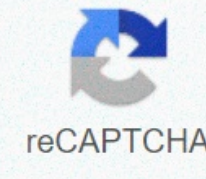




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The complete contest prep guide

Download our free workout routine eBook to start the current holiday post body update. ☺ I did 'shred with lane' my photoshoot with @sergey_yusin on November 21 after losing over 30kg during the year using our Carbon Diet Trainer app (link below) to train me after photoshoot! I set the app to maintenance mode as I didn't have any specific competitions or powerlifting meets I planned to prepare for any time soon. I wanted to keep most of my weight loss but still enjoy the holidays. After all, we went to visit my parents on Thanksgiving two days after filming. Then we had my birthday party in mid-December, followed by Christmas, and the New Year, too. So what did I do? Freaking out? A spree. Avoid all delicious foods and alcohol? Not. Not. Not. I set up app maintenance and let it do the job. My lowest average weekly weight during my cut was just before filming at 91.5kg (yes I weigh a cag because I'm married to an Australian who keeps the weight on a kkg even though she lives in the US ☹). When we sit today my weight is just over 92kg. I'm not as skinny as I used to be, but that's okay. I enjoyed all the delicious food, drinks, & had a great time & I still look pretty good if I didn't say it myself 🍷🍷🍷 / what helped me be able to enjoy food/drink without piling up on the pounds? Planning! My average daily calories that I have the trainer at 3580. During weeks when we've had events I'd use a carbon calorie planner & keep my calories lower (3000-3300) on days when I don't need so much flexibility because I can control all my food choices so that I can have more big days like my birthday (over 4500 ☺) result? I had zero pressure on the holidays. I enjoyed myself to hell, and I ate damn good food with my friends and my family. Now doesn't that sound like a better plan than constantly spinning your wheels with BS fashion diets, gaining weight, and feeling stressed & guilty during the holidays? There's a better way. My Book Fat Loss Forever can teach you how & why, & our carbon diet trainer app can take all guesswork out of the process & lend you through it. There's a better way, let us show you why we're different. Click on the link ♥ start your review of the Full Competition Preparation Guide (Female Cover) This is an easy book to read with all the information one needs to prepare for a bodybuilding competition. Lane Norton, being a natural bodybuilding competitor himself, uses his experience as well as a lot of science to give anyone interested in body transformation the tools they need to succeed. Being a personal trainer myself, I'm always interested in learning from the best health supporters out there - and Lane Norton is definitely one of those people. I trust what he says, because it's an easy book to read with all the information it takes to prepare. Competition. Lane Norton, being a natural bodybuilding competitor himself, uses his experience as well as a lot of science to give anyone interested in body transformation the tools they need to succeed. Being a personal trainer myself, I'm always interested in learning from the best health supporters out there - and Lane Norton is definitely one of those people. I trust what he says, because his information corresponds to information I learned from my personal training credentials, and he backs it all up with scientific material. ... Another book was a wealth of information about preparing for a bodybuilding competition. I don't plan on competing, but I wanted to learn more and educate myself about the process. Start your review of the complete guide to preparing for the competition: your roadmap from start to stage I enjoyed this book - I read it out of curiosity while enjoying reading about health and fitness. It taught me a lot. A lot.

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