# Certificate in Bodybuilding Contest Preparation

SECTION (	ONE - THE S	SPORT OF BODYBUILDING			PAGE
•	Introduction				8
•	Profile of Co	ourse Designers		-	12
SECTION T	TWO - BODY	BUILDING PRINCIPLES FOR CO	MPETITORS	;	
•	Lesson 1	Psychology of Winning			34
•	Lesson 2	Monitoring Tools and Methods .			51
•	Lesson 3	Body Types			70
•	Lesson 4	Training Principles			81
•	Lesson 5	Nutrition and Diets			105
•	Lesson 6	Ergogenic Aids and Supplementation	on .		156
SECTION T	THREE - PO	SING PRINCIPLES			
•	Lesson 7	Philosophy - Is Bodybuilding Posing	g an Art?		185
•	Lesson 8	Stage Domination			197
•	Lesson 9	Posing for the Symmetry Round of	Judging		204
•	Lesson 10	Posing for the Muscularity Round o	f Judging		210
•	Lesson 11	Preparing your Individual Routine		•	221
SECTION I	FOUR - THE	CONTEST DAY			
•	Lesson 12	Manipulation Techniques .			252
•	Lesson 13	Personal Appearance			262
•	Lesson 14	Contest Day Mind Power .			278
•	Lesson 15	Obtain a Winning Pump			286
•	Lesson 16	20 Point Check List			291
•	Lesson 17	Long Distance Contest Travelling			295
SECTION I	FIVE - BODY	BUILDING ORGANIZATION RULE	S & REGUL	ATIOI	NS
•	Lesson 18	Choosing an Organization and Divis	sion .		299
•	Lesson 19	General Rules and Regulations .			305
•	Lesson 20	Judging Criteria			313
•	Lesson 21	Drug Testing		-	324
SECTION S	SIX – EXAMI	NATION AND CERTIFICATION .	_	_	335

## **Lesson 1 Psychology of Winning Contents Index**

1.	Introduction	36
2.	Attitude	37
3.	Ten success attributes of a bodybuilding Champion	37
4.	Developing your Mental Muscle	40
	— Step One	41
	— Step Two	42
	— Step Three	42
	— Step Four	43
5.	Visualization	44
	— Visualization tip - "In the mind it is always Now"	45
	<ul> <li>Best times to visualize</li> </ul>	45
6.	Meditation	46
	<ul> <li>Meditation Visualisation Technique</li> </ul>	46
7.	Present Moment Awareness (PMA)	46
8.	The Mind plays tricks	48
9.	Sneaky Tricks - otherwise known as Mind Games	49
10.	Defense tactic to reverse Mind Games	49

## **Lesson 2 Monitoring Tools and Methods Contents Index**

1.	Introduction	53
2.	Photographs	53
3.	Filming – Video	54
4.	Training Diary (food and training journal)	55
5.	Skinfold Measurements	57
6.	Body-fat Percentage	60
7.	Guideline to calculate fat loss required to compete	62
8.	Table (1) Male Body-fat Table	64
9.	Table (2) Female Body-fat Table	65
10.	Circumference Measurements (Tape)	66

## **Lesson 3 Body Types Contents Index**

1.	Introduction	72
2.	Male and Female Body Types	73
3.	Ectomorph Characteristics	73
4.	Male Ectomorphs & Female Rulers General Principles	73
	— Ectomorph Training	74
	— Ectomorph Diet	74
5.	Mesomorph Characteristics	74
	— Male Mesomorphs/Female Hourglass General Principles	75
	— Mesomorph Training	75
	— Mesomorph Diet	75
	— Hour-glass Shape	76
	— Hour-glass Training	76
6	Endomorph Characteristics	76
7.	Male Endomorphs & Female Apple General Principles	76
	— Endomorph Training	78
	— Endomorph Diet	78
	— Pear Shape	78
	— Pear Training	79

## **Lesson 4 Training Principles Contents Index**

1.	Introduction	83
2.	Warm-up	83
3.	Stretching	85
4.	Top 10 muscle building principles for bodybuilding	87
5.	Weight training programs	88
	<ul> <li>Weight Training Program I (Intensity Stress)</li> </ul>	89
	<ul> <li>Weight Training Program II (Mechanical Stress)</li> </ul>	92
6.	Circuit weight training	95
7.	Periphal Heart Action (PHA) training	95
8.	Cardio respiratory (aerobic) training	97
	<ul> <li>Low-intensity cardio respiratory training</li> </ul>	98
	<ul> <li>High-intensity cardio respiratory training</li> </ul>	99
	<ul> <li>Examples of high-intensity training programs</li> </ul>	100
9.	References	103

## **Lesson 5 Nutrition and Diet Contents Index**

1.	Introduction	107
2.	Nutritional fundamentals and definitions	109
3.	Tips for estimating food portions	113
4.	Composition of the body	113
5.	Two ways to increase your digestive efficiency	114
6.	Three support factors vital in pre-contest dieting	
	— Water Intake	114
	<ul> <li>Avoiding Constipation</li> </ul>	115
	— Omega-3 Fatty Acids	115
7.	How long before the contest do you start dieting?	118
8.	Three types of Contest Diets	119
	— Protein Diet	120
	— Volume Diet	130
	— Stagger Diet	135
9.	Before commencing any Contest Diet perform this	
	simple 3-Step cleansing routine	145
10.	Scientific studies conducted on pre-contest nutritional	
	preparation	148
11.	References	151

#### **Lesson 6 Ergogenic Aids and Supplementation Index**

1.	Introduction	158
2.	What is a dietary ergogenic aid?	159
3.	Avoid inadvertent drug absorption from supplements	159
4.	The Essential Supplement Aids – Bodybuilders Fabulous Four	161
5.	CREATINE MONOHYDRATE	162
	— What is creatine?	163
	<ul> <li>Theory behind creatine supplementation</li> </ul>	163
	<ul> <li>Food sources of creatine</li> </ul>	164
	<ul> <li>Research findings</li> </ul>	164
	<ul> <li>How to take creatine</li> </ul>	165
	<ul> <li>Enhancing the effects of creatine</li> </ul>	165
6.	L-GLUTAMINE	167
	<ul> <li>How to take L-Glutamine</li> </ul>	169
7.	Protein Powders	171
	— Why take a protein supplement at all?	171
	— Which protein should I chose?	171
8.	WHEY PROTEIN	171
	<ul> <li>More protein - less hunger - easier dieting - faster fat loss</li> </ul>	172
	<ul> <li>Increased energy - greater glycogen storage</li> </ul>	173
	— How much protein do I take, and when?	174
	<ul> <li>Pointers on other protein supplements/powders</li> </ul>	176
9.	CAFFEINE	177
	<ul><li>Fat reduction</li></ul>	177
	<ul> <li>Increased max. oxygen uptake during endurance activity</li> </ul>	179
	<ul> <li>Increased endurance and intensity of physical performance</li> </ul>	179
	<ul> <li>Increased intensity with reduced perception of effort</li> </ul>	179
	<ul> <li>Increased concentration and alertness</li> </ul>	180
	<ul> <li>Conflicting research results</li> </ul>	180
	— Precautions	181
	<ul> <li>Standard caffeine content values</li> </ul>	182
	<ul> <li>Caffeine for muscle building and physique enhancement</li> </ul>	183

	<ul> <li>Top 10 benefits of caffeine for bodybuilders</li> </ul>	183
10.	Putting it all together - synergise yourself for success	184

## **Lesson 10 Muscularity Round Contents Index**

1.	Introduction	212
2.	Front Double Bicep Pose	214
3.	Front Lat Spread Pose	217
4.	Side Chest Pose	218
5.	Side Tricep Pose	219
6.	Rear Double Bicep Pose	221
7.	Rear Lat Spread Pose	222
8.	Abdominal & Thigh pose	222

## **Lesson 11 Individual Posing Routine Contents Index**

1.	Introduction	2224
2.	How to choose your music?	224
3.	What poses will I use?	225
4.	How do I put the routine together?	226
5.	The use of props	226
6.	Repetition – The Mother of all learning	226
7.	Tips	227
8.	Sell yourself	227
9.	Posedown	227

## **Lesson 12 Carbohydrate Loading Contents Index**

1.	The history of carbohydrate loading	234
2.	The scientific theory behind carbohydrate loading	234
3.	The mechanics of glycogen production	236
4.	Training leading up to carbohydrate loading	237
5.	When to begin carbohydrate loading	238
6.	Duration and amount of carbohydrate loading	238
7.	Type of carbohydrates	239
8.	Spacing of carbohydrate intake	240
9.	Protein and fat intake	241
10.	Supplements that increase muscle glycogen levels	241
10.	Considerations for females	242
11.	A step by step summary for carbohydrate loading	242
12.	Examples of 50 g carbohydrate portions	245
13.	References	247

## **Lesson 13 Personal Appearance Contents Index**

1.	Introduction	264
2.	Skin type	264
3.	Tanning	265
4.	Application of instant (skin dye) tanning products	267
5.	Application of tanning crème (time delay) products	269
6.	Popular instant tan products applied on contest day	270
7.	Spray tanning	271
8.	Posing oil	273
9.	Posing costume/trunks	274
10.	Posing costume colour	275
11.	Waxing/Shaving	276
12.	Haircut/Grooming	276
13.	Review of the main points	276

## **Lesson 14 Contest Day Mind Power Contents Index**

1.	Introduction	280
2.	Meditation/Relaxation Technique	280
3.	The night before	281
4.	In the morning	282
5.	Remain in a positive mental state	283
6.	Preparing for the Finals (Night show)	284

## **Lesson 21 Drug Testing Contents Index**

1.	Introduction	326	
2.	Polygraph and Scientific Content Analysis (SCAN)	328	
3.	Sport supplements	329	
4.	Steps to prevent inadvertently taking a prohibited substan	ce	330
5.	Therapeutic use of a banned substance		331
6.	Can sport truly be Natural?	331	
7.	The message	332	
8.	The eight drug violations in natural bodybuilding	333	
9.	Sanctions	334	