



Hi there future figure champion!

I know you are anxious to begin training for your first figure or bikini competition! That's why I put together this guide for you to get started on the right track. Inside this "figure girl tool box" you'll find all the secret weapons you need to win your first competition!

All of the links below are suggestions based on my experience successfully coaching thousands of newbies to the stage for the first time. I hope they are useful for you 😊

Getting Started

- [Take the Stage Ready Quiz](#)
- [Professional Assessment](#)
- [Figure Prep Plan](#)
- [Figure Sample Budget](#)

Figure & Bikini Federation – 2015 Show Options

*You can search by state

- [The National Physique Committee](#)
- [The Natural Muscle Network](#)
- [Natural Bodybuilding Events](#)
- [The INBF/WNBF](#)

Training Tools for Success

- [Calipers](#)
- [Body Fat Analyzer](#)
- [Online Food & Exercise Journal](#)
- [Digital Food Scale](#)
- [Digital Weight Scale](#)
- [Digital Measuring Tape](#)
- [Food Prep Containers](#)
- [Food Prep Travel](#)
- [Gloves](#) and [Straps](#)
- [Timer](#) (for rest & tempo)
- [Heart Rate Monitor](#)

Basic Supplements

- [Whey Protein](#) (dairy)
- [Plant Based Protein](#) (non-dairy)
- [Fat Loss](#)
- [Muscle Growth](#)
- [Recovery](#)
- [Fatty Acids](#) (fat loss)

Final Presentation Pieces

- [Suits](#)
- [Shoes](#)
- [Jewelry](#)
- [Tanning & Bikini Bite](#)
- [Posing](#)

Disclaimer: Before starting any exercise or diet program, consult with your physician to ensure you are healthy enough to train and/or consume any recommended supplements. The advice provided is not meant to replace medical advice from your doctor or other health care professional. We received a small referral fee for many of the products mentioned through Amazon and Ion Fitness. We are not responsible for any actions arising from purchasing or using these products or services.