



# The Complete Short Guide to Competition Prep for the Sport of Bodybuilding

**T**he sport of bodybuilding began in 1901 with The Great Competition in London. Over the years it has seen many great athletes, but the sport has also evolved. The number of categories for both men and women has grown. It used to be that just a small percentage of people were recognized in the sport. Today over 300 pro cards are awarded each year. The average person with proper training and diet can become competitive.

One of the reasons we developed the Southern Muscle Guide is to help those who are competing and especially those that are new to the sport.

So, here are the basic steps to answer the question – “How do you get started?”

## STEP 1

For any of the categories in the sport of bodybuilding, whether you are a first time competitor or even a seasoned competitor, get a coach/ trainer. Everyone needs objective eyes, someone to push you outside your comfort zone and to help you shape your body.

Competing is not about how fast or long you can run or if you can do a P90X workout or even how much weight you can lift. It's about shaping the body. It takes hard work, it takes commitment and it takes consistency. And most importantly, make sure you enjoy the process.

## STEP 2

Once you choose a coach/ trainer, follow the plan they give you, give plenty of feedback, and don't be afraid to ask questions if you need or want to. Given 100 trainers, there will be 100 different ways to get to the end goal. You need to pick one way and follow it. Choosing bits and pieces from multiple sources never gets the job done well.

## STEP 3

It's never too early to start practicing posing. Don't underestimate how hard it is to pose. You might have the best body in the world but if you can't show it off, it won't do you any good. The winners always make it look easy and the only way to do that is with PRACTICE!

## STEP 4

You can never exercise off a bad diet. Nutrition affects 75-80% of your results. Eating enough of the right foods to get your metabolism revved up and maximize the thermogenic process can sometimes feel like a full time job but the payoff will create a version of you that will make even you do a double take in the mirror!

## STEP 5

Remember there are many ways to get the end result and what works for one person may or may not work for you. Listen to your body and be planned, prepared and disciplined.

## STEP 6

The thought of doing a show is exciting but you want to look your best. Do the show when you are ready. Don't try to rush it, you want to feel confident and you want to achieve your results in a healthy and safe manner.

## STEP 7

The short list:

- Order shoes (if doing bikini or figure)
- Order posing suit
- Register for show
- Pay for organization membership
- Schedule spray tan
- Practice make up & decide if you are doing it yourself or hiring someone
- Get jewelry (if female)
- Pack your bag with everything you will need for day of show (See Checklist for Day of Show)
- Schedule photo shoot or order video from show or both
- Check-in
- Day of show!

## STEP 8

Make it a positive experience, and enjoy every minute!!!