Protein Shake or Pudding: 1 Scoop Ultimate Muscle Protein, add enough water to make a shake or pudding the consistency you desire
Option B: 6 egg whites with 1 cup of vegetables

**Essential Supplement Program:**
Take 1 Super Pak with meal #1 (or 2 Ultra 4 multis at meal 1 and 5). Take 3 EFA Gold capsules with meal #1 and meal #5
Take 2 Density (and/or 2 Muscularity) and 1 Lean Out with each meal listed above (Lean Out is the most important supplement you can take with this nutritional plan if your primary goal is to lose fat. Lean Out helps your body burn stored fats, not your hard-earned lean muscle.)

**The Best Optional Supplements for Phase 1 (in priority order)**
Glutamine Select plus BCAAs – take 1-2 scoops during training to preserve muscle during precontest dieting. BCAAs are optional during Phase 1 but they’ll become essential in later phases.
Bev ZMA – 2 capsules before bed to aid recovery and sleep.

If you have any questions about our other supplements be sure to call us at 1-800-781-3475.

We want to help you get the best results possible.
**FIGURE “LOSE FAT” DIET PLAN B**

Figure Competitors - If you weigh less than 115 and have a normal metabolism, or weigh more than 115 and have a sluggish metabolism and/or you are used to eating like a bird rather than like an athlete, Plan B is where you should start.

Note: In the meal plans below all meats are weighed prior to cooking.

**Meal #1**
1 whole egg + 2 egg whites  
3 oz very lean meat  
1/2 cup oatmeal - before cooking

**Meal #2** (Choose one option)  
Option A: Protein Drink with one scoop Ultimate Muscle Protein, one tablespoon healthy fat source (olive oil, flax oil, almond butter) or heavy cream.  
Option B: 1 can tuna, one small apple or orange

**Meal #3**
5 oz lean meat (chicken or other lean protein source)  
1/2 cup cooked brown rice or 4 oz sweet potato  
1 cup vegetables (broccoli, etc.) or 2 cups green salad with 2 tbsp Vinegar and Oil Dressing

**Meal #4**
One scoop Muscle Provider in 8 oz water

**Meal #5**
5 oz. salmon or very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc)  
1 cup low carb vegetables  
salad with 2 tbsp vinegar and oil dressing

**Essential Supplement Program:**  
Take 2 Ultra 4 multi vitamins at meal 1 and 5). Take 3 EFA Gold capsules with meal #1 and meal #5.  
Take 2 Density (and/or 2 Muscularity)and 1 Lean Out with each meal listed above (Lean Out is the most important supplement you can take with this nutritional plan if your primary goal is to lose fat. Lean Out helps your body burn stored fats, not your hard-earned lean muscle.)

**The Best Optional Supplements for Phase 1 (in priority order)**  
Glutamine Select plus BCAAs – take 1-2 scoops during training to preserve muscle during precontest dieting. BCAAs are optional during Phase 1 but they’ll become essential in later phases.  
Bev ZMA – 2 capsules before bed to aid recovery and sleep.  
If you have any questions about our other supplements be sure to call us at 1-800-781-3475. We want to help you get the best results possible.
"INCREASE YOUR MUSCULARITY" FIGURE DIET PLAN C

Choose this Phase 1 nutrition and supplement plan if you are already pretty lean and want to increase the degree of muscularity that you possess.

Note: In the meal plans below all meats are weighed prior to cooking.

Meal #1
1 whole egg + 4 egg whites
5 oz very lean meat
1/2 cup oatmeal - before cooking

Meal #2 (Choose one option)
Option A: Protein Drink with two scoops Ultimate Muscle Protein, one tablespoon healthy fat source (olive oil, flax oil, almond butter) or heavy cream.
Option B: 6 oz lean beef or chicken or 2 cans tuna, one small apple or orange

Meal #3
6 oz lean meat (chicken or other lean protein source)
5 oz sweet potato or 1/2 cup cooked brown rice
2 cups vegetables (broccoli, etc.) or green salad with 2 tbsp Vinegar and Oil Dressing

Meal #4 (same options as meal #2 or use 2 scoops Muscle Provider)

Meal #5
8 oz. very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc)
2 cups vegetables
Salad with 2 tbsp Vinegar and Oil Dressing

Meal #6
Protein Shake or Pudding: 2 Scoops Ultimate Muscle Protein, add enough water to make a shake or pudding the consistency you desire
Or
8 egg whites with 2 cups of vegetables

Essential Supplement Program:
Take 1 Super Pak with meal #1
Take 3 Ultra 40 tablets and 3 Mass Aminos with each meal listed above.
Take 3 EFA Gold capsules with meal #1 and meal #5

The Best Optional Supplements for Phase 1 (in priority order)
Creatine Select w/ beta alanine – take 1 scoop daily before training.
Glutamine Select plus BCAAs – take 1-2 scoops during training to preserve muscle during precontest dieting.
Muscle Synergy – if you feel you need to add more muscle (naturally). Muscle Synergy helps you add lean muscle tissue while dieting better than anything. We just don’t always recommend it to everyone because of the expense. If you decide to use it, take 8 tablets twice daily.
Lean Out – if you chose to follow Figure Plan C, chances are you can wait a couple of weeks before you add Lean Out. If you can’t wait, take 1 capsule per meal during this stage to help regulate cravings and mobilize fats for energy.
PHASE 2 FIGURE COMPETITION NUTRITION PROGRAM A

Phase 2 Figure Plan A is the one that we sometimes use for athletes who have been following Phase 1 Plan A for 12 or more weeks and who may need a slight change in her program. However, don't ever change for the sake of change. If you are losing a pound or more per week on your Phase 1 plan, don't be in a hurry to switch to phase 2. Many successful competitors follow their phase 1 plan all the way into the contest.

Meal 1: Six egg whites; one-third cup oatmeal; one-half grapefruit.

Meal 2: Protein Drink with one scoop Ultimate Muscle Protein or Muscle Provider, one teaspoon healthy fat source (olive oil, flax oil, almond butter).

Food Option: Three and one-half ounces chicken breast or tuna; three egg whites, one tomato.

Meal 3: Five ounces chicken breast (weighed prior to cooking); two cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.) or two cups low carb vegetables; one tablespoon “Newman’s Own” dressing (or make your own with one tablespoon cider vinegar and one tablespoon olive oil).

Meal 4: Protein Drink with one scoop Ultimate Muscle Protein or Muscle Provider – but no added fat to your shake. If this is the meal preceding or just after training, Muscle Provider is the optimal protein at this time.

Meal 5: Five ounces chicken breast, turkey breast or 96% lean beef; two cups low carb vegetables or salad.

Meal #6
Option (A): four egg whites; one cup omelet vegetables (onions, celery, broccoli, peppers).
Option (B): Protein pudding – mix one scoop Ultimate Muscle Protein in a bowl with just enough water to make a pudding texture.

On Monday and Thursday Carb Load Meal: 1-cup oatmeal (before cooking); 6 oz sweet potato (after cooking); 4 oz banana; 1 cup vegetables; 1 tbsp butter or almond butter

Essential Supplements for the “Contest Countdown” Nutritional Plan A: UMP, Lean Out, and Muscularity

Next Steps: 7-Keto MusCLEAN and Glutamine Select plus BCAAs

Stack: Density and Energy Reserve (for increased fat loss and muscle retention)

Additive: GH Factor

Here's how your supplement program will now look with the entire program:

Breakfast: 1 - Super Pak. Breakfast and dinner; 3 EFA Gold.

Each meal: 2 Density, 2 Muscularity, 2 Lean Out, and 1 Energy Reserve.

Training: 2 scoops Glutamine Select plus BCAAs

7-Keto: 7-Keto: 3 capsules upon arising and 3 capsules mid afternoon

GH Factor: 6 capsules immediately upon arising and six more before bed (or if you eat right before bed, take six GH Factor thirty minutes prior to your last meal.

Explanation of the benefits of this supplement program

Breakfast - Take one Super Pak and three EFA Gold with breakfast. The ingredients in the Super Pak sustain vital metabolic processes – energy production, protein synthesis and fatty Figure (14)
acid metabolism. They also provide powerful antioxidant protection for recovery, repair, and resistance to illness.

EFA Gold provides essential fatty acids that support metabolism, improve energy levels, and stimulate natural hormone production that aid in muscle growth and fat metabolism.

**Each meal:** At every meal you’ll be taking two Density, two Muscularity capsules, two Lean Out capsules, and one Energy Reserve tablet.

The purpose of this supplement stack is to give you the best natural supplements to mobilize and burn stored fat while preserving lean muscle tissue. Each of these supplements will work individually on its own, but together they have a synergistic effect which will result in more muscle and less fat for you. Density, Muscularity, Energy Reserve, and Lean Out will actually help your muscle achieve a much “harder” appearance than through diet and training alone.

**Training:** You’ll be taking two scoops Glutamine Select. As your diet becomes more restrictive and your training becomes more intense, you need to do everything you can to halt muscle breakdown. Branch chain amino acids and l-glutamine are the answer. The glutamine will help you recover faster and the BCAAs will not only halt muscle breakdown, but will also give your muscles a much harder appearance as you increase the amino acid content of your muscles resulting in more dense muscle fiber and less water.

**GH Factor** is ideal if you’ve hit a fat loss plateau. Especially valuable for stubborn thigh and abdominal fat. You’ll take six capsules upon arising and six more before retiring.
PHASE 2 FIGURE COMPETITION NUTRITION FAT LOSS PLAN B (STRICT)

Phase 2, Plan B is for the female that is a behind schedule at the 4-6 week out point. This is a pretty strict program and there is only one more diet cut that we could recommend. So only start this plan if you’re really running behind schedule.

**Meal 1:** Three ounces chicken breast or turkey breast; three egg whites; one-half grapefruit.

**Meal 2**
Option (A): Protein Drink with one scoop Ultimate Muscle Protein or Muscle Provider, one teaspoon healthy fat source (olive oil, flax oil, almond butter).
Option (B): Three and one-half ounces chicken breast or tuna; three egg whites, one tomato.

**Meal 3:** Five ounces chicken breast (weighed prior to cooking); two cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.) or two cups low carb vegetables; one tablespoon “Newman’s Own” dressing (or make your own with one tablespoon cider vinegar and one tablespoon olive oil).

**Meal 4:** Protein Drink with one scoop Ultimate Muscle Protein or Muscle Provider – but no added fat to your shake. If this is the meal preceding or just after training, Muscle Provider is the optimal protein at this time.

**Meal 5:** Five ounces chicken breast, turkey breast or 96% lean beef; two cups low carb vegetables or salad.

**Monday and Thursday:** Substitute the following for your 5th meal at the end of the day:
3/4 cup oatmeal, or 3/4 cup cooked brown rice, 5 oz sweet potato, 4 oz banana, 1 cup vegetables, 1 tbsp butter or almond butter

**Essential Supplements for the “Contest Countdown” Nutritional Plan A:** UMP, Lean Out, and Muscularity

**Next Steps:** 7-Keto MusCLEAN and Glutamine Select plus BCAAs
**Stack:** Density and Energy Reserve (for increased fat loss and muscle retention)
**Additive:** GH Factor

**Here’s how your supplement program will now look with the entire program:**

**Breakfast:** 1 - Super Pak. Breakfast and dinner; 3 EFA Gold.
**Each meal:** 2 Density, 2 Muscularity, 2 Lean Out, and 1 Energy Reserve.
**Training:** 2 scoops Glutamine Select plus BCAAs
**7-Keto:** 3 capsules upon arising and 3 capsules mid afternoon
**GH Factor:** 6 capsules immediately upon arising and six more before bed (or if you eat right before bed, take six GH Factor thirty minutes prior to your last meal.
**GH Factor** is ideal if you’ve hit a fat loss plateau. Especially valuable for stubborn thigh and abdominal fat. You’ll take six capsules upon arising and six more before retiring.

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PHASE 2 FAT LOSS FIGURE C

If you followed Figure Plan C during Phase 1 and think you need to boost your fat burning slightly, switch to Phase 2 Plan C at 6-8 weeks out. This program is for figure athletes with a higher metabolism than normal that are already pretty lean.

Meal #1: 6 egg whites; 3 oz very lean meat; 1/2 cup oatmeal

Meal #2 (Choose one option)
Option A: Protein Drink with one scoop Ultimate Muscle Protein, one tablespoon healthy fat source (olive oil, flax oil, almond butter) or heavy cream.
Option B: 1 can tuna, one small apple or orange

Meal #3
5 oz lean meat (chicken or other lean protein source); 1/2 cup cooked brown rice or 4 oz sweet potato; 1 cup vegetables (broccoli, etc.) or 2 cups green salad with 2 tbsp vinegar and oil dressing

Meal #4
One scoop Muscle Provider in 8 oz water

Meal #5
5 oz. very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, salmon, etc); 1 cup low carb vegetables; salad with 2 tbsp vinegar and oil dressing

Meal #6
Protein Shake or Pudding: 1 Scoop Ultimate Muscle Protein, add enough water to make a shake or pudding the consistency you desire
Or
6 egg whites with 1 cup of vegetables

Twice a week (usually Monday and Thursday) you should eliminate the oatmeal and brown rice or sweet potato at meals one and three. On these days you can add another scoop of protein to your shake or pudding if you like and have red meat at meal #5.

Essential Supplements for the “Contest Countdown” Nutritional Plan C: UMP, Lean Out, and Muscularity

Next Steps: 7-Keto MusCLEAN and Glutamine Select plus BCAAs
Stack: Density and Energy Reserve (for increased fat loss and muscle retention)
Additive: GH Factor

Here’s how your supplement program will now look:
Breakfast: 1 - Super Pak. Breakfast and dinner; 3 EFA Gold.
Each meal: 2 Density, 2 Muscularity, 2 Lean Out, and 1 Energy Reserve.
Training: 2 scoops Glutamine Select plus BCAAs.
7-Keto: 3 capsules upon arising and 3 capsules mid afternoon
GH Factor: 6 capsules immediately upon arising and six more before bed (or if you eat right before bed, take six GH Factor thirty minutes prior to your last meal.)
PHASE 3 FIGURE PRECONTEST NUTRITION PLAN – ADVANCED ROTATION

Figure Competitors – you can use this plan at 6-8 weeks out from the contest and continue to improve each week all the way into the show. It is a rotation plan and actually consists of 3 different plans depending upon the day of the week. This is the same plan as found in the female bodybuilding section, the difference is that as a figure competitor you will probably be training differently and performing more cardio.

Daily Supplements:

Breakfast: 1 - Super Pak. 3 EFA Gold with meals #1 and #3.
Each meal: 2 Density, 2 Muscularity; 2 Lean Out.
Before training: 2 scoops Up-Lift; during training: 2 scoops Glutamine Select plus BCAAs
Before cardio: 1 scoop Up-Lift + 2 Energy Reserve
Before bed: 2 ZMA

Monday and Thursday: (Low Carbs / Moderate Calories / Carb Meal at end of day)

Special Supplements for Monday and Thursday: Three times daily on an empty stomach add to your Daily Supplement regimen: 2 MuscLEAN, 2 Energy Reserve, and 4 GH Factor.

Meal #1: 4 oz turkey breast; 3 egg whites, 1 yolk; ½ grapefruit
Meal #2: Protein shake or pudding: 2 scoops Ultimate Muscle Protein
Meal #3: 6 ounces chicken (weighed prior to cooking) or can of tuna; 2 cups salad; 2 tbsp apple cider vinegar and 1 tbsp olive oil for a dressing (or use 3 tbsp Newman’s Own oil and vinegar)
Meal #4: Protein shake: 2 scoops Muscle Provider or Ultimate Muscle Protein
Meal #5 Carb up meal: 1-cup oatmeal (before cooking); 6 oz sweet potato (after cooking); 4 oz banana; 1 cup vegetables; 1 tbsp butter or almond butter

Tuesday and Friday: (Low carbs / Low Calories)

Special Supplements: Three times daily on an empty stomach: 2 MuscLEAN, 2 Energy Reserve, and 4 GH Factor.

Meal #1: 4 oz turkey breast; 3 egg whites; ½ grapefruit
Meal #2: 5 ounces chicken (weighed prior to cooking); 2 cups salad with 2 tbsp apple cider vinegar and 1 tbsp olive oil for a dressing (or use 3 tbsp Newman’s Own oil and vinegar)
Meal #3: Protein shake or pudding: 2 scoops Ultimate Muscle Protein or Muscle Provider
Or 3.25 oz can tuna; 2 egg whites; and 1 small carrot or tomato
Meal #4: 5 oz lean meat (chicken breast, turkey breast) or 6 oz cod fish; 2 cups vegetables (spinach or asparagus is best here)

Wednesday – Saturday – Sunday (Moderate carbs / Moderate Calories)

Special Supplement for Wed-Sat-Sun: 3 7-Keto MuscLEAN twice daily

Meal #1
3 egg whites and 3 oz chicken or turkey breast; 1/2 cup oatmeal before cooking

Meal #2: Protein shake or pudding: 2 Scoops Ultimate Muscle Protein
Or 3.25 oz can tuna; 3 egg whites; and 1 small carrot or tomato

Meal #3: 5 oz chicken (before cooking); 4 oz. sweet potato or 1/2 cup cooked brown rice; 1 cup vegetables (broccoli, etc.)

Meal #4 (Same as meal #2)

Meal #5: 5 oz 93% lean beef, chicken, turkey, fish; 1-2 cups vegetables
FINAL WEEK FIGURE CONTEST COUNTDOWN

2 Weeks Out from the contest:
- You may increase your cardio for one week only by an additional 30 minutes per day.
- Check your conditioning each morning for slight improvements. If you continue to see improvements, stay the course, everything is working as it should be.

6-9 Days Out:
- Last heavy leg workout
- Exfoliate and moisturize skin daily
- Training, Cardio, Diet, Supplements, Posing, Water intake, Sodium intake – no changes
- Pack your bag for the contest – don’t wait until the last minute

Final Week:

Monday:
- Training: See attached
- Cardio: regular cardio
- Posing: 30 minutes
- Diet: no change
- Sodium / Potassium: no change
- Water Intake: You should be drinking about 1 gallon a day, add about ¼ gallon extra today
- Tanning: exfoliate and moisturize

Tuesday:
- Training: See attached
- Cardio: reduce Final Week cardio
- Posing: 30 minutes
- Diet: no change
- Sodium / Potassium: no change
- Water Intake: (1 ¼ gallons)
- Tanning: exfoliate and moisturize

Wednesday:
- Training: Last day for training, see attached
- Cardio: Last day for cardio; see Final Week cardio
- Posing: practice 30 minutes
- Diet: no change
- Sodium / Potassium: Take one (1) 99mg tablet with a glass of water following each meal today (6 tablets for the day.)
  ***Potassium works with sodium to regulate your body’s water balance. It also helps attract nutrients into cells and is required for carbohydrate and protein metabolism. Potassium gluconate or Potassium citrate are the best forms.
  ***Do not take added potassium along with any other diuretic product.
  ***Do not take added potassium if you restrict your water to less than ½ gallon per 100 pounds of bodyweight.
- Water Intake: (1 ¼ gallons)

Thursday:
- Training: no training
- Cardio: go for a 20-40 minute walk in the evening and de-stress
- Posing: 30-60 minutes (add a 2nd posing session if possible) Practice lightly pumping up before each session – even if you use no weights go through the motions.
- Diet: (see attached)
- Sodium / Potassium: Limit any foods that contain added sodium.
- Take two (2) 99mg tablet with a glass of water following each meal today (12 tablets for the day.)
- Water Intake: same water intake as Wednesday (1 ¼ gallons) switch to Spring Water
Friday
No training
Cardio: go for another 20-40 minute walk in the evening and de-stress if possible
Posing: 30-60 minutes
Diet: (see attached)
Sodium / Potassium: Take two (2) 99mg tablets with a glass of water following each meal today (12 tablets for the day.) No added sodium or foods that contain added sodium
Water Intake: reduce water intake to normal levels or just slightly less (3/4 – 1 gallon)

Saturday
Tanning: Final coat if absolutely necessary
Diet (see attached)
Sodium/Potassium: Use a little Morton’s Lite Salt with each meal (it has the perfect blend of potassium and sodium to keep eliminating water, yet keep your muscles full. No extra potassium.
Water Intake: sip water throughout the day

Your Final Week Training and Cardio
Method #1 (if you definitely want to get leaner)
1. Train your entire body (with the exception of quads) each day, Monday – Wednesday.
2. Perform two exercises each for chest and back – superset.
3. Perform one exercise each for Dels, Biceps and Triceps – tri set.
4. Perform one exercise each for Hamstrings and Calves – superset.
5. Do three sets for each exercise. Keep reps in the 8-12 range.
6. Monday use 80% of your normal training poundage for the indicated sets and reps. Rest 60 seconds between tri sets and supersets.
7. This means if you usually do 8 – 10 reps with 100 lb dumbbells for incline dumbbell presses, you will now use 80 pounds for 8 – 10 reps even though you are capable of doing more.
8. Tuesday use 70% of your normal training poundage for the indicated sets and reps and rest just 30 seconds between tri sets and supersets.
9. Wednesday use 60% of your normal training poundage for the indicated sets and reps with no rest between supersets and trisets.
10. Decrease cardio in the same manner: 80% time or intensity on Monday, 70% on Tuesday and 60% on Wednesday.

Method #2 (if you are getting better every day anyway)
1. Train the complete body over three days on a split routine (with the exception of quads).
2. Utilize your normal training poundages and reps but avoid going to failure.
3. Just continue to do your regular cardio.

Supplement Program for Last Week
A. 6 GH Factor first thing in the morning and again before bed with 3 Bev ZMA.
Supplements with meals:
A. Super Pak with 1st meal
B. 3 Density, 3 Muscularity and 2 Energy Reserve with each meal.
D. 1 - EFA Gold with each meal
Thursday Diet Plan

Meal #1:
3 oz 90% or leaner beef or chicken; 3 egg whites plus 1 yolk; ½ cup oatmeal and ½ grapefruit

Meal #2
Protein Drink: 1 scoop Muscle Provider or UMP in water as a shake or pudding, ½ grapefruit
Or 3 oz chicken or turkey breast, ½ grapefruit

Meal #3
5 oz 90% or leaner beef or chicken; 1 tomato, and ½ grapefruit

Meal #4
Protein Drink: 1 scoops Muscle Provider or UMP in water as a shake or pudding
Or 3 oz chicken or turkey breast, 1 tomato

Meal #5
6 oz steak and 1 tomato (or 6 cherry tomatoes)

Meal #6 on Thursday only: ¾ cups oatmeal (precooked) or cooked rice, 4 oz sweet potato, 4 oz banana, 1 TBS butter

***If you are not currently eating a carb meal as part of your diet, don’t start tonight; just add the ¾ cup oatmeal at meal 3 and the sweet potato and banana at meal 5.

Friday Diet Plan

Meal #1
5 oz 90% or leaner beef; 1 grapefruit

Meal #2
Protein pudding: 1 scoop UMP in just enough water to make a pudding

Meal #3
5 oz 90% or leaner beef or chicken; ½ grapefruit

Meal #4
Protein pudding: 1 scoop UMP in just enough water to make a pudding

Meal #5
6 oz steak; ½ grapefruit

Saturday Diet Plan

1st meal (7:00): 2 whole eggs, ½ cup oatmeal (or 1 pancake), ½ grapefruit
2nd meal (9:30-10:00): 3-4 oz chicken or beef, ½ grapefruit
3rd meal – prejudging (11:30 on): Beverly goo – ¼ cup honey, ¼ cup peanut butter, ½ cup UMP (eat a couple of tablespoons every half hour from 11:30 throughout prejudging).
Other meals: lean meat, small potato, iced tea or water with lemon.
CARDIO

A. Do you need cardio?
It depends on the amount of FAT you need to lose. And the amount of TIME you have to lose it. Remember, the first thing to understand is that from a Figure Competition perspective, we’re using cardio to burn BODY FAT, plain and simple.

B. Quantify your cardio program.
Don’t just get on a treadmill and walk. Set a GOAL! It can be DURATION, INTENSITY (mph, % incline, or level), or best of all CALORIES expended.
Here’s a sample Phase One journal entry:

Type: Treadmill  Duration: 30 Minutes  Peak Intensity: 3.8 mph; 4% incline
Total Calories Expended: 300  Total Calories for week to date: __________

C. Cardio Methodology – Phase One

A Sample Duration-Based Cardio Program:

Women
14 Weeks Out: 4 times per week, 30 minutes
12 Weeks Out: 5 times per week, 30 minutes
10 Weeks Out: 6 times per week, 30 minutes
8 Weeks Out: 6 times per week, 40 minutes (you may break up into two sessions)
6 Weeks Out: 6 times per week, 50 minutes (you may break up into two sessions)
4 Weeks Out: 6 times per week, 60 minutes (you may break up into two sessions)
2 Weeks Out: 6 times per week, 60 minutes (you may break up into two sessions)

Notes:
1. If you feel you are getting too lean either stay at the program level you are at, or back up to the program suggested for two weeks earlier.
2. If you feel you are behind, jump ahead of your schedule.
3. If you are already lean, just stay at 4 times per week for 30 minutes.
4. Feel free to cross train and perform a variety of cardio exercises.

A Sample Intensity-Based Cardio Program:

1) Start with 12-20 minutes of fairly intense cardio three days a week (women 4 days a week). Each week attempt to burn more calories in the same amount of time.
2) If you love cardio or need additional cardio, add two or three days of a lower intensity cardio (<75% MHR) activity for thirty minutes each.
3) If you are already lean forget cardio.
4) Record calories expended each week. This is important to establish a baseline for phase 2 that starts at 8 weeks out.
FIGURE COMPETITION TRAINING

1. Your weight training goal is to improve your muscularity, muscle tone, and separation while developing an athletic looking physique.

2. In order to achieve your training goal and be the best “you”, you must show progress in one or more of the following areas each time you workout:
   - Amount of resistance or weight used for a particular set.
   - Number of reps performed with a particular weight.
   - Reduce the amount of rest time between sets.
   - Train harder – go for the burn.
   - Increase the sets.
   - Train more often.

3. Some indispensable do’s and don’ts:
   - Keep a workout journal. It can be a spiral notebook or as fancy as you like. Keep track of every training session. Use the “star” method * to track your progress. Every time you use a heavier weight than before on a set, get more reps with a particular weight, or complete a series of sets in less time give yourself a star in your journal. You can purchase a journal from www.julielohre.com
   - Use proper form.
   - Make sure each exercise is working the correct area. Use a full range of motion on every exercise to develop muscularity and separation.

4. Train with weights at least 5 times per week Monday through Friday. You can adjust the days as necessary but really try to get in 5 training sessions per week. We’ll be focusing on the parts that are especially important for Figure Competition – legs, back, shoulders, and arms (and of course abs and glutes).

   Day 1: Legs (quad emphasis)
   Day 2: Back / Delts / Biceps
   Day 3: Chest / Triceps
   Day 4: Legs (glute/hamstring emphasis)
   Day 5: Back / Delts / Arms

In this program you’ll use the most effective progression scheme, the Double Progressive System.

Double Progressive System: After a warm-up, use the same weight for all sets. Start at the low end of the suggested rep range. Gradually increase the repetitions, usually adding one rep each week until you reach the top number of suggested reps for each set of a particular exercise. Then add weight and start over at the lower end of the rep scheme.

Use AS MUCH WEIGHT AS YOU CAN WITH PERFECT FORM for the target amount of reps. If you can do more reps than the target, add weight. If you can't get at least the lower recommend amount of reps, then lighten the weight slightly. Go pretty quick between sets. You should not rest more than 90 seconds between sets. Your cardio should follow your weight training except for a 5-10 minute warm-up. The best times to do your cardio are in the mornings, after your weight training or in the evening before bed.

BONUS EXERCISES: it is very beneficial for the FIGURE COMPETITOR to perform push-ups and chins as often as possible. It can be as part of your cardio or at the end of your workout. To progress - just try to go for a greater cumulative number each week. If you do ten pushups each workout of week one, that’s 50 cumulative reps; next week – beat that total.
### Monday: Legs
- **Leg Press**: 3 x 10-15 reps
- **Squats**: 3 x 8-12 reps
- **Hack Squat Machine**: 3 x 10-15 reps
  *Do the Hack Squats as One and One Half Reps. This means go all the way down below parallel with your quads, then come half way up, then all the way back down, and then all the way up. This equals 1 repetition.*
- **Stiff-Legged Deadlift**: 3 x 12
- **Leg Extensions**: 3 x 12
- **Abs**: 8 sets of 25-50 (use any variety of exercises you want)

### Tuesday: Back, Delts, Biceps (light day)
- **One Arm DB Row**: 3 x 8-10 reps
- **Pulldowns**: 3 x 8-12 reps
- **Seated Cable Row**: 3 x 8-12 reps (or do any seated machine row)
- **DB Lateral Raise**: 3 x 10 reps each way (bent-over lateral, side lateral, front raise)
- **Cable Curl**: 3 x 8-12 reps
- **Incline DB Curl**: 3 x 8-10
- **Calf Raises**: 6-8 sets of 15 reps on any combination of machines

### Wednesday: Chest, Triceps
- **Incline DB Press**: 4 x 6-10 reps
- **Flat Dumbbell Press**: 4 x 8-12 (do these on a flat bench, or use pec deck machine)
- **Pec Deck**: 3 x 8-12
- **Tricep Pushdowns**: 4 x 8-12 reps
- **Lying Tricep Ext**: 4 x 10-12 reps
- **Abs**: 6 sets of 15-25 reps (use an ab machine or do tougher exercises than Monday)

### Thursday: Legs (glute emphasis)
- **Romanian Dead Lift**: 3 x 10-15 (superset with next exercise)
- **Wide Leg Press**: 3 x 10-15
- **Leg Curl**: 3 x 6-8 (superset with next exercise)
- **Walking Lunge**: 3 x 12-15 steps with each foot
- **Leg Extension**: 3 x 12 (superset with next exercise)
- **Smith Machine Squat**: 3 x 12 non-lock
- **Calf Raises**: 6-8 sets of 15 reps on any combination of machines

### Friday: Delts, Back, Biceps, Triceps
- **Shoulder Press**: 3 x 6-10 (superset with next exercise)
- **Lat Pulldowns**: 3 x 8-12 reps
- **Upright Row**: 3 x 8-10 (superset with next exercise)
- **Straight-Arm Pulldowns**: 3 x 10-12
- **Bent Over Laterals**: 3 x 10-12 (superset with next exercise)
- **Seated Cable Row**: 3 x 8-12 reps
- **Barbell or EZ Curl**: 3 x 6-10 reps (superset with next exercise)
- **Close Grip Bench Press**: 3 x 6-10
- **Concentration Curl**: 2 x 10-12
- **Dips or Triceps Dips**: 2 x 10-15
- **Abs**: 8 sets of 25-50 (use any variety of machines or exercises you want)
FIT FIGURE – OUR BEST TRAINING PROGRAM

Probably the biggest error we see is that women who are trying to buff their physique are concerned about overtraining. They are under the mistaken impression that since the other “serious” guys in the gym train each bodypart just once a week that they should also follow this method for best results. Not true! A woman who is trying to get the lean, muscular look of a fitness/figure competitor should train at least five times per week – even better is six times per week - each muscle group twice.

The other major area where you can go wrong is using the proper intensity. Finding the correct training intensity is relatively easy, to start use the heaviest workout poundages that allow you to complete the stated rep range in good form. If you are to do three sets of 10-15 reps, that means use a weight heavy enough that you can do no more than 15 reps on your first set and can do at least ten reps on the third set. Add weight whenever you can do the top number of reps in the range for all sets, in good form. It’s really that simple. You should rest sixty to ninety seconds between sets.

Keep a workout journal to keep track of your exercises, sets, reps, poundage used, and rest intervals between sets. It can be a spiral notebook or as fancy as you like. Keep track of every training session. Use the “star” method * to track your progress. Every time you use a heavier weight than before on a set, get more reps with a particular weight, or complete a series of sets in less time give yourself a star in your journal. A 10 Star workout means you did an extra rep or used more weight on at least ten sets during your workout. Finish the whole program in record time and you get another star.

Here is an ideal workout to achieve a hard, lean physique.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crunches</td>
<td>3</td>
<td>20-30</td>
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<tr>
<td>Leg Raises</td>
<td>3</td>
<td>20-30</td>
</tr>
<tr>
<td>Twisting Crunches</td>
<td>3</td>
<td>20-30</td>
</tr>
<tr>
<td>On Cable Machine</td>
<td>3</td>
<td>20-30</td>
</tr>
<tr>
<td>DB Row</td>
<td>4</td>
<td>8-10</td>
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<tr>
<td>Pulldowns</td>
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<td>10-12</td>
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<tr>
<td>Pullover</td>
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<td>10-12</td>
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<tr>
<td>DB Shrug</td>
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<td>10-15</td>
</tr>
<tr>
<td>Hyperextension</td>
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</tr>
<tr>
<td>Incline DB Curl</td>
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<tr>
<td>Concentration Curl</td>
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<tr>
<td>Calf Raise</td>
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<td>10-15</td>
</tr>
<tr>
<td>Calf Press</td>
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(Tuesday-Friday continued)

<table>
<thead>
<tr>
<th>Exercise</th>
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</thead>
<tbody>
<tr>
<td>Incline DB Press</td>
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<td>8-10</td>
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<tr>
<td>Flat Flyes</td>
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<td>10-12</td>
</tr>
<tr>
<td>Pec Deck</td>
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<td>10-12</td>
</tr>
<tr>
<td>Shoulder Press</td>
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<td>8-10</td>
</tr>
<tr>
<td>Side Laterals</td>
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<td>10-12</td>
</tr>
<tr>
<td>DB Shoulder Press</td>
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<td>8-10</td>
</tr>
<tr>
<td>Triceps Extension</td>
<td>4</td>
<td>10-12</td>
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<tr>
<td>Triceps Pushdown</td>
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<td>10-12</td>
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<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
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</thead>
<tbody>
<tr>
<td>Crunches</td>
<td>3</td>
<td>20-30</td>
</tr>
<tr>
<td>Leg Raises</td>
<td>3</td>
<td>20-30</td>
</tr>
<tr>
<td>Twisting Crunches</td>
<td>3</td>
<td>20-30</td>
</tr>
<tr>
<td>On Cable Machine</td>
<td>3</td>
<td>20-30</td>
</tr>
<tr>
<td>Squat</td>
<td>4</td>
<td>10-15</td>
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<tr>
<td>Leg Press</td>
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<td>10-15</td>
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<tr>
<td>Leg Extension</td>
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<td>10-15</td>
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<tr>
<td>Leg Curl</td>
<td>4</td>
<td>10-15</td>
</tr>
<tr>
<td>Seated Calf Raise</td>
<td>4</td>
<td>10-15</td>
</tr>
<tr>
<td>Calf Raise</td>
<td>4</td>
<td>15-20</td>
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Figure (25)
## FINAL FIGURE TRAINING PHASE

### Monday-Wednesday-Friday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>ABS</strong></td>
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</tr>
<tr>
<td>Crunches</td>
<td>4</td>
<td>25-50</td>
</tr>
<tr>
<td>Leg Raises</td>
<td>4</td>
<td>25-50</td>
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<tr>
<td>Twisting Crunches</td>
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<td></td>
</tr>
<tr>
<td>On Cable Machine</td>
<td>4</td>
<td>25-50</td>
</tr>
<tr>
<td><strong>LEGS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squat</td>
<td>4</td>
<td>10-15</td>
</tr>
<tr>
<td>Leg Press</td>
<td>3</td>
<td>10-15</td>
</tr>
<tr>
<td>Leg Extension</td>
<td>4</td>
<td>10-15</td>
</tr>
<tr>
<td>Leg Curl</td>
<td>4</td>
<td>10-15</td>
</tr>
<tr>
<td><strong>BACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DB Row</td>
<td>4</td>
<td>8-10</td>
</tr>
<tr>
<td>Pulldowns</td>
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<tr>
<td>Pullover</td>
<td>3</td>
<td>10-12</td>
</tr>
<tr>
<td>Close Grip</td>
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</tr>
<tr>
<td>Pulldowns</td>
<td>3</td>
<td>10-15</td>
</tr>
<tr>
<td>Hyperextension</td>
<td>3</td>
<td>15-25</td>
</tr>
<tr>
<td><strong>BICEPS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BB or DB Curl</td>
<td>4</td>
<td>10-12</td>
</tr>
<tr>
<td>Concentration Curl</td>
<td>3</td>
<td>10-12</td>
</tr>
<tr>
<td>Or Cable Curl</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CARDIO</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 Weeks Out:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 times per week, 50 minutes (you may break up into two sessions)</td>
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</tr>
<tr>
<td><strong>4 Weeks Out:</strong></td>
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<tr>
<td>6 times per week, 60 minutes</td>
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<tr>
<td><strong>2 Weeks Out:</strong></td>
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<tr>
<td>6 times per week, 60 minutes</td>
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<tr>
<td><strong>HIIT CARDIO</strong></td>
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</tr>
<tr>
<td>If you are behind on your body composition readings, add a 24 minute HIIT cardio session on Tuesday, Thursday, and Saturday in addition to your 50-60 minute regular cardio program.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Exercise</th>
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<tbody>
<tr>
<td><strong>CHEST</strong></td>
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</tr>
<tr>
<td>Incline DB Press</td>
<td>4</td>
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<td>Flat Flyes</td>
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<td>10-12</td>
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<tr>
<td>Pec Deck</td>
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<td>10-12</td>
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<tr>
<td><strong>SHOULDER</strong></td>
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<td></td>
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<tr>
<td>Shoulder Press</td>
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<td>8-10</td>
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<tr>
<td>Side Laterals</td>
<td>3</td>
<td>10-12</td>
</tr>
<tr>
<td>Bent over Laterals</td>
<td>3</td>
<td>10-12</td>
</tr>
<tr>
<td>Upright Row</td>
<td>3</td>
<td>8-10</td>
</tr>
<tr>
<td><strong>TRICEPS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Triceps Extension</td>
<td>4</td>
<td>10-12</td>
</tr>
<tr>
<td>Triceps Pushdown</td>
<td>3</td>
<td>10-12</td>
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<tr>
<td><strong>CALVES</strong></td>
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<td></td>
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<tr>
<td>Calf Raise</td>
<td>4</td>
<td>10-15</td>
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<tr>
<td>Seated Calf Raise</td>
<td>4</td>
<td>15-20</td>
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<tr>
<td><strong>ABS</strong></td>
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<td></td>
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<tr>
<td>Crunches</td>
<td>4</td>
<td>25-50</td>
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<tr>
<td>Leg Raises</td>
<td>4</td>
<td>25-50</td>
</tr>
<tr>
<td>Twisting Crunches</td>
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<td></td>
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<tr>
<td>On Cable Machine</td>
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### Tuesday-Thursday-Saturday

<table>
<thead>
<tr>
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<td>Pec Deck</td>
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<td>Shoulder Press</td>
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<tr>
<td>Bent over Laterals</td>
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<td>10-12</td>
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<td>Upright Row</td>
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<tr>
<td><strong>TRICEPS</strong></td>
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<td>Triceps Extension</td>
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<td>Triceps Pushdown</td>
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<td><strong>CALVES</strong></td>
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<td>Calf Raise</td>
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<td>Crunches</td>
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<tr>
<td>Leg Raises</td>
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<td>25-50</td>
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<tr>
<td>Twisting Crunches</td>
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<tr>
<td>On Cable Machine</td>
<td>4</td>
<td>25-50</td>
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</tbody>
</table>

### DOUBLE SPLIT PRE-CONTEST TRAINING

**M-W-F:**
- AM: 30 min cardio; Train Abs and Legs; PM Train Back and Biceps; Pose 30 min; 30 min cardio

**T-TH-S:**
- AM: 24 min HITT cardio; Train Chest, Triceps, and Calves
- PM: Train Shoulders and Abs; Pose 30 min; 60 min cardio

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Warning: This program is not recommended for everyone. It is for the figure athlete who has missed her conditioning mark and needs to do everything possible the final four weeks to get in shape.
FIGURE COMPETITION FAQ’S

1. What color suits do you recommend? Where do you purchase them? What about shoes?

Dark color suits are best. Lighter colors wash you out, so pastels aren’t usually a good choice. Look for suits in basic, bold colors like red, black, royal or navy blue, dark green, dark purple or burgundy. Your shoes should be high and clear in color. The height of your heel and thickness of the shoe will vary based on the size and shape of your legs. Stay away from a really thick platform shoe. Most girls choose a clear shoe between 4”-5” in height.

The most important thing is that you order your suits and shoes as soon as you decide to compete. Suit makers often require 12-16 weeks advance notice. We have included a list of suit makers that our workshop participants have recommended. You should also get your shoes early because most of your practicing should be with your heels on.

2. What are the judges looking for when giving figure placings?

What places women in figure shows is a combination of things - shape/symmetry, balance, muscularity without vascularity or striations, stage presence/presentation, poise, skin tone, hair...the judges are looking for the total package. We suggest watching some figure/fitness (physique round) videos and look at a lot of magazines/fitness sites to get your posing down really well. Then wear your heels around the house and practice, practice, practice.

A couple of resources we have found very valuable are:

1. Figure Posing Guide by Alissa Carpio, www.bodybuilding.com/fun/alissa21.htm
2. The Figure Book, www.figurecoach.com
3. Ultimate Posing Guide for Fitness and Figure, www.julielohre.com

3. What should my make up look like at the show? What type of base, eye shadow, lipstick...should I use? What about false eyelashes?

Stage lighting is very bright and will show every flaw if not properly covered up. The lights will wash your skin out if coloring and tones are off. Choose your make-up with that in mind. Use a dark base (that will match your stage tanned body), applied evenly and blended well into your hairline. Choose colors that enhance and exaggerate your features. Use eye shadows that don’t reflect too much light. Dark colors such as, browns, plums and grays work well. Fake eyelashes are another “accessory” that can be used. They make your eyes stand out, but aren't required. Your lipstick should compliment the overall appearance of your face and coloring. If you use a color that is too dark it will overpower your face tones. If you use a color that is too light it will wash your face out. Practice with different colors BEFORE the day of the show. If you don’t have experience putting on make-up or picking out colors, a make-up artist or cosmetic consultant can help you. Always wear your stage make-up much darker than your every day make-up, but make sure that it is has a clean and fresh look. You should appear to have a glow on stage. Off stage you'll feel a bit strange, like you have way too much on (especially if you don't normally wear much), but on stage it will be great. Do your make up before you go to check in the morning of the show and continue to touch it up throughout the day.
4. What tanning products and oil do you recommend?

Getting a really good base tan from the sun or the tanning bed is suggested. Exfoliate your skin to make sure you have a smooth surface to start with. The ease of a spray tan makes that the method of choice. If you want to do your own tan, Pro Tan Competition Color tanning solution is always a safe bet in tanning products, as it's easy to apply and looks great! You've worked a long time to get your body ready for competition. You don't want to call negative attention to yourself on show day with bad, uneven coloring. When it comes to “oil” you have to be very careful! You don’t want to be oily, greasy or shiny. You should simply have a nice glow. Most people use Pam spray to give that glow. If you use it, simply spray a light mist on a small area at a time and dab with a paper towel as you go to take off excess. Just remember you should be glowing – not shining.

5. What should I do with my hair?

Your hair should be well conditioned with a hairstyle that compliments your face. Schedule your monthly visit to the hairdresser a few days to a week before your show. Get all split ends cut. If you highlight your hair, your highlights should be fresh and should compliment your skin tone and suit colors. It's a good idea to take your suits with you to assure that your highlights will work with your colors. Some women prefer to wear their hair up and off their shoulders so judges can get a clear look at the front and back of their body. This also prevents from having to fumble with moving hair at each turn. There is no required way to wear your hair. Wear it the way that makes you feel most confident.

6. I’m really worried about “falling out” of my suits. Is there anything I can do to make sure this doesn’t happen?

Absolutely – that is the last thing that you need the judges or the audience to see! Use Bikini Bite or some type of body adhesive to hold your suit in place (in all the right places!) Apply it to your skin and/or to your suit. Let it begin to dry and get sticky for about 15-20 seconds then stick in place. Be very careful when removing the suit, as the adhesive will irritate – even tear your skin if you pull too hard. Use soap and water to remove the excess adhesive from your skin. Hand wash your suits to get the remaining adhesive off.

PRESENTATION

Prelude: Don't worry about where you place or what the judges may think of you. Focus on yourself. Be beautiful, compete and let the cards fall where they may. Getting a trophy is an exciting part of competition, but it is not the best thing about it. Making new friends is the best thing about competing. Work hard, diet hard and compete with yourself and be the best YOU, you can be.

Posing: Tensing the muscles while standing "relaxed" is hard. Torso extended and stomach sucked in. Lats flared, shoulders tensed, arms flared, legs and butt tense, heels together, and hands relaxed.
Practicing your posing is very important. Start months in advance. Practice - practice - practice.

IMPORTANT TIPS:
1. Walking. Choose your shoes early and practice walking in them.
2. Turning. When you compete you turn 4 times (1. to the side, 2. to the rear, 3. to the side, 4. to the front again) and show your physique to the judges. How you turn and where you stop when you finish turning is very important. Practice your turns until they are second nature.

3. Competition. When you are being compared to the other athletes you have to stand with your heels together. So practice the following:

- Standing to the front, heels together. Practice just standing there. You need to be able to stand like this for at least 15 minutes at a time so practice! Heels together, lats flared, delts tensed, arms flared, quads and abs tense, hands relaxed--big smile.
- Standing to the side, heels together.
- Standing to the rear heels together.
- Standing to the other side, heels together.

4. Take it One Step at a Time. Competing and posing (all with a big smile) is hard. It’s exhausting. When you first begin learning to pose, don’t flex too hard. Break yourself in slowly. Work on tensing just your abs, then do just the legs. When they get tired practice flaring your back and tensing your butt (Standing to the rear heels together.). The butt and back might be hard to “feel” and feel quite awkward. That is okay, just keep practicing.

You need to be able to flex and tense on command. Practice flaring your lats and tensing your shoulders. Once you can do each part alone (it may take a few weeks) practice flexing everything all at once (Standing to the front, heels together.) Breaking it down into body parts helps you get control over an individual muscle group.

Tensing the legs (or any body part) for about 10 minutes all by themselves, every other day is a great way to gain control over that part and increase separation in the quads. Flex the abs daily too.

**POsing mistakes to avoid:**
Pay attention to your hands. Don’t hold your hands in an unattractive (stiff or claw like or like a paddle) way. They should seem relaxed.
Do not lean too far forward.
Do not put your arms out like you are ready to fly.
Do not roll your shoulders forward.
Do not scrunch your back together in an attempt to tense it.

**Suit makers recommended by our workshop participants:**

http://www.lidiaconti.com***
www.cynthia-james.com***
www.jagware-posingsuits.com***
www.posingwear.com

**SHOES:**
www.sheervanity.com/
www.allsexyshoes.com/
www.snaz75.com/ ***