

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	10g	15g	5g
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	10g	15g	5g

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 BCAAs 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			6g		5g	
2 egg whites			12g			
Cooked chicken and veggie omelette					5g	
Banana			1g	27g	1g	4g
Dextrose in water				15g		
Workout						
Post-workout meal (1:00 PM)						
Meal 2			25	45	10	
Protein Shake + water 30 minutes post workout			25g	15g	10g	
Snack (2:00 PM)			10g	15g	5g	
Protein Shake + water 30 minutes post workout			10g	15g	10g	
Meal 3			25	45	10	
Chicken, white rice			25g	45g	10g	
Banana			1g	27g	1g	4g
Dextrose in water (10:00 AM)				15g		
Meal 4			25	45	10	
Chicken, white rice			25g	45g	10g	
Banana			1g	27g	1g	4g
Dextrose in water (10:00 AM)				15g		
Meal 5			25	45	10	
Chicken, white rice			25g	45g	10g	
Banana			1g	27g	1g	4g
Dextrose in water (10:00 AM)				15g		
Meal 6			25	45	10	
Chicken, white rice			25g	45g	10g	
Banana			1g	27g	1g	4g
Dextrose in water (10:00 AM)				15g		
Meal 7			25	45	10	
Chicken, white rice			25g	45g	10g	
Banana			1g	27g	1g	4g
Dextrose in water (10:00 AM)				15g		
Meal 8			25	45	10	
Chicken, white rice			25g	45g	10g	
Banana			1g	27g	1g	4g
Dextrose in water (10:00 AM)				15g		
Meal 9			25	45	10	
Chicken, white rice			25g	45g	10g	
Banana			1g	27g	1g	4g
Dextrose in water (10:00 AM)				15g		
Meal 10			25	45	10	
Chicken, white rice			25g	45g	10g	
Banana			1g	27g	1g	4g
Dextrose in water (10:00 AM)				15g		
Meal 11			25	45	10	
Chicken, white rice			25g	45g	10g	
Banana			1g	27g	1g	4g
Dextrose in water (10:00 AM)				15g		
Meal 12			25	45	10	
Chicken, white rice			25g	45g	10g	
Banana			1g	27g	1g	4g
Dextrose in water (10:00 AM)				15g		

Figure Competition Prep Guide

Annelies Wilder-Smith

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

Figure Competition Prep Guide:

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NSCA's Essentials of Sport Science Duncan N. French,NSCA -National Strength & Conditioning Association,Lorena Torres Ronda,2022 NSCA s Essentials of Sport Science provides the most contemporary and comprehensive overview of the field of sport science and the role of the sport scientist It is a primary preparation resource for the Certified Performance and Sport Scientist CPSS certification exam

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 Special 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

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Men's Health Natural Bodybuilding Bible Tyler English,Editors of Men's Health Magazi,2013-06-04 It takes guts and dedication to meticulously sculpt an extremely lean and cut physique If you are ready to build a competition worthy body or just want to look like a pro there is no better program

than the total body diet and workout plan revealed in Men s Health Natural Bodybuilding Bible It is THE how to manual for anyone who wants to win his first bodybuilding competition the right way purely naturally on guts grit and extreme dedication to diet and muscle craft Or even just look like you did without stepping foot on a stage Developed by professional Natural Bodybuilding Champion Tyler English this plan will show you how to pack on pounds of MUSCLE with the workouts that helped him take first place in competition Get the best intense workouts for each muscle and the right form so you reap maximum results

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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