

# Contest Prep Guide

Mind, Figure, Physique



100

## 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	40g	10g
Snack 1	25g	40g	10g
Meal 2	25g	40g	10g
Post-workout meal	25g	40g	10g
Meal 3 Lunch	25g	40g	10g
Meal 4	25g	40g	10g
Meal 5 Dinner	25g	40g	10g
Meal 6	25g	40g	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 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	Notes
Meal 1	7:00 AM	Breakfast	25g	40g	10g	
Instructions: In 10 minutes, protein powder, almond milk, fruit, oil						
1 whole egg			6g		5g	
1 egg white			3g			
Cook protein and oil together in egg					5g	
Coffee			2g	20g	1g	2
Almond milk in coffee				5g		2
Workout						
Drink BCAA during lifting, protein (see supplements on pg 25)						
Meal 2	10:00 AM	Post-workout meal	25g	40g	10g	
Protein powder + within 30 minutes post workout						
Snack 1			25g	40g	10g	
Protein shake			25g	40g	10g	
Protein shake for post workout			25g	40g	10g	
Meal 3	12:00 PM	Lunch	25g	40g	10g	
Chicken, white rice						
Chicken			25g	40g	10g	
White rice			25g	40g	10g	
Mix or (coconut oil or butter/ghee)					10g	
Butter/ghee			25g	40g	10g	
Meal 4	2:00 PM	Snack	25g	40g	10g	
Protein, white rice						
Protein			25g	40g	10g	
White protein			25g	40g	10g	
Mix or (coconut oil or butter/ghee)					10g	
Butter/ghee			25g	40g	10g	
Meal 5	5:00 PM	Dinner	25g	40g	10g	
Protein, white rice						
Protein			25g	40g	10g	
White protein			25g	40g	10g	
Mix or (coconut oil or butter/ghee)					10g	
Butter/ghee			25g	40g	10g	
Meal 6	8:00 PM	Snack	25g	40g	10g	
Protein, white rice						
Protein			25g	40g	10g	
White protein			25g	40g	10g	
Mix or (coconut oil or butter/ghee)					10g	
Butter/ghee			25g	40g	10g	

# Figure Competition Preparation Guide

**James Paradis, Muriel Zimmerman**



## **Figure Competition Preparation Guide:**

**Bodybuilding** Peter J. Fitschen,Cliff Wilson,2019-03-18 The popularity of bodybuilding is at an all time high and the sport is continuing to grow But seasoned competitors and beginners often have questions about how to look their best on show day Written by expert bodybuilding coaches Peter Fitschen and Cliff Wilson *Bodybuilding The Complete Contest Preparation Handbook* will guide you through every step of the process to select a competition prepare for the contest and make the transition to the off season With no other book like it on the market *Bodybuilding* offers you scientifically supported and experience based guidelines to help you have your best show ever *Bodybuilding* takes the guesswork out of preparing for a contest and answers common questions such as these How do I choose the competition and division that are right for me What mandatory poses do I need to learn for my competition What is the best workout to do during contest prep What should I do if I start to spill over during peak week How long is too long to maintain stage lean levels of body fat The authors have created an easily accessible handbook that guides you step by step The chapters begin with a background of the sport followed by a discussion of the competitive division options for both men and women The next chapters will help you through the process of obtaining a stage ready physique with an evidence based approach that combines scientific literature with practical experience These chapters discuss important topics such as nutrition training and preparation timing The next chapters address posing peak week tanning and a number of other topics that will help you bring your most polished physique to the stage More than 60 full color photos show body types for each division and each mandatory pose offering a visual guide to the proper positions for each pose You will also find information on how to handle the transition to the off season With unparalleled detail *Bodybuilding* is your go to guide for bodybuilding success **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 *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 *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 *The Vegan Muscle & Fitness Guide to Bodybuilding Competitions* Derek Tresize,Marcella Torres,2014-09-09 Not just for physique competitors this guide can help anyone meet their goals with a whole foods plant based vegan diet You will learn how to Calculate the time to reach your goal Apply strategies to build muscle and lose fat Assess your progress Create workout routines Design meal plans that hit your targets In addition to these customizable tools and formulas this book includes eight sample menus

three weight lifting routines eight cardio workouts recipes and more Derek Tresize and Marcella Torres are the husband and wife team of competitive vegan bodybuilders behind Vegan Muscle and Fitness at [www.veganmuscleandfitness.com](http://www.veganmuscleandfitness.com) Owners of Richmond Virginia's only plant based personal training studio Root Force Personal Training the pair seeks to promote a fit and active plant powered lifestyle and shatter the perception that strength and athleticism can't be achieved with a plant based diet

*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

*Sports-Specific Rehabilitation - E-Book* Robert A. Donatelli, 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

*Fitness Food Cookbook and Inspirational Nutrition Guide* Tanya Lee, Tanya Lee Sheehan, 2005-12 Hundreds of one dish one serving meals that are under 15 minutes to prepare Fitness model and yoga practitioner Tanya Lee Sheehan presents her newest publication *FITNESS FOOD* where science meets nature In this book Tanya has developed a system of defining meals not only by calories protein carbohydrates fat and fiber BUT ALSO by the approximate element energies of earth water fire and air This book contains the best eating habits from ancient metaphysicians to fitness professionals and combines it with a love of life and awareness of the environment A massive collection of simple convenient healthy meals There isn't a fitness athlete out there

who wouldn't get their money's worth Oxygen Magazine book review      *The Figure Book* Daniel Burke, 2012-01-14 An in-depth and concise look at training, dieting and posing for Figure Competition. A yearly blueprint for the competitor. Dieting, training, posing, what to pack in your bag, tanning, pre-contest countdown, your yearly plan and more. Over 300 photographs. Now in its 12th edition. A complete guide for female competitors. Written by The Figure Coach Daniel Burke      [The Official ACT Prep Guide 2025 - 2026](#) ACT, 2025-04-24 THE OFFICIAL ACT PREP GUIDE 2025 2026 The comprehensive guide to the 2025 2026 ACT test including 4 genuine full-length practice tests. The Official ACT Prep Guide 2025 2026 book includes four authentic ACT tests, all of which contain the optional writing test so you get maximum practice before your test date. This guide provides clear explanations for every answer straight from the makers of the ACT to help you improve your understanding of each subject. You'll also get Practical tips and strategies for boosting your score on the English, math, reading, science, and optional writing tests. Four new practice tests that reflect the Enhanced ACT experience. Expert advice on how to mentally and physically prepare for your test. This edition has been updated with four new practice tests, writing samples and prompts so you can be sure your materials will set you up for success on your ACT test. Through the Official Guide, you'll learn what to expect on test day, understand the types of questions you will encounter when taking the ACT, and adopt test-taking strategies that are right for you      *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      [Feminist Figure Girl](#) Lianne McTavish, 2015-01-08 Analyzes the author's transformation from academic to figure competitor. *Feminist Figure Girl* chronicles the transformation of art history professor Lianne McTavish from a university professor into an extraordinarily tanned and crystal encrusted bikini-wearing figure girl. Figure competitions seek a softer appearance than traditional forms of bodybuilding but still require rigorous weightlifting, an extreme protein diet, and many hours of posing in high heels. While training for a figure show, McTavish combined autoethnographic methods, participant observation, and feminist theory to find new ways of thinking about physique culture and the female body. The author, who specializes in critical visual culture and the history of the body, explores such contemporary issues as body image, fat studies, identity politics, and postfeminism while rethinking fitness culture, diet regimes, feminist politics, reproductive activism, performance art, and the social function of photography. Written in a lively personal style reminiscent of McTavish's popular blog, she clearly explains the complex ideas stemming from the theoretical work of such writers as Judith Butler, Simone de Beauvoir, Michel Foucault, Iris Marion Young, Edmund Husserl, and Maurice Merleau-Ponty. The book also includes many photos documenting McTavish's physical transformation. Dieting and exercising with the goal of posing onstage in a bikini and heels is not what many think of when they think of feminism, but then those people have never read *Feminist Figure Girl*. Lianne McTavish brings figure

competitions and feminism two seemingly opposed things together in this intellectually challenging deeply personal book This is a must read for anyone with a passion for feminism and fitness Caitlin Constantine editor of the Fit and Feminist blog

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Hall,2015-01-02 Everything you need to know thoroughly covered in one book five ASVAB practice tests answer keys tips to boost scores military enlistment information study aids      Practical Applications In Sports Nutrition - BOOK ALONE Heather Fink,Alan Mikesky,Lisa Burgoon,2011-07-26 Practical Applications in Sports Nutrition Third Edition provides students and practitioners with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals This text not only provides the most current sports nutrition guidelines and research but also includes the tools and guidance necessary to most appropriately apply the information in the real world It demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change Early chapters provide an introduction to sports nutrition and give a thorough explanation of macronutrients micronutrients and water and their relation to athletic performance Later chapters focus on the practical and applied aspects of sports nutrition including behavior change through consultations and weight management Chapter 15 targets the unique nutrition requirements of special populations such as athletes who are pregnant vegetarian or have chronic diseases The text concludes with a chapter dedicated to helping readers discover the pathway to becoming a sports dietitian through education and experience

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