



## How To Save Up To \$2,800 & Be Stage Ready!

*You finally decided you want to compete in a bodybuilding competition. Competing can be an expensive hobby but there are ways to save money and we've broken it down for you here:*

### Coaching

#### Including weight training, nutrition, cardio, & posing

Every competitor can benefit by having someone to be accountable to, someone that has an objective set of eyes. With a desire to compete, alternatives to a trainer include online prep program, occasional consultations, occasional training sessions to help increase your intensity. For most people, posing is harder than it looks. One way to save, is to do a group posing as often as possible. For those categories that require a 45-60 seconds posing routine your cost can be significantly cut. With today's technology, you can edit your own music and you may be able to choreograph your own routine and have a coach review it.

**Dollars saved here: \$400-\$1000 per month**

### Food & Supplements

While the average person may not realize it, to be lean, competitors eat between 6-10 times a day and that can add up at the cash register. To keep food costs down plan and prepare ahead, search for coupons; buy foods on sale, and freeze foods. Many supplement companies give discounts to the clients of trainers or fitness facilities for referring them, will sponsor athletes, and offer sales and frequent buyer programs. Cost can vary greatly here but on average you can spend between \$400-\$600 per month but with good planning and smart shopping for sales and discounts you can easily save money.

**Possible savings: \$200 per month**

### Shoes, Jewelry, Nails, Accessories

Women's shoes are suggested to have a 5" heel height for Bikini and Figure categories. Without a doubt, The least expensive place to purchase competition shoes is online. For the perfect look, it's the finishing touches that make you stand out from the rest on stage. Earrings, bracelets, rings and polished nails are those little things that make your look complete. For big savings here go to discount stores to find competition-similar costume jewelry, manicure supplies, such as press on nails, bra inserts can be found at fabric stores, and Elmer's Craft Bond Glue can be used to keep some suits in place.

**Average dollars saved: \$200**

### Tanning, Hair & Make-up & Photography

Each show has a spray tanning company that is affiliated or a sponsor of that show. Their prime responsibility is to spray tan and glaze before walking on stage. Plan ahead and set aside money for the tan in advance; this is not an area you want to skimp on. Take note - everybody needs a tan, no matter how dark you are naturally, a tan provides even skin tone and prevents you from looking washed out under the stage lights. Hair and makeup are considered as part of your overall presentation. Often times, the tanning company sponsoring a show will also offer hair and makeup. Ways to save here include learning how to do the makeup and hair yourself for the day of your show. Make the time to practice applying your makeup and learn which products work for

you to avoid any potential allergic reactions. Often times the show will also offer photography and videography services. You've done the hard work and you look the best you've ever looked - of course you want photos! Again, with today's technology, you may be adept as a do it yourself photographer. If professional photography is still your desire, you could inquire about splitting the cost of a photo shoot with other competitors, or see if any of the students at a photography school may be available at a less expensive rate.

**Potential to save: \$50-\$1000**

### Posing Suits

Posing Suits can make a big difference in showing off your hard work on stage. The most important factor is the fit, so just make sure the suit fits well. A good fitting suit is equally as important for men. To save money rather than have a posing suit custom made, you may consider borrowing or renting a suit or purchasing a used suit. In shopping for board shorts for men's physique look both in stores and online for the brands that fit your body best and are on sale. You may also consider borrowing suits, or renting suits from other competitors or purchasing a used suit. Classic Physique suits are required to be black in color and can be purchased directly from the NPC organization and are one basic price. Don't wait til the last minute to get these, plan ahead! High demand means these shorts can sometimes sell out quick.

**Average possible dollars saved: \$600 for women, \$80 for men**

### Entry & Organization Fees

The NPC organization is a membership that enables you to compete in shows governed by the NPC organization which allows you the opportunity to turn IFBB Pro. This is the only path to the Olympia stage. Some shows include entry into other shows as a part of the prize package for the overall winners of their show. Otherwise, choose wisely the categories you wish to compete in and consult with a coach to put together a smart competition schedule.

**Possible savings \$200**

### Hotel, Travel & Transportation

The promoter of the show attains a host hotel for a competition and often arranges for discounts for the athletes. To save, you might share a hotel with another competitor to split the cost or if you are competing at a local show, a hotel may not be necessary. Driving, flying, car rental and parking costs can be quite expensive when having to travel to a show. We recommend you save for your trip in advance, look for sales, use credit card or frequent flyer points, determine if it's more cost effective to drive instead of fly and see if car-pooling is an option.

**Average savings: \$200**

### Bottom line

Where there is a will, there is a way and if you are smart and plan ahead, you can compete and have fun knowing that you're staying within budget. See you at the show!