

[Click Here](#)































We are, exactly one week from the time you are to post onstage! If everything went according to plan, and you put maximum effort into every workout, cardio session, and meal, then you should already look competition ready. The final week is not the time to try and "pull it all together," but rather the period when small adjustments are made that allow you to look your very best on game day. (Note: I personally like to call the final week before a show "Frosting Week"—the time to simply add a little topping on an already perfectly prepared cake.) While I certainly could write a detailed article about peak week alone, let me summarize it by laying out some final important instructions. The training in the final week you will train only on Monday, Tuesday, and Wednesday. There will be no leg session, as legs tend to take longer to recover than the upper body. Use the same workouts as you did the previous weeks, but dial down your intensity from 100% to about 80% to 85%. DIET On Monday, Tuesday, and Wednesday, eat the prescribed diet above, just as you did in the three weeks before on training days. On Thursday and Friday you can raise carbohydrates by about 30 to 50 grams and lower protein by the same amount. This will allow you to push a bit more glycogen/water into the muscles, which gives them a fuller look. Spread the prescribed calories/macronutrients evenly among your six daily meals. CARDIO Cut cardio in half during this final week and replace that time with posing practice. Run through and perfect the mandatory poses, hone each for about five seconds. Run through your routine until it becomes second nature. SUPPLEMENTS Utilize your normal regimen until the final two days, when you must stop taking anything except electrolytes. HYDRATION Drink water as your only beverage during the final week, but do not restrict it at any point. Once you have completed your final meal on Friday night, you can stop consuming any more until the next day. TANNING You must make sure to apply three to five coats of a quality tanning product throughout the day on Friday and a final coat on Saturday morning. 1.4K Are you ready to take your bodybuilding journey to the next level? Whether you're a seasoned competitor or just starting out, proper preparation is essential for success in bodybuilding competitions. In this comprehensive guide, I will share with you the strategies and techniques to master your bodybuilding competition prep. Over the years, bodybuilding competitions have evolved from early physique competitions in the early 1900s to the highly competitive events we see today. It's important to understand the history and context of these competitions to appreciate the dedication and discipline required to succeed. One common misconception about bodybuilding contest preparation is the belief that extreme measures and shortcuts are necessary to achieve the desired physique. However, I will emphasize the importance of evidence-based approaches and the negative consequences of unsustainable practices. Key Takeaways: Proper preparation is crucial for success in bodybuilding competitions. Understanding the evolution of bodybuilding competitions provides context for the sport. Evidence-based approaches are essential for sustainable progress. Sorting Through the Sanctions: Drug-Tested vs. Untested Competitions When it comes to bodybuilding competitions, one of the key decisions competitors must make is whether to compete in drug-tested or untested competitions. Both options have pros and cons, and understanding the implications of each is crucial. We'll explore the reasons why athletes choose each path, the risks involved, and how to navigate the complex world of doping tests. Preparing for Bodybuilding Competition: A Step-by-Step Guide Now that we've covered the basics, let's dive into the specifics of preparing for a bodybuilding competition. This section will provide a comprehensive roadmap, covering everything from nutrition and training to posing and presentation. We'll break down the process into manageable steps, ensuring you have a clear plan leading up to the big day. Nutrition Proper nutrition is the foundation of a successful bodybuilding competition prep. To fuel your body effectively, it's essential to establish an energy balance that aligns with your goals. This means consuming enough calories to support muscle growth and maintenance while creating a calorie deficit to promote fat loss. Macronutrients play a crucial role in bodybuilding competition preparation. Adequate protein intake is vital for muscle repair and growth, typically ranging from 1.2 to 2.2 grams of protein per kilogram of body weight per day. Carbohydrates provide the energy necessary for intense training sessions, while fats contribute to hormone production and overall health. Meal frequency and timing are also important considerations. Many competitors find success with frequent, smaller meals to support steady energy levels throughout the day. Additionally, strategically timing your protein and carbohydrate intake around workouts can optimize muscle growth and recovery. Training Training for a bodybuilding competition involves a combination of resistance training and cardio to build muscle and improve overall conditioning. The specific training program will depend on factors such as your current fitness level, competition division, and individual goals. Resistance training should target all major muscle groups and include a variety of exercises to promote muscular development and symmetry. Progressive overload, where you gradually increase the weight or intensity of your workouts, is key to ongoing progress. Additionally, incorporating compound exercises such as squats, deadlifts, and bench presses can maximize muscle recruitment and overall strength. Cardiovascular exercise is essential for reducing body fat and enhancing cardiovascular health. Incorporating both steady-state cardio and high-intensity interval training (HIIT) can help improve endurance and facilitate fat loss. It's important to find a balance that allows for progress while also allowing adequate recovery. Posing Poses are a critical component of bodybuilding competitions, as they allow competitors to showcase their hard-earned physiques and highlight their strengths. Effective posing techniques can make a significant difference in judges' impressions, and ultimately, the final rankings. To master posing for a bodybuilding competition, it is essential to practice regularly and focus on proper form and presentation. When practicing posing, it is advisable to start by learning and perfecting the mandatory poses for your specific division. These poses are predetermined and vary depending on whether you are competing in men's or women's bodybuilding, physique, or bikini divisions. By studying videos, attending posing clinics, or hiring a posing coach, you can refine your execution of each pose and ensure that you are highlighting your physique to its fullest potential. In addition to practicing the mandatory poses, it is crucial to develop a routine that flows smoothly and showcases your physique's best angles. This routine should incorporate the optional poses that are permitted in your division, allowing you to flexibly adapt to the preferences of the judges. Remember, the goal is to present your physique in the most favorable light possible, showcasing your unique strengths and achievements. Consistency, dedication, and attention to detail are key to achieving your desired physique. Practice makes perfect, so don't shy away from repetition. Focus on the details, such as foot placement, arm positioning, and facial expression, to ensure you are presenting yourself at your best. As you become more comfortable with the poses, you can begin to experiment with different variations and combinations, finding what works best for your body type and goals. Remember, the ultimate goal is to win the competition, so always strive for excellence in every aspect of your preparation. Stay committed, stay focused, and always remember to listen to your body. Good luck in your future competitions! There are drug-tested and untested sanctions in bodybuilding competitions. While some competitors may choose to use performance-enhancing drugs, drug use is not allowed in drug-tested competitions. Eligibility for competing in certain divisions is determined by factors such as age, experience, and physique criteria defined for each division. It is important to choose the right show and division that aligns with your physique goals and level of experience. Energy balance, caloric intake, macronutrient needs, meal frequency, protein timing, and carbohydrate timing are crucial aspects of nutrition and training for competition preparation. Monitoring progress through measurement tools, adjusting the nutrition and training plan, and seeking guidance from a coach can help address plateau issues during prep. Posing techniques, mandatory poses, effective practice strategies, and creating a polished presentation on stage are important aspects of posing for bodybuilding competitions. Peak week strategies involve manipulating factors like water intake, sodium intake, and carbohydrate intake to achieve the desired physique on show day. The post-show period is a critical time for recovery, both physically and mentally. It is important to approach this period with care and maintain a healthy mindset. Source Links For more information on bodybuilding competitions, visit our website at [Bodybuilding.com](#). We offer a wide range of resources, including articles, videos, and forums, to help you achieve your goals. Our experts provide valuable insights and advice based on their extensive experience in the field. We are committed to providing accurate and reliable information to our readers. Our team consists of experienced bodybuilders, coaches, and nutritionists who work closely together to ensure the highest quality of our content. We believe in transparency and honesty, and we encourage our readers to ask questions and seek clarification whenever needed. Our goal is to be a trusted source of information for anyone interested in bodybuilding. We regularly update our content to reflect the latest trends and developments in the industry. Thank you for visiting our website, and we hope you find our information helpful and inspiring. Your feedback is always welcome, and we strive to continuously improve our services to better serve our community. We are proud to be part of the bodybuilding community and look forward to helping you reach your full potential. Join us today and discover the secrets to success in bodybuilding. Together, we can achieve greatness. Visit [Bodybuilding.com](#) now to get started on your journey. Don't miss out on all the amazing content and expert advice we have to offer. Sign up for our newsletter to receive updates on new articles, videos, and exclusive offers. We guarantee your satisfaction, or your money back. No questions asked. So, what are you waiting for? Click the link below to join our community of passionate bodybuilders and start your transformation today. [Join Bodybuilding.com now!](#)

The following are the weight classes for male competitors: Bantamweight: up to 143 ½ lbs. Lightweight: over 143 ½ lbs up to 154 ½ lbs. Middleweight: over 154 ½ lbs up to 176 ½ lbs. Light-Heavyweight: over 176 ½ lbs up to 198 ½ lbs. Heavyweight: over 198 ½ lbs up to 225 ½ lbs. Super Heavyweight: over 225 ½ lbs. Men's Classic Physique The Classic Physique is for competitors who have an excellent muscular physique and symmetry. In other words, they should have strong muscle development but not bulky. The judges are looking for marketability and personality, and stage presence is important. THE NPC FEMALE CATEGORIES: Wellness The Wellness competition is for athletes with good muscularity, with separation but not excessively lean. This division is best for those with the following genetics - wide shoulders and a small waist. For women if you carry more muscle naturally this is likely the best choice. 3. PHYSIQUE The women's physique division is perfect for those who find it easy to pack on muscle and achieve a higher level of muscle development. Judges look for symmetry, shape, proportion, muscle tone, and poise. Competitors will perform a 90-second individual posing routine to music as part of the final judging. 4. BODYBUILDING This division is for those that love building serious muscle mass. Competitors will be somewhat of a total package with a balance in size, symmetry, and muscularity. This is by far the most difficult division, and it takes a tremendous amount of dedication to build, maintain and perfect your physique and routine. It's arguably the least popular for women as well due to the perception of the looks the women achieve to enter into this class. Only some organizations will include this division. 5. FITNESS YOU'll often find gymnasts, cheerleaders, and dancers within this division - they have the muscle definition strength and have a routine to show off both. Unlike the Figure and Physique division, where your muscles are more for show, the Fitness division is about strength. You'll perform a unique fitness routine, whether it's dance, strength moves, or gymnastics to the music of your choice. We placed this division as number 5 because it is more than just about physique. Related: Top 25 Female Fitness Models to Follow Like with men, some organizations will have different classes, such as the somewhat newly introduced Wellness division in the IFBB and NPC. More on this topic here: [Women's Divisions Closer to Determine Which is Best for you: 1. BIKINI The bikini division is by far one of the most popular women's divisions. Because this bodybuilding division requires less muscular development, it appeals to a wider variety of women. It's perfect for those with the following genetics - small waist, curvy structure and long, shapely legs. Muscularity is still important, but not as much as in the other divisions. Judges look for a balanced physique with good muscularity, with separation but not excessively lean. This division is best for those with the following genetics - wide shoulders and a small waist. For women if you carry more muscle naturally this is likely the best choice. 2. PHYSIQUE The women's physique division is perfect for those who find it easy to pack on muscle and achieve a higher level of muscle development. Judges look for symmetry, shape, proportion, muscle tone, and poise. Competitors will perform a 90-second individual posing routine to music as part of the final judging. 4. BODYBUILDING This division is for those that love building serious muscle mass. Competitors will be somewhat of a total package with a balance in size, symmetry, and muscularity. This is by far the most difficult division, and it takes a tremendous amount of dedication to build, maintain and perfect your physique and routine. It's arguably the least popular for women as well due to the perception of the looks the women achieve to enter into this class. Only some organizations will include this division. 5. FITNESS YOU'll often find gymnasts, cheerleaders, and dancers within this division - they have the muscle definition strength and have a routine to show off both. Unlike the Figure and Physique division, where your muscles are more for show, the Fitness division is about strength. You'll perform a unique fitness routine, whether it's dance, strength moves, or gymnastics to the music of your choice. We placed this division as number 5 because it is more than just about physique. Related: Top 25 Female Fitness Models to Follow Like with men, some organizations will have different classes, such as the somewhat newly introduced Wellness division in the IFBB and NPC. More on this topic here: \[Women's Divisions Closer to Determine Which is Best for you: 1. BIKINI The bikini division is by far one of the most popular women's divisions. Because this bodybuilding division requires less muscular development, it appeals to a wider variety of women. It's perfect for those with the following genetics - small waist, curvy structure and long, shapely legs. Muscularity is still important, but not as much as in the other divisions. Judges look for a balanced physique with good muscularity, with separation but not excessively lean. This division is best for those with the following genetics - wide shoulders and a small waist. For women if you carry more muscle naturally this is likely the best choice. 2. PHYSIQUE The women's physique division is perfect for those who find it easy to pack on muscle and achieve a higher level of muscle development. Judges look for symmetry, shape, proportion, muscle tone, and poise. Competitors will perform a 90-second individual posing routine to music as part of the final judging. 4. BODYBUILDING This division is for those that love building serious muscle mass. Competitors will be somewhat of a total package with a balance in size, symmetry, and muscularity. This is by far the most difficult division, and it takes a tremendous amount of dedication to build, maintain and perfect your physique and routine. It's arguably the least popular for women as well due to the perception of the looks the women achieve to enter into this class. Only some organizations will include this division. 5. FITNESS YOU'll often find gymnasts, cheerleaders, and dancers within this division - they have the muscle definition strength and have a routine to show off both. Unlike the Figure and Physique division, where your muscles are more for show, the Fitness division is about strength. You'll perform a unique fitness routine, whether it's dance, strength moves, or gymnastics to the music of your choice. We placed this division as number 5 because it is more than just about physique. Related: Top 25 Female Fitness Models to Follow Like with men, some organizations will have different classes, such as the somewhat newly introduced Wellness division in the IFBB and NPC. More on this topic here: \\[Women's Divisions Closer to Determine Which is Best for you: 1. BIKINI The bikini division is by far one of the most popular women's divisions. Because this bodybuilding division requires less muscular development, it appeals to a wider variety of women. It's perfect for those with the following genetics - small waist, curvy structure and long, shapely legs. Muscularity is still important, but not as much as in the other divisions. Judges look for a balanced physique with good muscularity, with separation but not excessively lean. This division is best for those with the following genetics - wide shoulders and a small waist. For women if you carry more muscle naturally this is likely the best choice. 2. PHYSIQUE The women's physique division is perfect for those who find it easy to pack on muscle and achieve a higher level of muscle development. Judges look for symmetry, shape, proportion, muscle tone, and poise. Competitors will perform a 90-second individual posing routine to music as part of the final judging. 4. BODYBUILDING This division is for those that love building serious muscle mass. Competitors will be somewhat of a total package with a balance in size, symmetry, and muscularity. This is by far the most difficult division, and it takes a tremendous amount of dedication to build, maintain and perfect your physique and routine. It's arguably the least popular for women as well due to the perception of the looks the women achieve to enter into this class. Only some organizations will include this division. 5. FITNESS YOU'll often find gymnasts, cheerleaders, and dancers within this division - they have the muscle definition strength and have a routine to show off both. Unlike the Figure and Physique division, where your muscles are more for show, the Fitness division is about strength. You'll perform a unique fitness routine, whether it's dance, strength moves, or gymnastics to the music of your choice. We placed this division as number 5 because it is more than just about physique. Related: Top 25 Female Fitness Models to Follow Like with men, some organizations will have different classes, such as the somewhat newly introduced Wellness division in the IFBB and NPC. More on this topic here: \\\[Women's Divisions Closer to Determine Which is Best for you: 1. BIKINI The bikini division is by far one of the most popular women's divisions. Because this bodybuilding division requires less muscular development, it appeals to a wider variety of women. It's perfect for those with the following genetics - small waist, curvy structure and long\\\]\\\(#\\\)\\]\\(#\\)\]\(#\)](#)

