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The complete contest prep guide reddit

I'm forever looking for fat loss (by Layne Norton) and a flexible diet lifestyle ebook 5.0 pages 2 20 comments page 25 comments Hey everyone, Im looking;-Complete reverse diet guide - if there's a complete tournament preparation guide will someone be kind enough to send you to me? Thanks! EDIT: I'm also looking for the physiology of sports and exercise. imgur.com/a/RJwT...Page 2imgur.com/a/RJwT... We're entering the contest season, and we're pleased to see so many R/bb members taking the stage for the first time in 2017. I wanted to put together a list of advice I have picked up through my experience and observations, and I encouraged any of our experienced subreddit members to add more advice in the comments. I would politely ask people who have not personally experienced bodybuilding shows to limit their opinions to questions in this thread rather than repeating the advice they may have heard. Do: Look for experienced coaches, especially at the first show. I know a lot of our members are young and lack the funds to afford coaches but cheaper sports to compete in bodybuilding (more on later) but I suggest spending very much money. Take the time to meet various coaches and find a good one. In my experience, 9/10 coaches don't know what they're talking about. Just because they did the show / Well done on the show / Winning the show doesn't mean they deserve to be a coach. Questions, all kinds of questions. If your coach can't explain 'why' behind everything you eat or drink, you can find someone else. They are most likely to walk away from plans made by others. If they don't need to send weekly photos or take weekly photos of your physique you are most likely just getting a cookie cutter tournament ready plan, not one based on your physique and needs. No one has photo memory and they are not worth the money you pay them if they don't compare your progress weekly to make proper adjustments to your plans. Budget. The show is expensive. For men I would budget at least \$500. For women I'd say close to \$750-1,000. It costs \$125 for your NPC card, \$100 for tan, \$50-100 for shorts - \$35-40 for classic trunks - more for BB trunks, \$125 per class you compete in (usually competing in both first-time competitors and open classes), if you're traveling in a hotel. I also cause I pay for professional photography in general and cause I diet my my ass for only 12-16 weeks, and I want something better than an iPhone photo from my friend in the audience. Women should be worried about suits (anywhere from \$300 to \$3,000), makeup, hair and jewelry. Start saving early. If you're stressed about your finances going on the show you can't offer it all. The practice of posing like your life depends on it. You suffered/worked your indesua. If you can't do it right Your physique you will regret it. I suggest 2 times a day for the last 8 weeks before the show. You may need to switch how you do each post on a rather regular basis so your physique will change significantly over the past few weeks. Don't: starve yourself for the show. If you're too puffy, don't rush the show date, choose a show far out and diet down slowly. Starving yourself of fracking causes you to lose too much muscle mass and come to the flat. Last year, I dieted inappropriately and lost over an inch with just eight. Operate sodium. This is a bro science trend left over from the 1970s and it is very dangerous. Don't starve yourself of sodium as you approach your show date. Keep sodium levels consistent. It is necessary for the body to function properly. Any show deserves serious health problems. the water. I know, you want to be dry and full. The only way to be full is to carb properly before the stage. The only way that carbohydrates reach your muscles is if you have enough water to facilitate it. That's why I highly suggest an experience coach who adjusts your water intake based on how your body reacts in the hours before the stage. Yes you will drop your water intake, but cutting completely will result in a very flat shape on stage. Drink distilled water. I have no idea where this concept comes from, but I will find people drinking distilled water behind the scenes. Drinking distilled water starves the whole body and makes it look flat. If you starve the body of electrolytes for too long, prepare for a trip to the hospital. I promise you, they won't hand out trophies for most shredded people in the emergency room. 23 years ago 25 comments contestprepbook.com/Page 2contestprepbook.com/ finally found time to make my writing about preparing for my first contest, dieting, training while dieting, and learned so much along the way about the mental difficulties of tournament preparation. The preparation was 25 weeks in total and I participated in the NPC Big Skai Championship at MT Missoula. I placed first place in the true beginner class B and 3 in the open class c.Stage photo full preparation progress photo Photo start photo weight was about 228 pounds and my target weight was about 195 pounds. Leave to lose around 25 weeks 1.3 pounds/week.24-18 weeks out: 2700 calories - (200c/100f/240p) about no cardio 18-18-18 14 weeks out: 2600 calories - (200c/80f/240p) about 15 min heart 3x 14 weeks 14-20 weeks c/70f /240p) About 20 minutes Cardio 4 x Week 10-8 Weeks Out: 2450 Calories- (200c/65f/240p) About 30 minutes Cardio 4 x Week 8-5 Week Out: 2400 Calories 40 Minutes Cardio 4 x Week 5-1 Week Out: 2350 Calories 40 Calories 40 Higher Diet to 60 Higher Diet Food, mostly more fat. I didn't keep track of the vegetables. Heart: 12% incline 3.1 MPH or hike with my dog in the mountains. (Usually one short hike and one long hike is once a weekend. Sometimes 2) exercise split (PPLx2) I feel most of the time training. I always need to incorporate a low rep - at least once every two weeks heavy days. Saturday-Monday: Regular low carb day Tuesday - 450g CarbWednesday - 350g CarbThursday - 300g CarbFriday - 400g CarbSaturday Morning 200g carbs nailed my morning carbs but didn't eat enough between shows and looked very flat in the final. Long-term goal: Get a pro card in WNBf in bodybuilding by the end of 2020. I plan on taking next year and a half to grow my weaknesses and enjoy my training. One unique aspect of my preparation is that I suffer from a grave disease called thyroid disease and no longer function in the thyroid gland, thus relying on synthetic thyroid hormones to control my metabolism, but I don't abuse my medication, the same amount every day. Feel free to ask if you guys have any questions. Page 22 years ago posted by 27 comments hey everyone! Over the weekend, I participated in the final show of my 2018 tournament prep season, the NANBF Greater O'Mahony National Championships. It couldn't end up better after I ended up winning my IE Pro card in a man's bodybuilding.Here's a quick write of my entire preparation. 시작 날짜: 10/22/17 준비에 총 주: 53 주 시작 무게: 187 파운드 종료 무게: 151 파운드 총 파운드 손실: 36 파운드 (67 파운드/ 주) 시작 사진: - 심장 / 포즈 월요일 - 상부 (강도 집중 화요일 - 낮은 (강도 집중) 수요일 - 심장 / 포즈 목요일 - 상부 (가슴과 팔) 금요일 - 낮은 (볼륨 집중) 토요일 - 상부 (뒤와 delts) 심장은 준비를 통해 모든 흔들렸다. 하지만 본질적으로 LISS x 30-35 분의 몇 세션으로 시작했다. 중간 준비에 의해, 우리는 LISS x 35 분, MISS x 20-25 분, 1-2 HIIT 세션의 세 세션으로 기어를 전환. 지난 4-5 주, 우리는 내 다리에 염종과 피로를 줄이기 위해 모든 MISS와 HIIT를 꺼내 단순히 LISS x 40-45 분 4-5 번 일주일에, 위에, 매일 단계 10-15k. 준비의 더 나은 부분을 위해, 나는 유연한 다이어트를 연습했다 Eat quite a lot of processed foods. The starting macro was 225g of protein, 300g of carbohydrates and 60g of fat. Over the past five weeks things have really changed and all processed foods have dropped and whole foods only (clean eating) so I stuck back to basics like chicken, broccoli, oats and sweet potatoes – this has become a stock. I usually eat 5-6 meals a day or every 2-3 hours. Resuping was planned almost weekly, Only one barely backed down, but most of the calories were linear. A little bit of carb cycling for a few weeks, but back to linear calories - worked better for me. NANBF KC Classic - September 16, 2018 Men's Open Bodybuilding (PQ) 2nd Men's Open Classic Physique (PQ) Photograph: Natural Peoria Championships - October 20, 2st place in men's professional bodybuilding 2018 - Pro debut - 2015 Photo: Greater Omaha Natural Championships - October 27, 2018 No.1 in Men's Open Bodybuilding (PQ) - IME Pro Card Photo Award: / I decided it would likely take on for three years. Most of the competitors I faced had size advantages, and I want to bridge that gap with the long off-season of muscle building. Weaknesses will definitely be specialized, but the idea is really growing while I train harder than ever. I know if this was pretty short, but someone will let me know if you have any questions and I'll be happy to answer them. Finally, if you want to connect with me (shameful plug), please follow me or join my social media. DM me so I know that you come from subreddit! Instagram YouTube, thank you. Page posted 22 years ago by 63 comment comments

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