

Contest Prep Guide

Mind, Figure, Physique



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Setting Up the Meal Plan

To start, split all macros among the number of meals/snacks you will eat in a day (usually 3-6 meals/snacks). I find it best to eat every 3-4 hours. If you go longer, you may be extremely hungry by your next meal and eat things you didn't plan on. Spreading meals out also helps to keep metabolic hormone levels more constant. For this example, let's split macros into 6 meals.

Example macro distribution:

Meal/Snack	Protein (g)	Carb (g)	Fat (g)
Meal 1 Breakfast	25g	45g	10g
Snack	25g	45g	10g
Meal 2	25g	45g	10g
Post-workout meal	25g	45g	10g
Meal 3 Lunch	25g	45g	10g
Meal 4	25g	45g	10g
Meal 5 Dinner	25g	45g	10g
Meal 6	25g	45g	10g

I split protein, carbs and fat fairly evenly among the 6 meals so the numbers worked to whole numbers so they will be easier to portion and measure. I want to note here that drinking 30-50 grams of dextrose (or a mix of dextrose and maltodextrin) with your BCAA's during your workout can really help give you energy while lifting, especially while in a calorie deficit. I highly recommend doing this. (Diabetics must use extreme caution). Redistribute the above macros so that the grand total is accurate. If you do not want to drink dextrose, make sure you have a meal at least 1-2 hours prior to working out. See Supplements on pg 25.

Early morning lifters: If you can't get a meal in 1-2 hours before an early AM workout, drink a protein shake on the way to the gym and then start to drink dextrose (30-50 grams) right when you get to the gym. Avoid fasted lifting.

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Example Meal Plan

30 grams + 1 cup + 2 Teas

1 cup + 1 cup

Meal #	Time	Meals/Meals	Protein	Carb	Fat	Fiber
Meal 1			25	45	10	
Breakfast (10:00 AM)						
1 whole egg			5g	1g	1g	
2 egg whites			10g	1g		
Cooked chicken and veggie omelette					1g	
Banana			1g	27g	1g	1g
Dextrose in water				1g		1g
Workout						
Post-workout meal (1:00 PM)						
Meal 2			25	45	10	
Post-workout meal (1:00 PM)						
Protein Shake + water (1:00 PM)			25	1g	1g	
Dextrose in water				1g		1g
Grilled chicken for meal			1g			
Meal 3			25	45	10	
Chicken, white rice			10g	1g	1g	
Brown rice			1g	25g		1g
Mix of (canned oil or teriyaki sauce)						1g
Banana			1g	1g		1g
Meal 4			25	45	10	
Chicken, white rice			10g	1g	1g	
Brown rice			1g	25g		1g
Mix of (canned oil or teriyaki sauce)						1g
Banana			1g	1g		1g
Meal 5			25	45	10	
Chicken, white rice			10g	1g	1g	
Brown rice			1g	25g		1g
Mix of (canned oil or teriyaki sauce)						1g
Banana			1g	1g		1g
Meal 6			25	45	10	
Chicken, white rice			10g	1g	1g	
Brown rice			1g	25g		1g
Mix of (canned oil or teriyaki sauce)						1g
Banana			1g	1g		1g
Meal 7			25	45	10	
Chicken, white rice			10g	1g	1g	
Brown rice			1g	25g		1g
Mix of (canned oil or teriyaki sauce)						1g
Banana			1g	1g		1g
Meal 8			25	45	10	
Chicken, white rice			10g	1g	1g	
Brown rice			1g	25g		1g
Mix of (canned oil or teriyaki sauce)						1g
Banana			1g	1g		1g

Figure Competition Prep Guide

Daniel Burke



Figure Competition Prep Guide:

Pure Power: The Ultimate Guide to Natural Bodybuilding Ciro Irmici, 2024-08-18 Pure Power The Ultimate Guide to Natural Bodybuilding is your essential roadmap to achieving the physique of your dreams naturally Whether you re just beginning your bodybuilding journey or you re an experienced athlete this book provides the tools you need to build muscle strength and a healthier lifestyle without relying on performance enhancing drugs Inside this guide you ll discover Proven Training Techniques Craft the perfect workout program understand muscle hypertrophy and overcome plateaus Nutrition Mastery Optimize your diet with expert advice on macronutrients meal timing and supplements Recovery Strategies Learn the best methods to ensure your body recovers and regenerates effectively Mental Toughness Develop the mindset needed to stay motivated focused and resilient Competition Preparation Master the art of preparing for natural bodybuilding competitions Ready to transform your body naturally Get your copy

The Ultimate Guide to Bodybuilding: Sculpting the Perfect Physique Michael Southern Sr., 2024-02-20 The Ultimate Guide to Bodybuilding Sculpting the Perfect Physique is an indispensable resource for anyone looking to embark on a transformative journey towards achieving their ideal body In this comprehensive guide readers will discover a wealth of knowledge and practical insights into the art and science of bodybuilding From mastering fundamental exercises to designing personalized workout routines and optimizing nutrition plans this book covers every aspect of the bodybuilding process with meticulous detail Whether you re a beginner eager to build a solid foundation or an experienced lifter striving for advanced gains this guide offers valuable tips techniques and strategies to help you sculpt the physique of your dreams Packed with expert advice motivational anecdotes and actionable steps The Ultimate Guide to Bodybuilding is your definitive roadmap to unlocking your full potential and attaining the sculpted physique you ve always desired

Bodybuilding Peter J. Fitschen, Cliff Wilson, 2019-02-28 The purpose of this book is to provide a comprehensive overview of the bodybuilding contest preparation process from the start of contest preparation through show day and into the transition to the offseason

Bikini Body Training Guide 2.0 Kayla Itsines, 2015-02-20 So you finished my 12 week guide Give yourself a massive congratulations and pat on the back It s a huge accomplishment and no doubt you are feeling a big change in your overall health mindset and confidence As you know by now my program is not a diet but a lifestyle With my 2 0 guide I ve created another 12 weeks to help you continue your healthy lifestyle Inside you will find 12 weeks of higher challenge workouts a full glossary section detailing new exercises as well as a guide to foam rolling and new resistance exercises The 2 0 guide helps you take your healthy lifestyle to the next level and is the best way to continue reaching your fitness goals

[Bikini Competition: Prepare Your Body](#) Dorothy Mohl, 2017-02-08 How to prepare your body for bikini competition like a professional competitor Gain your best figure through weight loss healthy diet and Cross Fit Workouts

Fast Fat Loss Plan Daniel Burke, 2007 Health and Fitness Guide Includes DVD rom in the back of the book in a plastic sleeve The Fast Fat Loss Plan is a no nonsense guide to losing

weight through eating healthy unprocessed foods and performing exercise *True Utterances (683 +) to Prepare and Win Your Bikini Competition in 12 Weeks or Less (Fitness, Physique, Body Building, Bikini, Competition, Health)* Nicholas Mag, The Miracle In this book Nicholas presents you a practical unique subliminal very simple detailed method of how to Prepare and Win Your Bikini Competition in 12 Weeks or Less Fitness Physique Body Building Bikini Competition Health You will feel the effects immediately and the results will appear very quickly So it was in my case You will not achieve fulfillment and happiness until YOU become the architect of your own reality Imagine that with a few moments each day you could begin the powerful transformation toward complete control of your own life and well being through this unique subliminal method combined with positive affirmations The order of words is extremely important for every book written by Nicholas These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being blockages that are bringing disease or failure on various plans You don t need a big chunk of your time or expensive programs Everything is extremely simple Health money prosperity abundance safety stability sociability charisma sexual vitality erotic attraction will optimism perseverance self confidence tenacity courage love loving relationships self control self esteem enthusiasm refinement intuition detachment intelligence mental calm power of concentration exceptional memory aspiration transcendence wisdom compassion You have the ability to unlock your full inner potential and achieve your ultimate goals This is the age old secret of the financial elite world class scholars and Olympic champions For example when you watch the Olympics you ll find one consistency in all of the champions Each one closes their eyes for a moment and clearly affirms visualizes themselves completing the event flawlessly just before starting Then they win gold medals and become champions That s merely one example of how the real power of mind can elevate you above any of life s challenges By reading this book you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill Nicholas will guide you to touch your longed for dream and will make you see life from a new perspective full of freshness and success This book helps you step by step in a natural way in just 3 minutes a day to change your misguided way of thinking and to Prepare and Win Your Bikini Competition in 12 Weeks or Less Fitness Physique Body Building Bikini Competition Health NOTE For good Nicholas keep the price of the book as lower as he can even if is a hard work behind this project A significant portion of the earnings from the sale of the book are used for these purposes for charity volunteer projects nature restoration and other inspired ideas to do good where it is needed If you can not afford to buy the book please contact Nicholas and he will give you a free copy You also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing You will feel the difference Yes The Miracle is possible Get Your Copy Now *Scientific Foundations and Practical Applications of Periodization* G. Gregory Haff, 2024-02-23 While other periodization books may discuss training theory few provide information on how to integrate various training models into the periodization process Here are just some of the approaches incorporated into Scientific Foundations and Practical

Applications of Periodization Employing and blending parallel sequential and emphasis periodization models to develop athletes Synching recovery strategies with various phases and periods of training to enhance the adaptational process Manipulating nutritional strategies to magnify performance Using and interpreting monitoring data to adjust an athlete's program in accordance with the periodized plan Applicable for athletes at all levels and in any sport Scientific Foundations and Practical Applications of Periodization translates the latest research into usable information that directly enhances programming

Weight Training For Women Robert Duffy, 2020-07-27 Weight training is one of the most overlooked forms of exercise especially for women All too often women choose to avoid weight training in favour of other forms of exercise out of fear they will bulk up too much if they lift weights With so many books on the market aimed at experienced powerlifters and bodybuilders this book fills the gap by targeting beginners who are in need of expert guidance Chapters include information on Basic exercises including illustrations Weight training for weight loss Weight training for physique Weight training for strength or sport More advanced training and plateaus Nutrition and diet Supplements and injuries

The Gluten-Free Edge: A Nutrition and Training Guide for Peak Athletic Performance and an Active Gluten-Free Life (No Gluten, No Problem) Peter Bronski, Melissa McLean Jory, 2012-07-17 Gain an edge in sports and life by going gluten free Since the advent of sport athletes have worked to gain an edge on their competition to look feel and perform their best through both training and nutrition Today science is increasingly showing the negative impact that gluten a protein in wheat barley and rye can have on health For the estimated 30 million Americans with forms of gluten intolerance such as celiac disease this all too common protein can cause gastrointestinal trouble inflammation muscle fatigue and mental fog that hinder an active lifestyle and negatively impact athletic performance The solution a whole foods nutrient dense gluten free diet Others who voluntarily eat gluten free can also discover an edge they never knew was missing faster recovery reduced inflammation improved digestion and increased athletic performance The Gluten Free Edge is the first comprehensive resource that includes What gluten is and how it negatively impacts health and athletic performance The myriad benefits of adopting a gluten free nutrition plan What to eat during training competition and recovery How to deal with group meals eating on the road and getting glutened Insights from prominent athletes already living the gluten free edge And 50 simple high octane recipes to fuel your performance Whether you've been diagnosed with gluten intolerance or simply want to get ahead of the competition this book is for you Your own gluten free edge is waiting

The Bikini Competition Training Guide Daniel Burke, 2010-11-10 A complete plan of action for women interested in competing successfully in Bikini Contests Covers dieting contests body shaping fat loss benefits of competing losing the last 5 pounds of sticky body fat complete exercise guide daily meal plans stage walk contest preparation in detail suits tanning make up hair and more Look like a Bikini Champion and become a winner yourself Over 200 photos

Sports-Specific Rehabilitation Robert A. Donatelli, PhD, PT, OCS, 2006-10-11 A comprehensive resource for focusing on returning injured athletes to their optimal performance This book discusses exercise

principles muscle fatigue muscle damage and overtraining concepts pathophysiology of overuse injuries core evaluation in sports specific testing physiological basis of exercise specific to sport and special considerations for the athlete Social features such as evidence based clinical application boxes provide the reader with a solid body of research upon which to base their practice Aligned to the Guide to Physical Therapy Practice to help learn how to work with athletes injuries and help them make a physical comeback while following best practices Incorporation of muscle physiology demonstrates it as the basis for athlete s exercise prescription Coverage of pathophysiology of overuse injuries illustrates the damage to the musculoskeletal system Inclusion of treatment and training approaches for athletic rehabilitation shows how to restore the musculoskeletal system back to full flexibility strength power and endurance Evidence based clinical application boxes found throughout the book cite key studies and provide real world application to a clinical setting Extensive photographs show hands on demonstrations of important rehabilitation techniques helping the clinician to accurately apply them during treatment

Bikini Samantha Christie, 2015-06-11 NEW UPDATED VERSION JUNE 2015 WITH FREE GIFT WORTH 9 99
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Followed Amanda Bucci, 2023-06-06 Here s the go to book for content creators to navigate what it truly means to have a platform putting yourself out there letting go of what others think and claiming the power your authentic self has to offer the world Since the boom of social media in the mid 2000s tens of millions of people have started their own platforms in hopes of creating success on their own terms But with great visibility comes great vulnerability We become riddled with self doubt and trapped performing a version of what they believe will be acceptable to others optimized for more external approval and algorithmic success What if the mere act of being followed including the criticism judgment and expectation social media creates could actually become a tool for your personal growth Enter *Followed* The Content Creator s Guide to Being Seen Facing Judgment and Building an Authentic Personal Brand By embracing self discovery through self expression you can learn to see exposure as an opportunity for personal development and break free from the imaginary boxes that were always too small for you anyway As a content creator and well known business and life coach Amanda Bucci has dealt with imposter syndrome oceans of criticism and multiple identity crises trying to fit into a box Today she s successfully pivoted her brand to stay aligned with her purpose having coached hundreds of clients dozens of companies and thousands of community members in their journeys of creating success while staying authentic In *Followed* she shares her unique effective process to Find your unique niche without feeling imprisoned by your online persona Overcome your fear of judgment imperfection and rejection Use exposure as a chance to explore and grow

Decrease your social media related stress and anxiety Stop comparing yourself to others and define success on your own terms Empowering perspective shattering and validating Followed proves that even on social media it is never necessary to sacrifice self for success **Men's Health Natural Bodybuilding Bible** Tyler English,2013-06-04 A natural bodybuilder reference demonstrates how to promote muscle growth and definition without steroids counseling today s young athletes on how to take healthier approaches to bodybuilding through clean nutritional and fitness practices Original 50 000 first printing **Advances in Human Factors in Training, Education, and Learning Sciences** Salman Nazir,2022-07-24 Advances in Human Factors in Training Education and Learning Sciences Proceedings of the 13th International Conference on Applied Human Factors and Ergonomics AHFE 2022 July 24 28 2022 New York USA *USA Track & Field Coaching Manual* Joseph L. Rogers,USA Track & Field,2000 Variant title USA Track and Field From USA Track Field Inc Style Icons Vol 2 - Hunks Paul G Roberts,2015-01-29 You can t look at the mixed lineup of this lot and not ask yourself what is it that makes a man compelling One universal might be pulling power Warren Beatty with a hair drier or 007 with a Walther PPK both did a brisk trade in the sack and again we return to the mystique of Valentino to pose a threat the volcano needs to be active not just a smoking threat Hard men are good to find or that is at least what Hollywood has learnt and yet each generation of Hunk Sapiens mutates subtly The stars that we loved in the 80s and 90s are middle aged men now and to some degree they fought for better roles with more depth of character breaking the mould of grunty action hero or merely handsome romantic lead This is true of the thinking woman s love Gods Harrison Ford Liam Neeson Richard Gere and Viggo Mortensen but of little concern to the likes of Sly Arnold Schwarzenegger and Mel Gibson the three icons of unreconstructed muscled manhood as famous for their off screen alpha rage as their onscreen battles Harrison Ford Robert Redford Clint Eastwood Sidney Poitier Ali Sean Connery Jack Nicholson Arnold Schwarzenegger Sylvester Stallone Mel Gibson George Clooney Mick Jagger Fashion Industry Broadcast s STYLE ICONS is a series Style Icons Vol 1 Golden Boys Style Icons Vol 2 Hunks Style Icons Vol 3 Bombshells Style Icons Vol 4 Sirens Style Icons Vol 5 Idols Style Icons Vol 6 Young Guns Style Icons Vol 7 Kittens Style Icons Vol 8 Babes Fashion Industry Broadcast is the number one destination on the web for the latest in fashion style creative arts creative media models celebrity biographies and much more Our site is available globally in 13 languages and is updated daily Not a minute goes by without our passionate team scouring the globe for the latest breaking news and insider gossip Fashion Industry Broadcast publishes on a vast array of media platforms art books eBooks apps for mobiles and television documentaries We cover all the key areas of popular culture style and media arts Our products are sold globally in over 100 countries through our partnerships with people like Amazon Apple Google and many more You can purchase all of our products directly from the FIB site please have a browse www.fashionindustrybroadcast.com A very special video rich multimedia app version with hundreds and hundreds of full length original Hollywood films interviews early auditions movie scenes behind the scenes shoots and also embedded links to rent or purchase all their major movies right in

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Adventure Sport Physiology Nick Draper, Christopher Hodgson, 2008-11-20

the most comprehensive adventure sport physiology book I am aware of, therefore I recommend it wholeheartedly. The Sport and Exercise Scientist, March 2009. This book provides students and professionals with a well-written, accessible introduction to the science underlying a variety of adventure sports. Written specifically for this increasingly popular field of study, the text has been divided into two parts: the first provides the foundations for adventure physiology; the second, the specific physiological and environmental demands of a range of adventure sports including kayaking, canoeing, sailing, windsurfing, climbing, mountaineering, and skiing. Written by two adventure sports performers with extensive teaching and coaching experience, this book will prove invaluable to students taking courses in adventure and outdoor education and professional instructors involved in such activities. In addition, students of sport and exercise science and physical education will find this an excellent introduction to the physiological response to exercise. Clearly explains the basic physiological principles and applies them to a variety of land and water-based sports. In full colour throughout, the book includes numerous illustrations together with key points and chapter summaries to reinforce learning. Contains original pieces from elite and high-level athletes describing the physiological demands of their particular sport in a real-world context. These include London sports personality of the year Anna Hemmings, respected climbers Dave Macleod and Neil Gresham, and Olympic medallists Tim Brabants and Ben Ainslie. Dedicated web site contains an original sample training programme and a set of adventure sport specific exercises.

Strength and Conditioning for Young Athletes Rhodri S. Lloyd, Jon L. Oliver, 2013-07-18

Strength and Conditioning for Young Athletes offers an evidence-based introduction to the theory and practice of strength and conditioning for children and young athletes. Drawing upon leading up-to-date research in all aspects of fitness and movement skill development, the book adopts a holistic approach to training centred on the concept of long-term athletic development and the welfare of the young athlete. While other textbooks focus on a single aspect of youth trainability, this book explores every key topic in strength and conditioning as applied to young people, including talent identification, motor skill development, strength, power, and plyometrics, speed and agility, metabolic conditioning, mobility and flexibility, periodization, weightlifting, myths, overtraining, and injury prevention, nutrition. Written by a team of leading international strength and conditioning experts and paediatric sport scientists, every chapter includes programming guidelines for youths throughout childhood and adolescence to show how the latest scientific research can be applied by coaches to optimize young athletic potential. This is an essential resource for all students of strength and conditioning or paediatric exercise science, as well as any coach or athletic trainer working with children and young people.

Figure Competition Prep Guide Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Figure Competition Prep Guide**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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