

Bodybuilding

*The Ultimate
Guide to
Building
Muscle Mass
and Increasing Strength*

S. Daly

*(Bonus Bodybuilding Meal
Plan-plus FREE Teen Bodybuilders
& Female Bodybuilders Guide)*



BODYBUILDING:

***The Ultimate Guide to Building Muscle Mass
and Increasing Strength!***

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Teen Bodybuilders & Female Bodybuilders
Guide)***

By S. Daly

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INTRODUCTION

The fitness craze first rose in the early 1980s when people started to realize the importance of health. Huge sums of money were spent annually by individuals and institutions for the purpose of fitness. Everyone was in search of the perfect body. Now, gyms are common everywhere. Personal trainers now make a living just by helping people stay fit and healthy. Bodybuilding supplements have also gained popularity in recently years and are now considered to be the ‘shortcut’ to fitness.

In reality, body building has been around for a long time now. Eugen Sandow, also known as the *father of modern bodybuilding*, would invite people to view his body in various muscle displaying performances. Eugen’s acts were performed in the late 20th century and he is credited for being the inventor of bodybuilding as a sport.

Eugen Sandow’s performances were based around the display of his strength and agility to show off his immaculate physique which was, at that time, considered to be the ‘dream’ body. Sandow was so successful with his stunts that he built an entire business around his bodybuilding fame. He is one of the first individuals to market (and invent) bodybuilding products and equipment.

Sandow is also well known for hosting the first ever bodybuilding contest known as the “Great Competition”, held in London. The competition is largely credited for being the base of competitions such as Mr. Olympia (currently the most popular bodybuilding contest in the world).

However, it was not until the World War II until men realized the true potential of body building. During the war, men were inspired to work on their physique to grow stronger and more aggressive. Focus was put on nutrition, training techniques were enhanced, and bodybuilding equipment was developed for working on muscles unlike ever before. This was the period in history when the first bodybuilding organizations and gyms came into existence. Prime examples of these organizations include International Federation of Body Building and the Amateur Athletic Union.

Almost three decades later, Arnold Schwarzenegger raised the standards for men by filming “Pumping Iron”. Bodybuilding has now grown to become an obsession for numerous people around the world. What’s more is that not only men, but women are also taking an interest in the art. The sport of bodybuilding has now evolved to become a competitive arena for both men and women.

Today, every individuals dream is to get the physique that was achieved by the likes of Eugen Sandow and Arnold Schwarzenegger. If you have always taken interest in bodybuilding and want to get that ‘Grecian Ideal’ that was originally envisioned by Eugen Sandow, this book will help you. From the very basics to how you can master the art of bodybuilding, this book contains all the information you will need for gaining the perfect physique.

I’m here to share my years of expertise in the field to reveal the secrets of bodybuilding to **you**.

WEIGHT TRAINING

In simple words, bodybuilding can be described as the process of muscle fibre development through the use of various techniques and exercises. True success in bodybuilding is achieved through weight training, muscle conditioning, increase intake of nutrients, and rest. All of these phases have to be scheduled correctly to achieve best results. Bodybuilding workouts are designed to keep the focus on certain muscles while food is consumed with the intention of increasing body mass and building metabolism.

This chapter of the book focuses on weight training, why is it important, and how can you do it. Weight training involves the development of body strength and size of muscles. When the force of contraction applied by the muscles is opposed by the force of gravity, it develops muscle strength. Weight training makes use of specialized equipment and movements for targeting specific muscle groups in the body.

Strength training is also a commonly used term for weight training despite the fact that both these terms refer to different things. Strength training primarily focuses on muscles only (increasing their strength and size). Weight training on the other hand, is only a type of strength training that is used for building muscle mass.

However, the basic principles for both weight training and strength training are the same. They are both based on workouts that are carried out in different reps and sets at different speeds for increasing endurance, strength, size, and shape of the body.

The specific combination of sets, reps, exercises, and weights depend mainly on your goals as a body builder. For instance, if you are looking for increased strength, sets with fewer reps and heavier weights will do the job but with a reduced impact on endurance.

Barbells, pulleys, and dumbbells are the equipment that are used in weight training while push-ups and chin-ups are some of the key exercises that are performed. Different weights offer different levels of endurance.

In weight training, the focus is to perform movements with specific muscle groups *only*. This means that the weight should not be transferred to other parts of the body. This is why form and stability are key in weight training, since it involves a significant risk of injury if performed incorrectly.

Resistance training is another type of weight training that involves replacing gravity with hydraulic resistance to cause a muscle contraction. When your muscles resist a weight, you are performing resistance training that will improve the overall tone of your muscles with time.

Beginners with weight training are always advised to take precaution. This is because over-working yourself may cause more harm to your body than good. For instance, some of your muscles may naturally grow stronger than others. This may lead to instability and lack of balance. Build yourself up slowly to allow your muscles to develop strength and mass relative to each other.

Nowadays, gyms also offer the services of a personal trainer with your membership fee. These trainers will help you design a specific workout for beginning with weight training. These workouts will assist you in building up your muscle strength without risking injury or instability.

If you undertake weight training on your own, we recommend that you follow the advice in this book for clarifying what you should and should not do.

First, we'll start with some common exercises for weight training.

EXERCISES

For beginners, body building terminology may seem difficult to understand. Bench presses, curls, shrugs, and raises, these are all a few examples of terms that you might find alien right now. Not to worry though, this chapter will assist you in learning the different types of weight training exercises there are and how you can best perform them safely. There are numerous exercises available but we have selected some of the basic (and most effective) exercises to help you out in your workout routine.

Dumbbell Bench Press

Sit on the edge of a bench with dumbbells resting on both your knees. In a single, smooth motion, roll down onto your back. Bring the dumbbells up by lifting your arms in a position above your shoulders. Your palms should now be facing forward.

Now bend your elbows at a 90-degree angle with your arms parallel to the ground. Press the dumbbells over your chest in a steady, triangular motion until the weights meet above your body's centre line. Remember to do this in a slow, steady motion to keep the weights under control. Follow the same movement downward to complete one rep of a dumbbell bench press.

Standing Military Press

You will require a barbell for performing this exercise. Stand up with your legs shoulder width apart while holding the barbell up to your chest. Lock your hips and legs firmly to gain stability. Keep your elbows under the bar. Pull up the bar to arm's length over your head.

Slowly lower the barbell to your chest now until it is at a

comfortable height. This will complete one cycle for the exercise. You may even perform the exercise with dumbbells or while seated on a bench.

Lying Tricep Push

Use an overhand grip to hold a curl bar while sitting on a flat bench. Lie down on your back so that your head is even with the end of the bench. As you lay down, extend the arms above your head so that the curl bar is directly above your eye-line. Keep the elbows tight and ensure that your arms are stationary throughout the workout.

Steadily lower the bar until it is near your forehead. Push the bar back up to its original position in a slow, sweeping arc motion. Lock your elbows completely.

Side Lateral Dumbbell Raise

Stand with your legs should width apart and arms to the side of your body. Now, hold a dumbbell in both hands with your palms facing the body. With your arms straight, move the dumbbells outwards, away from the body. Now, lift the weights up until they are higher than shoulder level. Lower the dumbbells back down to the starting position, slowly.

Lift the dumbbells again to shoulder height but while keeping the palms turned downwards. This will work on your biceps. Also, ensure that you are *lifting* the dumbbells and not *swinging* them upwards. Keep your back straight to avoid injuries.

Preacher Curls

Sit at the edge of a flat weight bench. Place a small foam roller under your knee caps. Hold a curl bar with your palms facing upwards. Sit as straight as possible to maintain your balance. It is recommended that you perform this exercise with a preacher curl bench.

Firmly hold the curl bar with both hands shoulder width apart. In an arc motion, curl the bar upwards. Do not swing or rock the moving bar. This exercise will work on your biceps.

Next, bring the bar up to the chin. Remember that the resistance will be greatest during the beginning. Lower the bar to its original position again to complete one rep.

Seated Dumbbell Curl

Sit on the edge of a weight bench with your feet firm on the floor. While keeping your back straight, start by holding the dumbbells with your palms facing inwards. Curl the dumbbells up. When the weights reach your thighs, twist your wrist and squeeze the biceps. Slowly lower the weight back to its original position again.

Do not swing the dumbbells, lower them steadily. You can also perform this exercise while standing but sitting prevents bad form.

One-Arm Dumbbell Row

Place your right foot on the floor while your left knee rests on a flat bench. Now, lean slightly forward so that you are in a position where your upper body is supported by your left arm (placed on the bench). Your back should be parallel to the floor and straight.

Slowly reach down and pick up one dumbbell in your right hand. Your left arm should be locked tight with the elbow so that it continues to support the upper body.

Look straight forward so that your back is straight. Keep your abs tightened and in a single smooth motion lift the dumbbell. Ensure that your body does not turn to the sides as you lift. Pull your right elbow back as far as possible, until the dumbbell is parallel with your torso.

Lower the dumbbell back to its starting position to complete one rep. After one set, switch arms and perform another set to complete the workout.

Dumbbell Shrugs

Stand up with your feet shoulder width apart. Pick up two dumbbells with your arms on the sides of your body. Lower your shoulders downwards, as far as you can. Raise yourself slowly back to the starting position again to complete one repetition.

For this exercise, you may even rotate your shoulders as you move up and down with the dumbbells. Alternatively, you can also use a barbell instead of the two dumbbells.

Standing Calf Raises

With your feet placed on the ground, stand against a wall and place your palms firmly on the wall. Ensure that your body is straight.

Lift your heels slowly until you are standing on the very tip of your toes. Hold this position briefly (for a small count of three at first) then slowly return back to the original position.

Crunches

Lay down straight on your back on the ground or alternatively, rest on a weight bench with knees bent at ninety-degree angle. If you are resting on a bench, ensure that your feet are at least 3 inches apart. Point your toes inwards so that both your feet touch.

Place your hands on your head while keeping the elbows locked in. Do not lock your fingers together. To isolate the abdominal muscles, push

your lower back down to the floor. Now, slowly start to roll shoulders off the floor.

Keep pushing down with your lower back until your shoulders come up off the floor by approximately 4 inches. Ensure that your movements are slow and controlled for performing the exercise safely.

Dumbbell Hammer Curls

Stand vertically with your arms hanging by the sides of your body. Pick up a dumbbell and ensure that your palms are facing each other. Lock your elbows into the sides. For this exercise, your elbows and upper body should remain stationary.

Curl up the dumbbell in your right hand up to your right shoulder in a slow, semi-circular motion. Squeeze your right biceps at the top of this lift. Lower your right arm back to its position.

Repeat the movement with the left hand to complete one rep. Remember, do not hyper-extend your wrists during the exercise to avoid injury!

Incline Dumbbell Press

You will need an incline bench that is set at a 45-degree angle. Sit on the edge of this bench and pick up a dumbbell in both your hands. Place the dumbbells on your thighs. Raise the dumbbells to shoulder level and press your back (and shoulders) against the bench.

With your palms facing forward, press the weight to a point above your upper chest. Exhale as you lift the weights. Now, slowly lower the weights down to the starting position and inhale.

Barbell Squat

Hold a barbell with your hands. Lift your arms and rest the barbell on the upper part of your back (just behind the neck, resting on the shoulders). Take a firm grip of the barbell and make sure that your arms are approximately twice as apart as your shoulder width. Position your feet on the ground so that they are shoulder width apart. Your toes and knees should be pointing outwards during this.

Keeping your back straight, bend your knees and lower yourself down until the thighs are parallel to the ground. Now, press the barbell back up to its starting position i.e. where it was before you bent down.

For safety, do not lean forward! Use a belt to reduce chances of back injury back. Also, adopt a wider stance if you wish to work on your inner quads more.

Upright Barbell Row

Stand in a vertical position with your hands firmly holding a barbell. Keep the barbell hanging straight down in front of you with your body and wrists straight. Pull up the barbell towards your chin, ensuring that it is close to the body.

Concentrate on pulling with the front portion of your shoulders. Lower the barbell to the starting position and repeat.

Front Dumbbell Raise

Stand up with a dumbbell in each of your hands, your palms facing backwards and feet shoulder width apart. Maintain a bend in your elbows such that your arms are straight but not bent, you must keep this position throughout the exercise.

Lift the left dumbbell in front of you in an arc motion until the weight is above shoulder height. In a single, smooth motion, lower the weight back to its starting position while simultaneously lifting the right dumbbell. Both of your arms should be in motion at this point.

Do not swing or lean backwards during the exercise. You may also perform the exercise with a barbell but it is easier with dumbbells.

Stiff Leg Barbell

Keep a barbell on the upper portion of your shoulders while holding it firmly with your hands. While keeping your head up and legs locked, bend at your waist with your back straight until the upper body is parallel to the ground.

One Leg Barbell Squat

Use an 18-inch box (or a weight bench) for performing this exercise. At the base of your neck, hold up a barbell firmly with your hands. Ensure that your hands are roughly wider than your shoulder width.

Stand at least 2 feet away from the box. Turn around so that your back faces the box. Place your right foot back with your toes placed inside the box while keeping your left foot flat on the ground. Ensure that your back is tight and chest points outwards throughout the exercise.

Move your head and neck so that they are aligned with your torso. At this point, your shoulders will be directly above the right foot. While keeping the right foot firmly on the floor, sit back (as you would on a chair), bend your right knee, and lean slightly forward at your waist.

Now, lower your entire body in a slow, smooth motion until your right thigh is exactly parallel to the floor. Your right knee will now be directly over your right toe with your hips sitting back and chest over the

middle of the thigh. If you face difficulties in this, lower yourself only until the right knee is at a 90-degree angle.

Raise yourself up again by pushing your hips forward and directly upwards. Straighten your leg and return to the starting position again. Repeat the exercise with opposite footing.

Lunges

Hold a barbell with both your hands and place it on the upper part of your back. While looking straight ahead, lift your chest outwards and upwards. Position your right leg with a long forward stride. Your foot should be sufficiently far in front of you. When you bend your knee, your lower leg and thigh should form a 90-degree angle.

Bend your knees and lower your hips slowly until the rear knee just lifts off the floor. Pause in this position for a brief moment. Now, lift yourself back to the original position by straightening your legs and raising your body. Complete a set of this exercise with the right foot then repeat with alternate legs.

Barbell Tricep Extension

Pick up a barbell with both your hands closer than shoulder width apart. Lay down on an inclined bench and steady your head at the top of the bench. Press the barbell over your head to arm's length. Now, lower the barbell in a semi-circular motion such that it ends up behind your head, with your forearms touching the biceps.

While keeping the arms near your head, return to the starting position again. You may perform this exercise with a 2 dumbbells as well.

The exercises mentioned in this chapter can be performed at a gym or in your home. If you join a gym, you will have all the machines and

equipment necessary for performing the exercises accurately. Moreover, coaches and employees at the gym will guide you on how to use the machines as well.

Now that you have an understanding of the exercises that go into weight training, let's take a look at some of the top workouts that you can perform.

WORKOUT PLANS

You need a high level of commitment to begin a bodybuilding workout. Contrary to popular belief, you need to workout more frequently than experienced body builders. The reason for this is very simple, professionals know how exactly to push their muscles and thus, inflict more damage on their bodies that takes longer to recover from, as a beginner, your muscles will get sore but because you are not pushing your muscles to the extreme, you will be able to spring back into action more quickly

Here, *damage* is not a negative term! Do not worry about that, muscle damage is a good sign in bodybuilding because it pushes the body to recover with overcompensation (that promotes muscle growth). This is exactly what bodybuilding is based on, a continuous cycle of damage, repair, and growth repeatedly over a weekly basis.

When we say muscle damage, we are referring to small tears on the muscle fibres. Muscle soreness also known as DOMS (delayed onset muscle soreness) usually peaks about 48 hours after exercise.

The workout plan in this chapter has been designed for focusing on exactly one part of the body each day during the week-days. The weekend is for resting the body and letting it regain strength and energy. Again, you must remember that this plan is just a general outline, you may change it as needed for fulfilling your workout goals.

Another important thing to mention here is that you need to start *every* workout with a warm up exercise. A warm up session may be as simple as five minutes on the treadmill. This prepares both your mind and body for the workout session.

By the end of your workout, you need to have a cool-down period to prevent longevity and blood pooling in the muscles. The cool-down session will also soothe the adrenaline that builds up in your system during the workout. This can be a simple session of stretching or a steady walk or jog.

As a beginner, know that you should not push yourself too hard at first. Use weights that are not too heavy for you to grip, but ensure that the weights offer enough resistance. As you get stronger, you can steadily increase the weights you lift.

Day 1 – Upper Body:

Perform the following exercises with 2 sets of 12 reps each:

- Dumbbell press
- Lying triceps press
- Standing barbell military press
- Seated dumbbell curl
- Preacher curls
- Dumbbell rows
- Side lateral raise
- Dumbbell shrugs
- Pec deck butterflys
- Lat pulls with pulley machine
- V-bar pushdowns

Day 2 – Lower Body and Abs:

Perform each of the following exercises with 2 sets of 12 reps each. For the crunches, you may perform as many as you want:

- Barbell squat
- Lunges
- One leg barbell squat

- Stiff leg barbell
- Standing calf press
- Crunches

Machines are very helpful in working out the lower body. If you are working out in a gym, you should consider adding these to the day's workout:

- Leg presses on a plate loaded machine
- Seated hamstring curls
- Leg extension machine
- Ab machine
- Standing hamstring curls

Day 3 – Rest your body

Day 4 – Upper Body:

Now that you have performed the exercises once, increase the workout to 3 sets of 12 reps each:

- Chin ups
- Dumbbell presses on an inclined bench
- Seated dumbbell hammer curls
- Standing bicep curls
- Standing barbell military press
- Upright barbell row
- Barbell tricep extension

- Front dumbbell raise

You can use the machines to perform the following exercises for Day 4:

- Seated cable rows
- Cable crossover flies
- Upright cable rows
- Tricep rope pushdowns

Day 5 – Lower Body and Abs:

Reduce the workout to two sets of 12 reps again, except for the crunches. You can perform as many crunches as you want:

- Lunges
- Standing calf press
- Barbell squat
- Standing calf raises
- Stiff leg barbell
- Crunches

The machine exercises for the day include the following:

- Leg presses on a plate loaded machine
- Kneeling hamstring curls\
- Seated hamstring curls

Weekend – Rest:

If the four-day workout plan seems too intense, you can try reducing it to two a two or three-day workout plans. Keep in mind that the results with a workout plan of fewer days will not be as visible in the early days. However, starting slowly will help you build momentum for future workouts.

To help you out, here is a sample of a three-day workout that you can perform:

Day 1 – Back, Chest, and Abs

Perform the following exercise with three sets of 10-12 reps each:

- Bent over barbell row
- Barbell bench press
- Stiff legged barbell dead lift
- Incline dumbbell press
- Crunches
- Dumbbell flies

Day 2 – Legs and Shoulders

Again, perform the exercises in three sets of 10-12 reps each:

- Barbell squat
- Front dumbbell raise
- Seated calf raise
- Side lateral raise
- Lunges
- Upright barbell row

- Barbell squats

Day 3 – Biceps, Triceps, and Abs

Finally, end your workout week with the following exercises in three sets of 10-12 reps each:

- Barbell curl
- Lying triceps press
- Incline dumbbell curl
- Front dumbbell raise
- Barbell tricep extension
- Dumbbell hammer curls
- Crunches

Now that you have understood the workout plan that you will be following, you need to focus on the diet. Almost an hour before the daily workout, you need to consume carbohydrates and protein to provide the body with the energy it needs to perform the workout. When you eat, your body goes into an anabolic state that provides the power necessary to workout your muscles effectively.

When you train, there is an increased flow of blood to the muscles that stimulate muscle growth. When you consume the necessary amount of carbohydrates and protein prior to the workout, your body takes advantage of the enhanced blood flow and works out the muscles accordingly.

Most individuals prefer having a bowl of rice with a protein shake before the workout, but you can choose any food that you like. Just make sure that they provide the nutrients necessary for workout.

Furthermore, it is also a good idea to keep track of your workout routine. You can write down the number of sets and reps you

perform for each exercise (with the amount of weight you are working with) in a small notebook or your smartphone. Gradually increase the reps and sets for each exercise in the workout. Make sure that you note the time (or week number) with everything too. This is to ensure that you know how long it takes you to increase the reps and weight for the exercise.

Another helpful tip is to start your first set with as little weight as possible. This will get the blood flowing through your muscles. Once you have completed the first set, you can add more weight for the second set. If you still find it too easy, add more weight and perform a third set as well. Your goal should be to keep on adding weight until it is difficult to complete the reps i.e. until the muscles offer resistance to the weight.

Always rest between two consecutive sets to give your body time to recover. The rest session should be less than a minute because you do not want your muscles to get cold.

Finally, it is also good practice to add cardiovascular exercises to the workout for increasing the flow of blood in the body. This could be just a simple exercise such as a walk on a treadmill. The cardio is not only good for the body but for the heart as well. To avoid muscle breakdown it is advised to take some simple BCA's before your workout.

Good nutrition is one of the most important elements that go into an effective workout strategy. This is why you need to understand what you should and should not eat for building muscles. The next chapter will discuss in detail the eating habits that you should adopt for bodybuilding.

EATING RIGHT

Once you have decided that you want to start a body building program, the effectiveness of the whole program can be greatly influenced by the foods you eat. Most people only focus on workouts, and do not pay attention to what they eat even though food is an extremely important part of any body building program. It is said that your workout is just 30% of the bodybuilding process, 50% is getting the correct nutrition and the remaining 20% is ensuring to have proper rest.

Our body gets calories from food. These are fragments of energy that our body uses to do work. When it comes to calories, counting them should not be your main objective; it is more important to consume the calories that will have the greatest benefit on your workout.

You need enough energy to perform your workout every day. This energy comes from many different nutrients. Carbohydrates are amongst the most important ones.

Carbs

Your body gets maximum amount of glucose from carbohydrates. Glucose is a simple carb that your liver and muscles store as glycogen, which is the prime form of energy stored in your muscles. Your muscles feel full and look good when they have enough glycogen stored.

Glucose is also a source of energy to your brain and for the formation of blood in the body. When glucose is made from protein, the body protein in the muscles has to be broken down first. If you do not have enough carbs in your diet, your body will break down the muscle tissue in order to get glucose.

Therefore, carbohydrates should have a big portion of your daily caloric intake once you start a body building program. Eat more of natural complex carbohydrates such as potatoes, oatmeal, sweet potatoes, brown rice, and whole grain breads.

These unprocessed complex carbohydrates are formed by long chains of sugar, and take a lot of time to digest. This is why they promote consistency in blood sugar levels. This helps to counterbalance the exertion and fatigue, and release insulin, the main anabolic hormone in the body.

For men, multiply your weight by three. The number you get is the amount of carbohydrates in grams that you should include in your diet daily. For example, a 200-pound man must consume 600 grams of carbohydrates daily. For women, multiply your weight by two. This number tells the daily intake of carbohydrates in grams. For instance, a woman should consume 250 grams of carbs daily if she weighs 125 pounds.

Along with carbohydrates, your diet should include enough fibre as well. Fibre improves amino acid and sugar uptake, and promotes formation and growth of glycogen in muscle. This makes your muscle tissue more responsive to anabolism. Two great sources of fibre are oatmeal and beans.

Break down your carb meals into six servings in a day. This more practical approach encourages a continuous release of insulin that creates a muscle building or anabolic state. Eating too many carbs in one go is not a good idea because fat-storing enzymes are triggered and you lose that “hard” muscle look.

Eat more of simple carbs and eat them after your workout. Typical simple carbs like sugar, honey, and refined foods are digested easily and quickly. Taking carbs after training can promote anabolism while preventing catabolism. Taking simple carbs can encourage fat storage if you have not been working out.

There will be lesser chances of carbs being stored as fat if you take them in your post training meal. This is because carbohydrates have to

restore depleted glycogen before they are able to stimulate fat storage. It's a good practice to take around 25% of the total carbs in this meal.

We know that breakfast is undoubtedly the most important meal of the day. Therefore, apart from the post workout meal, breakfast is the best time to take carbs. Due to your overnight fast, your muscle glycogen levels and blood sugar are low in the morning. Your body has to restore these levels before the fat storing process can be stimulated.

Your carbohydrate intake should decrease as the day passes. Your body will not need as many carbs as the energy requirements will reduce as well. This is why if you eat more carbs in the later hours, your body will start storing them as fat and you might gain weight instead of muscle mass.

If you need to build your muscles along with losing some fat, you should rotate your intake of carbs. Bodybuilders tend to lose more fat by rotating their carb intake, compared to when they maintain a steady carb intake while dieting.

For instance, a bodybuilder weighing 200 pounds could vary the volume of carbs intake per day instead of eating 600 grams every day. Eat 300 grams for two days (50% lesser), then standard 600g for two days, then 900 grams (50% more) for the next two days.

Even though the total intake remains the same, the change in schedule may work better because it will lessen muscle glycogen in the first two days (to stimulate fat loss), and then insulin levels will increase on the final two days to ensure there's no loss of muscle. For some bodybuilders, carb rotation can give exactly what they need: lesser fat without losing any muscle.

Protein

Protein is another essential nutrient that every bodybuilder needs. Amino acids are known to be the building blocks of protein just like glucose molecules are the building blocks of carbohydrates.

In our bodies, protein is responsible for the growth and repair of tissues. This happens because proteins are the basis of our body structure.

For bodybuilders, an important concept related to proteins is nitrogen balance. The term nitrogen balance refers to the difference in the amount of nitrogen taken in and the amount of nitrogen lost. If you lose more nitrogen than you take in, the body breaks down muscle tissue to balance the amount of nitrogen. On the contrary, if the nitrogen intake is higher than the nitrogen lost, you will be in a muscle building state (since the extra nitrogen is used to build muscle tissues).

The protein intake is directly proportional to the nitrogen in your body. This means that the rule mentioned above applies to protein intake as well. If the protein intake exceeds the output, the nitrogen level is balanced by promoting muscle tissue growth. This is exactly what you need as a body builder.

When the nitrogen balance is negative, our body is consistently degrading muscle and body proteins. The effects of this can be clearly seen in individuals that are injured, starving, or have a fever. This is known as the catabolic state. The term catabolic means that state of the body in which compounds are broken constantly for providing energy. In bodybuilding terminology, catabolic means muscle loss.

On the other hand, when your body has a nitrogen balance that is positive, it is in the anabolic state. This is the opposite of catabolic since the compounds (proteins) combine together to form muscle tissues. In the anabolic state, muscle growth is promoted which is why it is important for a bodybuilder to maintain a positive nitrogen balance.

The rule to keep your body in anabolic state is to consume the same amount of protein (in grams) as your weight. This means that a 150-pound bodybuilder would have to eat 150 grams of protein at least every day. When you are calculating what to eat for fulfilling your daily protein intake,

think of foods that are complete sources of protein such as meat, eggs, and fish.

Another common question here is, what if I am on a diet? If you are dieting *while* bodybuilding, your protein intake should increase to up to 1.5 times your bodyweight. This is because you reduce your carbohydrate and fat intake during dieting and thus, your body burns more protein to provide energy that would otherwise be provided by the other nutrients.

To help you out with the protein intake, here is a guide to the protein content of some common food items:

Foods containing protein

•	5 ounces of
steak 35g of protein	
•	5 ounces tuna
43g of protein	
•	5 ounces roasted
chicken 43g of protein	
•	1 egg 6g of
protein	
•	1 cup of milk 8g
of protein	
•	1 tablespoon
peanut butter 9g of protein	
•	2 slices of
cheese 14g of protein	
•	2 slices of whole
wheat bread 5g of protein	
•	1 cup cooked
broccoli 5g of protein	
•	1 cup of beans
15g of protein	

Although some people may argue that filling yourself up with protein is not good for your health, it is necessary when you are looking to workout intensely on a regular basis. The amino acids found in the protein

provide you with the energy that is necessary to facilitate your bodybuilding schedule. Be wary though, your protein balance should always be positive (anabolic) and not negative (catabolic).

Fats

The first question that came to your mind right now was, what do fats have to do with bodybuilding? Well, fats are an essential nutrient that provide the nourishment and energy you need for performing workouts. The fat combines with glucose in the body to provide energy. This also prevents the breakdown of protein (for energy) which promotes muscle growth.

There are two main types of fat: Saturated and unsaturated. Saturated is bad fat while unsaturated is good fat. Your goal? Stay away from the bad fats. Saturated fats contribute to high cholesterol and heart disease because they are not easily broken by the body. Such fats are commonly found in animal products such as milk, meat, cheese, and egg yolks. Seafood is another rich source of saturated fats.

These saturated fats elevate the levels of both high-density lipoprotein (HDL) and low-density lipoprotein (LDL) in the body. Though HDL is good for our body, the higher levels of LDL can cause heart disease by clogging the arteries. They are also harder to break down and get readily stored as body fat which eventually leads to weight gain.

Trans-fat that is found in commercially processed foods should be avoided, too. This is because they are preserved for longer in the body and cause the immune system to work overtime. This may lead to stroke, diabetes, and heart disease. In order to remain healthy and promote muscle growth, you should eliminate *all* sources of trans-fat from your diet.

Now, the most important question here is, what makes the unsaturated fats 'good'? Unsaturated fats are chemically less complex than saturated fats, this makes them easier to break down for the body. Some unsaturated fats act as antioxidants that actually help reduce the stored fatty tissue in the body (promote weight loss). These fats are found naturally in nuts and fruits such as avocados. Unsaturated fats have a wonderful positive

effect on the cardiovascular system because they lower the LDL (also known as ‘bad cholesterol’) levels in the body.

If you are unsure if your favourite snack contains saturated and unsaturated fat, you can simply tell by looking at them! At room temperature, unsaturated fats are found in the liquid state such as oil, while saturated fats are solid and hard.

So, the rule for fats is, stay away from animal lard and make use of oils such as canola and olive oil. Pay attention to the fat content of processed foods and ensure that your consumption of saturated fats is a minimum.

There is a particular type of fat, Omega 3 Fatty Acids, that are arguably the best fats to have in your diet. These Omega 3 fats are found in fish and have amazing health benefits. They reduce inflammation, improve brain function, and prevent the growth of cancer cells in the body.

Moreover, Omega 3 Fatty Acids also prevent depression, joint pain, diabetes, and fatigue. They are good for bodybuilding because the fats promote muscle recovery which is essential during the ‘rest phase’ in a bodybuilding program. In fact, fats are an integral part of any diet. They play a vital role in protecting the vital organs in our bodies. They provide us with energy for performing our daily tasks, and provide us with the feeling of *fullness* after meals.

Consuming sufficient fats is not only necessary for good health but it helps you remain strong and muscular as well! However, remember that too much of anything is bad for you. This is why I have put together some suggestions for keeping your fat intake balanced:

- Make use of olive oil when cooking (and in salad dressings).
- Try replacing lunchmeats with avocados and tuna in your sandwiches.
- Instead of chips, snack on peanuts (no more than ½ cup).

- Increase the amount of fish in your diet. Eat fish dishes at least thrice a week to boost your Omega 3 intake.
- Eliminate *all* sources of trans-fat including fast food and commercially processed foods,
- When baking, garnish with seeds and nuts instead of chocolate or candies.

As I mentioned in the chapter before this, diet is a very important part of any body building program. You need to pay close attention to what you are eating and drinking. This includes alcohol too. As a bodybuilder, alcohol can have a significant negative effect on your progress.

Alcohol is essentially just empty calories. There is zero nutrition, no protein, no fats, and no carbohydrates. However, it does have a high calorie content that hinders the body's metabolism, affecting its ability to break down foods. It also promotes weight gain which is counterproductive for bodybuilders.

Another reason not to drink alcohol is because it hampers muscle growth. The hangover from drinking will lower the intensity of your workout and it will also lower the protein synthesis (the process with which muscle tissues are made) by over 20%! There are two reasons why alcohol lowers the protein synthesis.

The first reason is because alcohol dehydrates the body, particularly the muscle cells. Dehydration promotes a catabolic environment that eventually leads to muscle loss rather than muscle growth. The second reason is because alcohol blocks important nutrients such as calcium, iron, and potassium from getting absorbed by the body. This prevents muscle relaxation and growth.

The alcohol also increases estrogen in the body and lowers testosterone. Higher levels of testosterone are ideal for intense workout session but because alcohol reduces these, you lose intensity in your weight training.

Therefore, it is recommended that you avoid alcohol at all costs. The best thing you can do for the body is to drink a lot of water. Water is essential for every single process in your body. It boosts the body's metabolism and promotes a healthy blood flow.

Most doctors and experts will recommend that you drink eight glasses of water daily for staying healthy. However, for bodybuilders, this figure increases significantly. This is because you dehydrate very quickly during exercise and you need to compensate for that. Bodybuilders need to drink at least half a gallon of water on a daily basis. On the other hand, tea, coffee, and soda are strictly discouraged because they lead to dehydration as opposed to hydration.

Water is also responsible for detoxifying the body. It flushes out toxins and metabolic waste from the body to promote digestion. It also removes excess nitrogen, ketones, and urea. Furthermore, water is necessary for the kidneys to function properly as well. Without sufficient water, the workload is transferred from the kidneys to the liver. The liver stores the unprocessed fat for energy. Now, since the liver will be performing a kidney's work, it will burn less fat and hence, eventually lead to increased weight.

Not only this, but water is also essential for shedding down that excess *water* weight. This is because when you drink less water, the body thinks that there is a shortage of water. Consequently, it stores the water in extra cellular spaces in the body which makes the skin look puffy and soft. When you drink plenty of water, the body does not need to do anything unnatural and thus, does not store it in the cellular spaces.

Water is also a key ingredient for supplements to work. Supplements such as creatine only work because they pull water into the muscles for promoting their growth. This is why you need to ensure that your water intake is high throughout the bodybuilding program.

Maintaining a good diet is very important for a successful bodybuilding program. If your diet is poor, it does not matter how hard you train or how long your workout sessions are, you will *not* see the results that

you are looking for. Here are a few general tips for helping you fulfil your nutritional needs during the bodybuilding program:

- Drink skim milk or soy milk
- User artificial sweeteners instead of sugar.
- No soda, coffee, or tea.
- No fast food, particular hamburgers and pizza. They only contain bad fat content and no nutrients.
- Eat plenty of fish regularly for increasing the levels of Omega 3 fats.
- Chicken breasts and vegetables are good addition to any diet.
- Look closely at the nutrients on the label of processed foods, remember that you need to avoid saturated fats.
- During the program at least, limit the amount of fruits you eat (except avocados). Although they are nutritious and healthy, they can have a negative effect on workout.
- Do not skip meals but you can turn three large meals into six smaller ones. This is to stop the body from going into “starvation mode.”

Our human body’s adaptability is amazing. Though you will face problems with your new diet at first, but once you (and your body) are used to it, you won’t find yourself even looking back at those unhealthy foods again!

In the next chapter, we discuss sample meal plans to clear any confusions about when and what to eat.

SAMPLE MEALS

Opting on the right way to eat to facilitate your body building program might be a bit difficult. However, once you start eating like you should, and develop good eating habits, it will become a part of your life naturally. Good eating is about balancing all types of foods, and taking more of what your body needs. Here is a list of good foods from the important categories, which you must include in your diet.

Proteins

Eggs
Soy
Turkey or chicken (White meat)
Shellfish
Roast or steak (Red meat)
Fresh fish
Canned tuna
Tofu
Canned salmon

Complex Carbohydrates

Rice
Oatmeal
Legumes corn
Acorn squash
Yams
Potatoes
Sweet potatoes

Vegetables

All types that are water based.

Green beans
Tomatoes
Asparagus
Spinach
Cabbage
Lettuce
Onions
Carrots
Peas
Mushrooms
Radish
Cauliflower
Leeks
Celery
Broccoli
Bok Choy
Zucchini Squash

Fruit

1 cup grapes
1 cup berries
3 small apricots
1 apple
¼ melon
1 orange
1 mango
1 small papaya
½ grapefruit
1 banana

Dairy

1 cup cottage cheese (low fat)
1 yogurt

1 cup non-fat milk (You can also have vanilla soy milk instead)

Wheat Products

2 cups pasta

1 bagel

Whole wheat tortillas

2 slices bread (whole wheat)

Snack Foods

Raw vegetables

Dried fruit

Plain popcorn

Nuts

Non-wheat cereals

Rice cakes

As mentioned before, a good diet contains some portion of each type of food. Therefore, including a supplement in your diet is also important, which is explained in detail in a later section. Generally, as mentioned before, you should eat 5 or 6 small meals throughout the day, instead of stuffing everything in three large meals. You can schedule a meal after every 2 or 2 ½ hours. To start off, you can try few of the following meals.

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### **Meal 1**

Treat yourself with a vegetable omelette containing 1 whole egg, 3 egg whites, and a cup of vegetables. If you want, you can also add some lean beef or chicken.

### **Meal 2**

A protein shake or a cup of yogurt

### **Meal 3**

1 bagel  
Small raw vegetable  
6 ounces of chicken

### **Meal 4**

3-4 ounces'  
chicken  
1-piece fruit

### **Meal 5**

1 cup brown rice  
1 cup veggies (grilled)  
6 ounces' fish

~~~~~

Meal 1

1 cup yogurt
1 banana
3 packs instant oatmeal
1 cup cottage cheese

Meal 2

1 large baked potato
Protein shake

Meal 3

1 cup yogurt
8 ounces' chicken breast
1 apple
2 cups pasta

Meal 4

1 or 2 cups broccoli
1 can tuna

Meal 5

1 cup brown rice
Protein shake

Meal 6

2 cups rice
1 cup vegetables
8 ounces broiled fish

~~~~~

## **Meal 1**

1 cup berries  
Breakfast burrito containing 1 whole egg scrambled, salsa, 3 egg whites,  
and a cup of onions or green pepper mix.  
1 cup cottage cheese

## **Meal 2**

1 cup raw vegetables  
Protein shake

## **Meal 3**

1 large potato. Cut it into thin slices, brush with olive oil, and bake in an oven until they're crisp.  
Salmon burger containing onions cooked in a non-stick fry pan, an egg white, and canned salmon. Make the burger on a whole wheat bun.  
1 garden salad slightly brushed with red wine vinegar and olive oil.

## **Meal 4**

1 cup yogurt  
Protein shake

## **Meal 5**

2 cups pasta  
8 ounces' chicken breast. Cut it into small cubes, fry in olive oil, and season with garlic, salt, oregano, and basil.  
1 cup cauliflower or broccoli mix  
1 cup tomatoes, cooked

## **Meal 6**

1 cup melon  
Protein shake  
1 cup yogurt

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These meal plans are only the suggested ones and you can always make changes to them according to what is more suitable for you. It's always a good practice to pre-plan. You can also pre-cook some of your meals, like cutting the vegetables and keeping them in the refrigerator so you do not have to work very hard at meal time. Preparation is the key to consistency.

Also, you do not need to accurately measure the portions suggested in the meals. That level of precision is not needed for beginners! Just a visual inspection according to the following chart will be fine:

Portion

1-ounce meat
3-ounce meat
8-ounce meat

Size

Matchbox
Deck of cards
Thin paperback book

3 ounce fish	Checkbook
1 ounce cheese	Four dice
1 medium potato	Computer mouse
2 tablespoon peanut butter	Ping pong ball
1 cup pasta	Tennis ball
1 bagel	Hockey puck

To help you out with the cooking, I have also compiled some good recipes in the next chapter.

COOKING FOR BODY MASS

The best thing about nutritional meals is that you do not need to be an expert in the kitchen to cook them. A nutritional meal complements your workout program and helps you get the right amounts of carbohydrates, proteins, and fats that you need for muscle growth. Cooking is also a brilliant way to understand your diet better and pick exactly what you need in your foods. Just ensure that your diet compromises of all the right nutrients that you need for building mass. Here are examples of recipes that you can start off your cooking with:

Cereal Casserole

8 oz. yogurt
Skimmed milk
Honey
Cereal

In a bowl, pour the cereal to preferred quantity.

Add milk to bowl until the milk is just above the level of cereal in the bowl.

Add yogurt and add more cereal and milk.

Drizzle the honey on top.

Protein Pancakes

Whole egg

11 egg whites

1 cup oatmeal

1 package of jelly, sugar free, any flavour

In a large bowl, stir together all the ingredients well.

On a non-stick fry pan set to medium heat, drizzle the contents of the bowl.

Salmon or tune patties

1 whole egg

1 onion

1 teaspoon of parsley

1 can salmon or tuna (to preference)

1 tablespoon salt

3 medium-sized potatoes, mashed and boiled

1 teaspoon of pepper

In a bowl, mix together he potatoes, salt, pepper, parsley, onions, and tuna.

Shape the dough into patties.

Now, fry the patties in olive oil till they are brown.

Chicken Ole

1 can of spicy chilli beans

1 onion, chopped

1 can of diced tomatoes

8 ounces chunked chicken breast

Sauté the chicken breast in olive oil with onions in skillet.

Add the chilli beans and tomatoes to the pan and stir well. Cook for 10 minutes.

For taste, you may sprinkle low fat Cheddar cheese on top.

Lightning Fast Fajitas

1 pound steak, small pieces
3 cloves of garlic
1 green pepper, large and cut into strips
1 stripped red pepper
1 medium onion, stripped
1 teaspoons of chili powder
Ground pepper
Lemon juice

In a frying pan, sauté the garlic in lemon juice (approximately 1 minute).

Add beef with the chilli powder to the frying pan until the beef is to desired rareness. Add the onions and peppers.

Cook until all the vegetables are soft. Raise heat until the vegetables start to char.

Add in the wheat tortillas and mix well.

Chicken Cacciatore

28 ounces can of crushed tomato
1 tablespoon parsley
½ teaspoon oregano
¾ teaspoon salt

2 lbs. chicken breast, skinless and boneless

¼ teaspoon thyme

1 onion, chopped

1 green pepper, chopped

3 garlic cloves, pressed

Cooking spray

Pepper to taste

Spray the fry pan with cooking spray and set to medium heat. Cook chicken until brown. Set aside.

Cook onion until it is tender. Then add oregano, crushed tomatoes, salt, pepper, parsley, and thyme.

For the next 15 minutes, reduce heat to low and stir time to time. Now, add chicken and cover.

Cook for another 45 minutes.

Take off the pan's lid and cook for 15 minutes.

Eat over brown rice.

Broiled Fish

14 ounces can of diced tomatoes with garlic, basil, and oregano

1 lb. fish fillets

In skillet, place the fish fillets in a line. Top with tomatoes.

Cover the skillet and set to heat medium. Cook until fish is properly cooked. This will take around 15 minutes.

Eat plain or with brown rice.

Fish Dijon

1 clove garlic, minced and pressed

½ cup lemon juice

6 fish fillets, rinsed and pat dried

2 tablespoons drained capers

1 ½ lbs. zucchini, halved

2 tablespoons Dijon mustard

Paprika

Stir garlic and mustard together in a bowl. Take a large pan and place zucchini and fish on it in a line. Drizzle lemon juice and on the top rack, broil for around five minutes. Turn over the fish and spread the garlic-mustard mixture on it.

Broil until fish is cooked and zucchini is brown.

Sprinkle capers and paprika.

Servings: 6

Stuffed Chicken

4 chicken breasts, skinless and boneless

1 lightly beaten egg

1 onion, chopped

8 ounces ricotta cheese, low fat

1 package thawed and dried frozen spinach

Salt and pepper

Slice the chicken breasts in half. Flatten them.

In a bowl, combine eggs, cheese mixture, spinach, and onion. Put some portion of this mixture in every chicken breast.

Using butcher's twine, tie together the four chicken breasts. You may put some toothpicks in them, instead.

Bake the breasts for around 35 minutes at 350 degrees. Serve immediately.

Turkey Sauce

1 jar spaghetti sauce

1 cup portabella mushrooms, chopped

1 pound ground beef or turkey

1 teaspoon allspice

1 onion, chopped

Salt and pepper

1 teaspoon red pepper, flaked

Cook meat with red pepper until brown. Include mushrooms and chopped onion, then add salt, pepper, and allspice.

Add spaghetti sauce.

Eat over your favorite noodles.

Lemon and Pepper Tuna

Lemon pepper seasoning

1 can of tuna

Spray a non-stick cooking spray on a fry pan. Place tuna and add the seasoning.

Cook until it is done as desired.

You can eat it plain or with pasta.

It can also be served cold, if needed.

Worcestershire Tuna

Worcestershire Sauce

1 can of tuna

No-fat cheese

First, spray a no calorie non-stick cooking spray on a fry pan.

In the pan, add tuna, and Worcestershire sauce according to taste, then cook until it reaches the desired texture.

You may add cheese if desired. Turn the heat off and let the cheese melt.

Eat plain, over bread, or over brown rice.

Rice, Chicken, and Beans

¼ can red beans

1 cup brown rice, cooked

2 tablespoons barbeque sauce

Chicken breast, cooked and shredded

Combine beans, chicken, and rice in a Tupperware or a large bowl.

Add the barbeque sauce to bowl and mix until it is nicely coated. Serve.

Egg-Salad Sandwich

½ can tuna (optional)

2 slices of whole-wheat bread

2 tablespoons low-fat mayonnaise

Spinach leaves or shredded lettuce

1 tablespoon yellow mustard

3-4 boiled egg whites

Ground black pepper

Add chopped egg whites in a medium bowl. Include tuna, mustard, mayonnaise, and black pepper.

Mix properly and spread the mixture over bread. Place spinach leaves or lettuce, then top it with the second slice of the whole-wheat bread.

Tuna Casserole

½ cup canned peas, rinsed and drained

2 tablespoon low-fat mayonnaise

½ cup low-fat drained cottage cheese

3-4 cups pasta, cooked

¼ cup low-fat cheddar cheese, shredded

1-2 cans of drained tuna

Black pepper

Combine all the ingredients in bowl and mix well. Before serving, cook in microwave for a minute.

Chicken Deluxe

5 ounces red potatoes

2 tablespoons Cajun rub

2 teaspoons cayenne pepper

8 ounces chicken breast

1 ½ cups green beans, frozen

2 teaspoons jalapeno peppers, crushed and dried

2 pinches salt

Tabasco sauce (you can use any other hot sauce)

In a bowl, combine chicken, cayenne pepper, hot sauce, and salt. Roll chicken breast in rest of the mixture, and keep in fridge for up to 10 hours.

A Foreman-style grill is best for this recipe.

Preheat the grill and put the chicken breast on it. Cook for around 7.5 minutes.

Meanwhile, cut the red potatoes. Place potatoes in the microwave. Cook until they are soft. Take out the potatoes, and now put in the green beans. Microwave for 2-3 minutes.

Mash the potatoes and garnish with jalapeno peppers and salt. Add the remaining salt to the green beans.

Chicken Asparagus Rolls

2 slices turkey bacon, low-fat
1 chicken breast
1 tablespoon honey
2 asparagus sticks
1 teaspoon Dijon mustard
Salt and pepper according to taste

Trim the fat from chicken breast after washing it. Cut it into three thin slices. In a container, add chicken, honey, salt, mustard, and pepper. Keep aside and marinate for around 25 minutes.

Wash the asparagus, snap off its tough ends, and remove the scales using a vegetable peeler. Now, place a slice of the turkey bacon on to each slice of the chicken. Keep the last asparagus stick on top and roll.

When the Chicken Asparagus Roll is ready, secure the turkey bacon using two wooden pricks. Make sure that you place the pricks in a way that the chicken stays in shape.

Set electric grill to 375 degrees and grill the rolls for around seven minutes.

You may also bake them to 375 degrees for around 25 minutes.

Quick Scallops

2 cloves minced garlic
1 pound bay scallops, rinsed
1 teaspoon dried parsley
¼ cup dry white wine
Juice of ½ lemon

In a medium frying pan, heat wine at medium-heat. Include the garlic and then sauté for a minute. Then add lemon juice and parsley. Cover the pan and cook for 1 minute.

Finally, add scallops and cook until they turn opaque from translucent.

Servings: 2-3

Roasted Vegetables

1 large garlic bulb, break into cloves and peel

6 peeled and halved shallots

6 peeled parsnips, quartered

1 tablespoon dried thyme

6 carrots, peeled and quartered

1 tablespoon dried rosemary

4 tablespoons of olive oil

2 onions, peeled and cut into 6-8 wedges

In Oven:

Set the oven at a temperature of 400 F.

Take a roasting pan and combine together all vegetables in it. Add salt and pepper to taste, then add some oil. Stir well to coat. Bake until tender – this will take around 80 minutes.

On Grill:

Set the grill to medium heat. Take a tinfoil bag, and combine together all of the vegetables. Add salt and pepper to taste. Now add olive oil and stir well until coated. Finally, roast for around half an hour (until tender).

The recipe is delicious with fish, meat, and chicken.

Chicken-Salad Roll-ups

1/3 cup non-fat yogurt

2 tablespoons dried fruit bits
1 pound boneless chicken, cooked
1/8 cup of diced celery
2 tablespoons sunflower seeds
A fresh leaf of lettuce

Dice the chicken and keep it in a mixing bowl. Add fruit bits, yogurt, sunflower seeds, and celery in the bowl.

Take a lettuce leaf, pour some of the mixture in the bowl on it, and roll upwards tightly.

Keep repeating the previous step until all the mixture has been used.

Serve immediately.

If you want to eat the roll-ups later, wrap them in a plastic wrap properly.

Servings: 2

Fish in a Foil

1 teaspoon parsley
1 teaspoon fresh dill
½ pound halibut, sliced into two
1 carrot, julienne
1 chopped green onion
1 cup of white wine, dry
4 small zucchini, julienne
1 chopped tomato
Ground pepper

Preheat the oven to 400 F.

Cut the foil into two square pieces, 12 inches each, and place the pieces of fish, one on each of the square pieces. Place carrot, zucchini, green onion,

and tomato on each piece of fish. Garnish with herbs, pepper, and wine.

Fold the edges of the foil together and seal with a sheet. Bake the fish for around 15 minutes.

Servings: 2

Mass Building Shake

½ cup cranberry juice

1 cup strawberries, frozen

¾ cup of egg whites

½ banana

¾ cup of soy milk, vanilla flavored

1 cup ice cubes

Blend all the ingredients together on high heat for about 30 seconds.

Energy Salad

¾ cup sprouts

1 cup of lettuce, cut into small pieces

1/3 cup shredded carrots

1 tablespoon olive oil

1/3 cup mushrooms, sliced

1 tablespoon sunflower seeds

1/3 tomato, sliced

2 teaspoons lemon juice

1/3 cucumber, peeled and sliced

½ cup spinach, cut into bite-sized pieces

1/3 avocado, cubed

Dash of parsley, thyme, and basil

Combine together the spinach, sprouts, cucumber, sunflower seeds, mushrooms, lettuce, tomato, avocado, spinach, and carrots in a salad bowl.

Mix lemon juice, olive oil, and herbs together in screw-tight jar. Shake and mix thoroughly. Pour the mixture over the salad.

Broccoli Salad

¼ teaspoon ground pepper

¼ cup non-fat yogurt

½ cup sliced mushrooms

1 stalk sliced celery

1 cup cooked broccoli, chopped

½ pound cooked steak, cut into pieces

½ teaspoon mustard

½ head of lettuce

½ tablespoon lemon juice

1 green onion, sliced

½ sliced tomato

1 cup cooked and cut green beans

½ tablespoon of red-wine vinegar

Fresh parsley

Combine green beans, mushrooms, steak, onion, celery, and broccoli in a large salad bowl.

Take a screw-tight jar. Mix together the yogurt, vinegar, pepper, mustard, and lemon juice in it. Shake the mixture until it is thoroughly mixed.

On a lettuce leaf bed, arrange the salad and dress it with the mixture. Garnish with parsley and tomato slices.

Protein Smoothie

1 banana

1/3 cup blueberries, frozen

1 cup vanilla yogurt, fat free

1 cup milk, fat free

½ cup beaten egg

¼ cup cherries, frozen.

Place all ingredients in to a blender. Process until smooth.

When you are looking to build up body mass, nutrition is something you should never compromise on. It is not necessary to be on a diet, however, you need to be careful about what you are feeding your body with and whether it will maximize the workouts or not.

Another thing that your body needs during a workout program is proper sleep.

SWEET DREAMS

Even though rest is a quite important principle of an exercise regimen, it is overlooked a lot of times. When you start a body building program, remember that sleep is one of the most valuable tools for your growth.

Your muscles adapt and grow mostly during the night. When you're in the suspended state of animation, your body actually builds muscle – something you always try to do during your workouts.

Your body experiences an intoxicating effect when you do not sleep enough. *Journal of Applied Sports Science* revealed that being awake for more than 24 hours is the same as a blood alcohol content of 0.096 (more than the legal driving limit in a lot of states) when it comes to the physical effect.

Working out when your body is lacking sleep has its disadvantages and will not give the desired effect of workout. For example, the lack of muscular coordination will increase your risk of getting an injury. Just like you'd never workout after drinking a few glasses of beer, you must not head to the gym when you have not slept the night before. It would be better to postpone the workout until the next day when your body has been given the rest it needs.

So what are some of the best things to do when it comes to getting proper rest and enough sleep? Here are some tips for your help:

- Don't exercise before going to bed. The ability to fall asleep is greatly affected by your body temperature. When it is lower, you start feeling sleepy. Therefore, if you work up a sweat before bedtime, your body might take several hours to cool down enough to make you fall asleep.
- Have a light snack before going to bed. Even though some people disagree with this theory, but going to bed with an empty stomach

often distracts us from the ability to fall asleep. However, make sure it is not something that takes long to digest.

- Sleep for at least eight hours every night. Eight hours of quality sleep will give your body the rest and recovery it needs to perform effectively throughout the day.
- Keep your bedroom cool and dark.
- Don't take too many fluids before bedtime, and especially avoid tea or coffee. Firstly, the caffeine will make you stay awake. Secondly, you'll have to use the bathroom more often, which will disrupt your sleep.
- Establish a pre-sleep routine along with creating a regular sleep cycle. This way, you can remind your body that it's time to rest.

Your body's synthesis of protein rises up while your body is sleeping, and this is what causes the growth. Your sleeping time is the best opportunity for your body to repair and recover the damages done to it during the day.

A lot of growth hormones are released when the body is in a resting state. These hormones are extremely important when it comes to increasing muscle mass. Growth hormones are also released during a workout, but most of this happens while you're sleeping.

Along with giving you more energy, sleep helps your body recover and eventually grow just like you want it to.

As mentioned earlier, if you really want to grow your body, you will never want to miss out on the supplements. Though, they can be too confusing.

SUPPLEMENTS

You will find that there are many supplements available in the market for bodybuilders. The primary purpose of all these supplements is to enhance your body image (by enhancing muscle size). Most of these are designed to maximize your natural abilities for working out. Now, the real question here is: Which of these supplements should *you* take?

Creatine

Creatine is one of the most popular bodybuilding supplements out there. It is widely used by sportsman and professional builders for its ability to increase fat free mass. The effectiveness of creatine supplementation has been proven by several studies and are also backed by anecdotal evidence. Not only do these supplements increase fat-free mass, but they improve the anaerobic and aerobic performance of an individual as well.

Creatine is a natural compound found in red meat that is manufactured naturally, produced by the amino acids glycine, methionine, and arginine in the body. The process of creatine production takes place in the pancreas, liver, and kidneys.

Within our bodies, almost 60% of the creatine stores are in the form of creatine phosphate (Cp) while the remaining 40% are free creatine (Cr). An average adult male will process up to 2 grams of creatine every day and the same amount is replaced through the food consumed (and the natural production of creatine in the body).

Adenosine Triphosphate (ATP) in our bodies is what drives the muscles in our body. Creatine is essential for resynthesizing ATP. When a muscle in the body contracts, the bonds that make up the ATP molecule are split that yields the adenosine-disphosphate (ADP) compound. The energy that is released by this exothermic reaction of bond breaking provides the power for muscle contraction.

When the ATP within our muscle cells is depleted, the muscles can no longer contract. Though there are many ways of relinquishing the ATP levels in the body, the fastest is through creatine phosphate (Cp). The Cp is a compound that splits to yield the phosphate portion of its molecule. The phosphate portion of Cp then bonds with the ADP in the body to gain back the ATP. However, once there is no more creatine phosphate in the body, the body turns to other way to rejuvenate the ATP levels.

The creatine supplements increases the levels of free creatine (Cr) and creatine phosphate (Cp) within the muscle cells, allowing greater capacity to restore the ATP. In simpler terms, the creatine supplements

enhance the ability of our body to maintain a regular power output to the muscles during high-intensity exercise. Without the creatine supplements, we would not be able to perform high-intensity exercise for the desired period of time.

When you start taking these supplements, there are two primary phases in which you take different doses of the creatine. The first “loading phase” is when you start adding creatine to your diet. During this phase, you need to take 20 grams of creatine per day for a period of 1 week. After this period, the “maintenance phase” starts in which you reduce the creatine intake to 5 grams per day regularly.

However, the above mentioned dosage is a guideline, the actual amount of creatine that your body needs depends on your mass. According to the experts, you should consume 0.3 grams per kilogram of body mass during the “loading phase”. This means that if you weight 90 kg, the formula would be:

$$90 \text{ kg} * 0.3 \text{ grams/kilogram} = 27 \text{ grams of creatine every day!}$$

Once you have finished the loading phase, you multiple your weight by 0.03 grams of creatine per day to get the dose for the maintenance phase. So now, for an individual with a mass of 90 kg, the formula becomes:

$$90 \text{ kg} * 0,03 \text{ grams/kilogram} = 2.7 \text{ grams of creatine per day.}$$

Generally, creatine intake will build muscle mass to make the muscles look ‘full’. Moreover, it will also create an environment in the body that is ideal for muscle growth. It will also make exercises easier to perform and prevent fatigue that comes with repetitive workouts. It is recommended though that you take your creatine dose *regularly* so that it is effective. Taking the dose for a couple of days together is not the way to go!

As mentioned above, creatine is also necessary for increasing the body’s aerobic performance. One particular study showed that creatine supplements reduce the oxygen cost of activity i.e. the oxygen consumed during activity. With this, there is less stress on the cardiovascular system when you perform aerobic activity. Essentially, this means that you will be able to work harder and build more muscle easily and effectively.

In terms of health, creatine is safe for everything except individuals that have renal issues. If in any doubt please contact your medical professional.

Apart from the supplements, most bodybuilders take creatine powder with a shake. You can mix the creatine powder with soy milk (or skimmed milk) and add a chunk of your favourite fruit for flavour. It is good practice to take the creatine shake after a workout so that the ATP levels replenish and the muscle recovery process enhances.

Glutamine

Glutamine is another popular supplement taken by bodybuilders. Glutamine is an amino acid that is produced naturally by the human body. Our skeletal muscles hold up to 60% of the glutamine in the body. The remaining 40% of the body is found in the liver, lung, stomach, and brain tissues.

Approximately 60% of the amino acids in our body come from glutamine. Under normal circumstances, the body can produce more glutamine than necessary. However, when the body is in stress (for instance, during exercise), the glutamine reserves deplete and therefore need to be relinquished using supplementation.

When you exercise, there is too little glutamine in your body. This results in muscle loss which is counterproductive for a bodybuilder. The loss of muscle takes place because amino acids are the building blocks of muscle. The amino acids in the body facilitate the transportation of nitrogen in the body, promoting a positive nitrogen balance and hence, leading to gain in muscle mass.

Apart from promoting muscle gain, glutamine also helps the healing process and prevents sickness and sore muscles during exercise. It is also used for speeding up the growth hormone production.

A typical diet consists of 3.5 – 7 grams of glutamine on a daily basis that is found in plant and animal proteins. However, most people choose to consume a Glutamine supplement because of the long list of benefits that the compound has.

Research also show that the ideal level of Glutamine is 2 – 40 grams on a regular basis, depending on your requirement. 2-3 grams is useful to alleviate symptoms of queasiness. The 2-3 gram Glutamine dosage is taken after workouts to build protein and boost the muscle recovery process.

If you are looking to get the perfect ripped body, you may need to consume both Glutamine and Creatine supplements. Glutamine too, comes in powder form, and can be taken with a shake.

Protein

Protein is most important nutrient for a bodybuilding. It is what builds and maintains the muscles in the body. However, protein is most effective when it is taken with carbohydrates that provide the energy that the body needs.

Most of the protein that you need will come directly from your diet but that is for the average individual. For bodybuilders, the requirement is to increase body mass. For this purpose, the body needs enhanced levels of protein. This is why you need to consume more protein through the use of supplements. Again, it is essential that you do not overdo it and consume too much as necessary for your body.

The best protein supplement available in the market today is whey protein since it has the highest yield. Whey is an excellent post-workout supplement because it boosts the muscle recovery process. The after-workout period is a critical time in the bodybuilding process because this is when there is severe physical stress on the body and your cells will deplete its resources very quickly. You need to ensure that you have enough protein in your body to boost the recovery to its maximum.

If you do not have sufficient protein, your body will consume the reserves of nutrients to fulfil the protein deficiency. This leads to the consumption of glutamine in the body which eventually hinders muscle growth. This is why whey protein is believed to be the best type of protein, especially for individuals that are on a diet.

However, the high cost of whey protein means that you need to use it cautiously. Still though, if you are on a diet, whey protein is a regular necessity because of the reduced intake of protein. When you are on a low carbohydrate diet, whey protein also serves as a rich source of energy.

The best time to take the protein supplements is after a workout too, as stated above. Combine your protein powder with some sources of

carbohydrate (such as eggs, ice cream, olive oil, or skimmed milk). You may even add some of your favourite fruit to the protein shake for flavour.

Nitric Oxide

Nitric oxide is a powerful supplement that has several potential benefits for bodybuilders. Professionals take the nitric oxide supplement for several reasons.

Nitric Oxide is a key molecule that is produced naturally by the body. It leads to vasodilation – the expansion of the blood vessels' internal diameter. This vasodilation results in the increase of oxygen transport and blood flow. It also delivers the necessary nutrients to the skeletal muscles.

The supplement promotes the ability to lift weights for a longer period. It enhances stamina, speeds up muscle recovery, and promotes muscle growth as well. It also increases energy levels which is why some people also use it for improving their sex life!

When you are exercising, the muscles in the body contract and hence, the blood vessels dilate. The nitric oxide present in the body creates a surge of blood flow which is the *muscle pump* that we experience. However, this muscle pump is only temporary because the nitric oxide is present for a little while only.

The nitric oxide is available in pill form and should be taken as per the manufacturer's recommendation. Some vendors also produce powdered nitric oxide that you can take in a shake as with all the other supplements.

Steroids and Growth Hormones

Just to be clear from the very beginning, steroids and growth hormones are *not recommended!* They are mentioned here primarily because they are used by bodybuilders globally. However, these substances can sometimes cause more harm than good, which is why they are illegal in many institutions and sports as well.

Growth hormones and steroids stimulate the growth of muscles at a rapid rate which is why they are popular. They also enhance the levels of stamina and make a person stronger (for a brief period of time).

However, these steroids are not condoned by sports because they give an unfair advantage to the athletes. Professional sportsmen are tested on a regular basis to detect the consumption of these steroids.

It is important to note here though that there are several advantages of steroids as well. They are used to treat cancer, AIDS, and similar serious conditions. They help the body fight these diseases and enhance healing. At the same time, steroids can also lead to serious health implications when they are taken for boosting performance.

Steroids can cause liver damage and the effect can be so severe that it leads to liver failure. It also significantly increases the testosterone production that leads to aggressive behaviour, low sperm count, and decreased libido.

The primary reason why most bodybuilders use these steroids is because they increase the water retention in the muscles. This leads to an anabolic state that eventually boosts muscle growth and recovery. However, this increased water retention means that the heart has to work harder. This leads to high blood pressure and may even cause a heart attack.

When the effects of the steroids run out, it changes to estrogen which leads to feminization in men. This can cause an enlargement of the breasts and an increased fatty deposit.

Growth hormones, on the other hand, stimulates muscle growth. They are produced by the body naturally. However, most bodybuilders take

it to quicken up the process of muscle growth. This can be dangerous too.

The fact here is that you can have massive, ripped muscles without resorting to illegal and harmful substances such as artificial growth hormones and steroids. They may make you bigger in a smaller period of time but the disadvantages, particularly the health hazards, significantly outweigh the advantages for these substances.

Bodybuilding has largely been a man's sport but with time, women have adapted to the sport as well. Today, it is a sport that both genders take keen interest in.

BODYBUILDING FOR HER

Today, many women are worried about how their body looks. Weight-loss obsession and dieting are part of the life of almost every woman. While most women set the target of looking slim and fit, some of them actually focus on gaining muscle. If you think about it though, body building and woman blend together very well. Focusing on a healthy workout routine is what makes a woman feel (and look) a lot better!

Here, we must remember that bodybuilding is not just about lifting weights and dieting. The advice that has been given in the last few chapters applies not only to men, but women as well. However, bodybuilding is a little different for women than it is for men.

Some women do not consider bodybuilding to be a sport because they relate it with the big and bulky masculine looks (that professional bodybuilders have). This is far from the truth though. A trim and solid looking body on a woman is very healthy and it is sexy as well.

Naturally, women can never produce the same amounts of testosterone that men can. This is why their muscles cannot reach the same size as men either. Without the use of artificial supplements, women cannot physically reach the same bulk and size as men can.

However, despite this, the workout schedule and advice remains the same for men and women. For instance, like men, women should consume 5-6 small meals every day, drink lots of water, and get rest after every workout. The workouts are essentially the same for both men and women, though it is recommended that women reduce the reps in the beginning.

The most difficult area to work on for women is the thighs and buttocks. This is because women naturally have excess fat in these parts. Women are curvier than men naturally, which is why working on these areas can lead to a very flat figure.

To work on these parts of the body, you will need to perform a lot of leg presses, leg curls, dumbbell squats, and standing calf raises. You can

add lunges and dumbbell squat dead lifts for maximum results. A one-time investment in an exercise ball can help you work on your abs as well.

As mentioned in the Workout Plans chapter, you should perform a different workout every day. Focus on one or two parts of the body regularly. This ensures that you do not over-exert a particular muscle group without giving it sufficient time to heal. Remember that the recovery phase is as important as exercising because this is when the actual growth takes place.

Most women that are associated with bodybuilding tend to live by the scale. They prefer keeping an eye on their weight to make sure it is under the radar. However, when fitness is your primary goal, you should not be concentrating on the weight scale. Instead, focus on the tone and size of your muscles.

Though you will not see a significant change (only a decrease in the body fat percentage), you will see improvements in your overall appearance after some time.

For women, here are some of the main areas that you should focus on during bodybuilding:

- Upper Back – Perform pull-ups to work on the muscles in your upper body area. This will make your waist look smaller and accentuate your shoulders.
- Side Deltoids – Overhead laterals and side laterals help tone the muscles making your shoulders look more detailed.
- Hips and Waist – These areas chiselled mainly through diet. You need to teach your body to redistribute the body fat found in these parts to other areas of the body. This is a finishing signature and shines out on your overall appearance.

- Quads – The muscles to the front of your upper thighs also need to be well-defined for improving the look of your legs. Performing a lot of squats will help you work on this area.

Women are very used to dieting and laying themselves off food. However, when you are a female bodybuilder, you actually need to eat more! The key here lies in what you eat. Eat the right food and you will find out that you never actually need to starve yourself again! Food is essential for stimulating growth and providing the energy necessary for working out.

Women need to keep in mind that even though you might not be able to build muscles like men can, your approach towards the sport of bodybuilding should be the same. The results may be different but ultimately, you will look absolutely incredible and be healthy at the same time.

Nowadays, numerous teenagers are also taking keen interest in bodybuilding.

BODYBUILDING FOR TEENS

Most of the time, teenagers are not fully grown, hence there are some special things to take care of when a teenager undertakes a body building program. Though, you must know that your teens is a great age to start a workout program, which you can continue through adulthood too.

Following are some notes to keep in mind before you start the program.

1. *Never* do dead lifts and squats before you turn 16. There are some execution techniques for types of exercises, and you will injure yourself if you fail to perform them properly.
2. *Do not* take an intense body building regiment or start lifting weights before the age of 13. It is alright to exercise before this age, but you must restrict it to low-impact workouts such as sit ups and push ups.
3. You must *never* consume any type of testosterone supplements before reaching adulthood. There is enough testosterone in your body, and adding more can lead to growth stunting.

Once you have understood these points, do thorough research about different workouts and start gradually. Do not try to push your body more than it can bear. If you try to push your body's limits, you may injure yourself, which is actually a step backwards. It is also important to know that everyone's muscles grow in a different way; so there's no point in comparing yourself to other people's progress. Design a well-balanced workout routine for yourself and perform it properly with good form.

A healthy diet is as important to teenage body builders as it is to the older ones. You must eat lots of grains, protein, carbohydrates, and vegetables. Try to stay away from sugars and keep your body well-hydrated with enough water.

Giving rest to your body is also essential because just like adults, this is the time for your muscles grow. You must sleep for at least eight hours a day. This way you will help your body to recover from the damage you've caused to your muscles from training. Your muscles will also grow naturally, and you will be able to build up energy for exertion the next day.

Not every exercise is for the teens. As mentioned earlier, you must go for low-impact workouts, and perform exercises that build your muscle mass without harming them in any way. Here are a few exercises that are appropriate for you, considering the age.

- **Dumbbell Curls:** In a smooth, slow motion, lift the dumbbell from the knee up to the shoulder. This will work your biceps. Switch arms after each set and do not forget to breathe. Keep your attention on the lift and on working the muscles.
- **Flat Bench Press:** Lay down straight on a weight bench. Hold the barbell in a wide grip above you. Gradually lower the barbell towards your chest and then up again. Concentrate on the way your muscles respond to the weight.
- **Dumbbell Hammer Curls:** Hold the dumbbells the way you would hold a hammer. Lift them from your side to your shoulder in an easy, slow motion. Alternate the arms after every lift.
- **Dumbbell Shrugs:** Lower your hands by your sides and hold the dumbbells. Your palms should be facing your hips. Raise up your toes and shrug your shoulders so your trapezius muscles can be exercised.
- **Dumbbell Flies:** Hold the dumbbells like you would while performing hammer curls. Bend your elbows slightly and keep the arms straight. Lower the dumbbells to the sides of your chest in a slow, semi-circular motion.
- **Shoulder Press:** Sit straight and hold a dumbbell in each hand. Press them up and resist while lowering down, so you can work on your deltoid muscles.

You are not restricted to this list, obviously. However, you should consult the trainer at a local gym, or your P.E. instructor at

school to guide you about other exercises that you can carry out safely, helping you accomplish your goal.

Remember that body building is an intense sport that can bring amazingly satisfying changes to your body. However, it is very important to stay committed to your aims. Always stick to your workout routine under all circumstances, unless you are ill or there's some other very genuine reason. When you want to reach your goals, consistency is the key to success.

In case your family is worried about your body building efforts, take them to your family physician and discuss your future muscle building plans and the exercises you want to perform. Take notes on what the doctor tells and follow the advices he/she offers. When you take the program in a responsible way, your parents will be impressed rather than concerned.

When you start noticing good results in your body, you may want to participate in a body building contest. Things like this work as great motivational tool to keep you committed to a workout regimen. However, there are a few things you must know.

CONTESTS

Once you have settled with the bodybuilding regime, you will want to show off the results of your hard work on a larger platform. A good way to do this is by participating in bodybuilding competitions. There are likely to be numerous local gyms around you that host such competitions and there are national competitions held annually as well.

However, you cannot directly jump into a competition. Before you enter yourself into the competition, it is important to understand what they are all about. Take out some time and visit one of the bodybuilding competitions. Look at what is on show and how the participants are exhibiting their skills. Also be sure to ask questions about how the winner is selected by the judges.

Remember that weight is not a parameter you should use to make the decision of participating in a body building contest. The competitions are for individuals that have toned muscles with a fantastic overall physique, not for people that have lost a lot of body fat! Your muscles need to be well-defined and ready for a public display.

Do not enter a body building contest just because you've lost a bunch of weight. These contests are about great physiques with toned muscles – not about people who've lost body fat. Your muscles must be well-defined and toned ready for display. In the introduction for this book, we talked about the 'Grecian Ideal' (a bodybuilder's dream), now this is what bodybuilding competitions are about.

When you are entering a competition for the first time, be realistic about the results. Keep in mind that most of the entrants are professional bodybuilders. Though there are chances of you winning, they are slim and thus, you should not have high expectations the first few times you enter a competition. A realistic goal would be to be selected for the bodybuilding contest *and* ending up anywhere in the top ten places! This is a goal that you can definitely achieve with hard work and once you are there, slowly climb your way up to the very top.

Now that you have an understanding of bodybuilding contests, let's talk about what to do when you want to participate in one. The first step is planning; you need to be completely prepared for the day of the competition. Concentrate on the areas where you have a problem, target the muscles that are not toned enough for the show. At the same time, keep following your regular routine as well to ensure that the toned muscles do not lose definition.

The first thing that you need to think about is what you will be wearing in the competition. You also want to put a thought to the posing routine and songs that you want to play when you are posing.

The suit that you will be wearing is your choice completely and there is not a lot of advice that can be offered on that. However, ensure that you pick a colour that is complementary to your body. Also make sure that it is skimpy enough to show your best muscles, but again, it should be comfortable to wear!

For the songs, choose something that motivates you *and* that excites the crowd. If there is a lot of cheering and clapping on your turn, the judges will take that into account. Your posing will also be dictated by the type of music you play. It may be elegant and slow or aggressive and quick, depending on your preference. The audience's mood, and your own mood will be set by the music played at the time of a competitor's showing, so make sure that you take the lead in this department.

Another important aspect is to define clear space in the music for when you will be performing major poses. Very few individuals can complete the entire performance in a single continuous flow and that is perfectly alright! As long as your act carries well, you should be confident that you have a chance.

So, if you did not have a childhood background in ballet or dance, you should try to choose music that has pronounced beats for your strongest poses.

Finally, and most importantly, I cannot emphasize on how essential it is to have a great physique going into the competition. Think of it like

this, if you do not have anything to show off, why are you participating in the contest? Your pose and physique are what will win you the competition. The judges are looking for muscularity, symmetry, proportions, and aesthetics in an individual in these competitions. For this, your posing plays a vital role.

A good way to start learning to pose is to look through the various bodybuilding magazines available today and look at how the lead models are presenting themselves. Before you move on ahead, try posing like one of the models in front of a mirror and see what fits on you. Remember that your pose is dependent on your physique so what works for someone else, might not work for you!

Now that you have chosen your music, chose the poses that go well with the beats in your music. Start out with the strongest beat matching the most powerful pose and practice with it. Keep practicing to ensure that your routine is smooth but make sure that you keep enough time between poses (with the clearly defined spaces in the music).

Let's move on to a more important part of the competition, what muscles should you be putting in the spotlight? You will want to show off the parts of your body that stand apart from the rest (and from the competition as well). You need to know your muscles and which ones you should be accentuating. However, if you don't already know, here are some areas you might want to focus on:

- **Front Double Bicep**

Move your arms out towards the sides with the biceps flexed. You should be facing towards the audience and judges.

- **Front Lat Spread**

Place your hands on your waistline with the elbows flared out to show the lats. You should be facing the crowd.

- **Side Chest**

Turn yourself towards the judges so that they can see your profile. Raise your heel from the ground to flex one of your calves. Hold your wrist with the back arm across the front of torso, below the pec line. Your forward arm should be pulled down and towards your rear. Your chest should be raised to expand the rib cage.

- **Side Tricep**

Turn yourself towards the judges again but this time, clasp your arms behind you. Show off your triceps by flexing your forward arm straight down in your position. Stretch your back arm across the lower back with both hands clasped.

- **Abdominal and Thigh**

Face forward towards the judges and audience. Tuck your arms behind your head with one leg placed forward and flexed. At the same time, flex your abdominal muscles to show off your thighs and abdominal area.

- **Rear Double Bicep**

Turn around so that you are facing away from crowd and judges. Raise your arms out to the sides with your biceps flexed. Place your leg behind you such that your calf and back muscles are also flexed for exhibition.

- **Rear Lat Spread**

Once again, face your back towards the judges and keep both hands on your waist. Pull your elbows out such that the lats are spread outwards.

In these competitions, the judges call out for the most muscular pose that the competitors have. At this stage, you should pose with whatever

makes *you* look the best!

The poses mentioned in the list above are limited to only some, you can find several more on the internet and in bodybuilding magazines. If you want, you can even come up with poses of your own! In fact, nobody knows your body better than you do therefore it is recommended that you adapt the poses to what suits you the most.

Once you have decided on a posing routine, it is time to practice. Keep practicing the poses with the music in sync. Make every chance that you get to practice. Everytime you go through the routine, maximize your muscle tone so that you can impress yourself with the performance. A good way to examine your poses would be in front of a full length mirror.

Another excellent way of doing so would be to ask someone to take pictures and videos of you during your routine. You should then critically view these pictures (and show them to an expert as well) to highlight what you are good at and what you need to improve. A few pointers for posing: Breathe normally, focus on flexing the muscles on show, and look at the audience. You want to appear as ripped and confident as possible.

Sometime before the competition starts, you should start tanning yourself. Why? This is because tanned muscles show a lot more detail than non-tanned ones. If you do not want to go to the tanning bed, get yourself a spray-on tan one day before the contest starts.

The preliminaries are now done. We move on towards the actual competition now and how you will be expected to perform. During the contest, there will be a variety of rounds, each of these will carry points that will help you reach the next stages. While all competitions are different, here are three rounds that all of them will have:

- **Standing Relaxed Symmetry Round**

During this round, the judges will be taking a look at your overall body symmetry. They will look for how well each muscle group complements the other. The main points for judgement in this round

will be: Even development of the muscle groups, the flow of muscles within each group, and the symmetry of the bone structure. In this round, even toning plays a big role i.e. an individual that has all muscle groups evenly developed will be placed higher than those who do not.

In this round, you will not be required to flex your muscles. You will be judged in a position that is known as the Standing Relaxed. You stand up with your heels together and toes pointed out at a 45-degree angle to each other. The lats should be half spread. Though the Standing Relaxed position may vary from competitor to competitor, it is generally a semi-flexed, straight position.

- **Comparison or Muscularity Round**

This round is the real show. The contestants are called on stage for their mandatory poses so this is where you flex your muscles and show off that practiced pose routine. In this round, the judges will be comparing the level of development and definition of the muscles of each competitor.

- **Free Posing Round**

This round is where the music comes in. As the name suggests, you can express yourself in every way you can. You can use the music you decided on in this round to really impress the judges panel and make the crowd go wild.

If the competition has no restrictions on oiling, you can apply a thin layer of baby oil for enhancing the tone and cut of your muscles. Some professionals use Preparation H (haemorrhoid cream) for this purpose. The cream extracts out water from the skin to make the skin look defined and the muscles detailed.

Most bodybuilders that are using creatine supplements will remove them from their workout routine almost four weeks before the competition. After this, they start taking the supplements again 3 – 5 days before the contest. This ensures that they look fuller for the competition.

Yet another good practice followed by most bodybuilders is to do a carbohydrate load before and on the day of the contest. For doing so, take 200 grams of carbohydrates one day before the competition and 300 grams on the day. This will make your body look fuller and detailed but do not overdo it.

Finally, you should also be mentally prepared for the competition. Have your mind set on why you entered the contest and what do you want to achieve. Before the contest starts, visualize yourself on the stage with the poses that you have practiced. Mental preparation is necessary for ensuring that you perform successfully on the day.

After you have done a few bodybuilding competitions, you will get the hang of it and things will be much easier.

YOUR RESOURCES

Now is the modern era of internet, the age of information. It has never been easier to access the information you want. With the help of the internet, you can now find the answer to all your bodybuilding questions easily from anywhere, anytime. Continuously looking for information on the topic will not only help you make a better bodybuilder but a safer one as well!

Here are a few only bodybuilding magazines that you can subscribe to for more information:

- Flex

A wonderful online magazine that is widely considered to be the bible of everything bodybuilding. The magazine takes interviews from professionals and researchers in the field to offer some of the best bodybuilding tips that are useful for both experienced and novice bodybuilders.

You can find these magazines online at www.flexonline.com or if you prefer the hard copy, you can subscribe to the 'paper edition'.

- Muscle & Fitness

Another popular magazine from the bodybuilding industry because of the way it covers, in detail, the principles of fitness. The information is centralized around weight training and nutrition for body builders.

The Muscle & Fitness magazine is available at www.muscleandfitness.com for a subscription of \$29.97 per year.

- Ms. Fitness

Considered to the best bodybuilding magazines for females, Ms. Fitness provides information about developments in female

bodybuilding along with tips and competitions that the ladies can take a look at.

The web address for the magazine is ms.fitness.com with subscription charges of \$12.00 per annum (4 editions per year).

Although these magazines are fantastic in their own, nothing can really compare to the personal guidance that is provided by trainers and professionals available at fitness clubs or gyms. You will not only get top tips from the experts, but you will also be able to train with fellow bodybuilders that share your passion. Ask around in the neighbourhood about a gym in your area and join it as soon as you can!

I mentioned some of the best bodybuilding magazines above but now let's take a look at the most informative bodybuilding websites available on the internet today:

- www.bodybuilder.com

An amazing website that is full on tips for nutrition and exercising. It also contains numerous workout plans that you can follow that includes ways in which you can prepare yourself for bodybuilding competitions.

- www.getbig.com

If you are looking for a way to maximize the potential of your workout, you should visit GetBig.com. The website is filled with information about workouts, supplements, contest schedules, and a special transformation gallery that shows the 'before' and 'after' pictures of individuals (to offer you that extra bit of motivation).

- www.abcbodybuilding.com

As the name suggests, ABCbodybuilding.com is another incredible website for beginners. From the starting phase to planning to

participating in professional bodybuilding competitions, this website guides you through it all. The best part is that it is absolutely free!

The list of resources mentioned in this chapter are limited, of course. The internet is full of rich information that you can use to fulfil your bodybuilding requests. Look around you, start your workout program, and then decide on what you need in the future.

CONCLUSION

Some people argue that bodybuilding is just not cut out for everyone but I beg to differ. I believe that once you have started out on your very own workout program, you will realize that it is probably the best thing you have ever done for yourself. Not only will you look better, but you will become a confident individual who is looking to excel in every field of life. Working out on a regular basis will also lift your mental and physical health.

Today, most people aim to lose weight through bodybuilding. If this is what motivates you then so be it. However, you need to learn about the benefits of pushing your body to perform a workout. Once you have that vision in mind, you will realize that there is a lot that you can gain from bodybuilding.

There are numerous past (and current) examples of how individuals have completely turned over their lives by bodybuilding. I stated two such examples of Arnold Schwarzenegger and Eugen Sandow in the beginning of this book. The results they achieve are nothing impossible, especially for someone that is willing to put in the effort and time to reach such feats.

Yes, it does take a lot of dedication and hard work. However, remember that the beginning is always the toughest. Once you have gone through the early phase, you will find that you *want* to continue working out! Plus, you will always get the extra bit of motivation when you look at yourself in the mirror and see the results of your effort.

What are you waiting for then? Get started with it right away. Now that you know what you need to do and how to do it, make your dream body a reality!