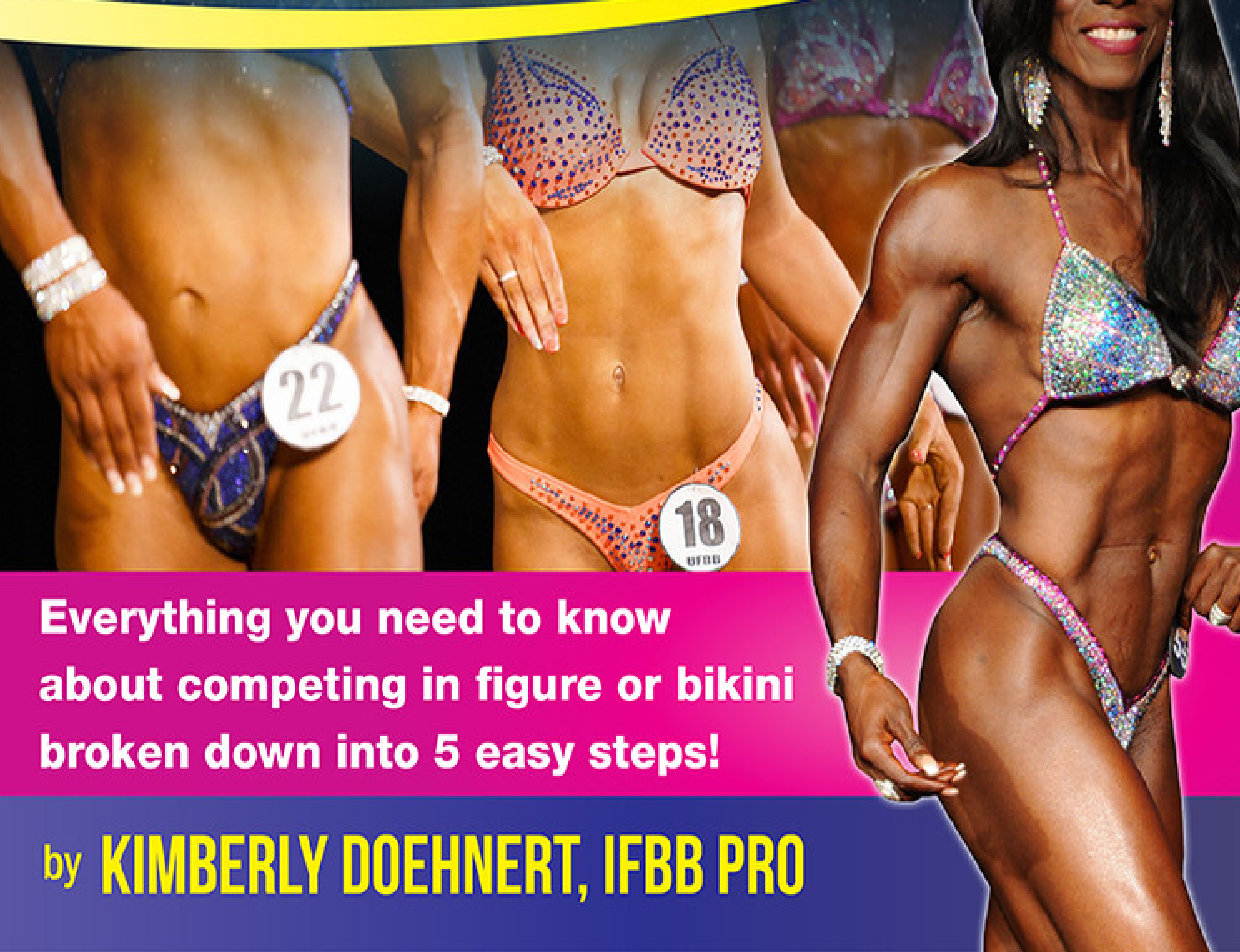


CONTEST PREP

CHEAT

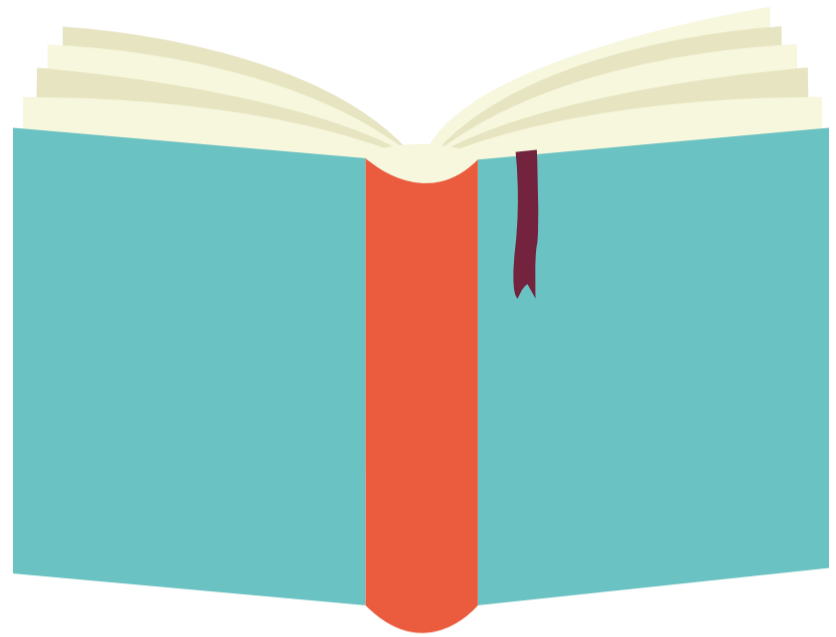
Sheet



Everything you need to know
about competing in figure or bikini
broken down into 5 easy steps!

by **KIMBERLY DOEHNERT, IFBB PRO**

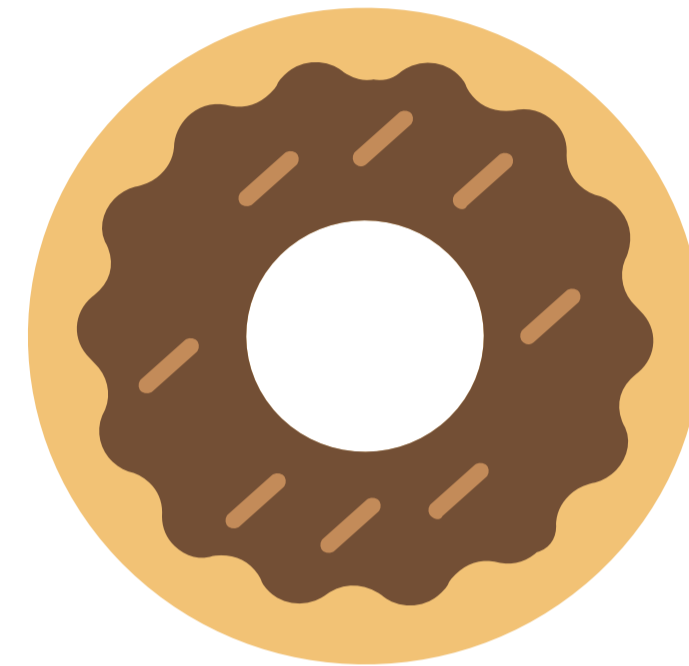
8 THINGS YOU NEED TO COMPETE



A Plan



Mindset



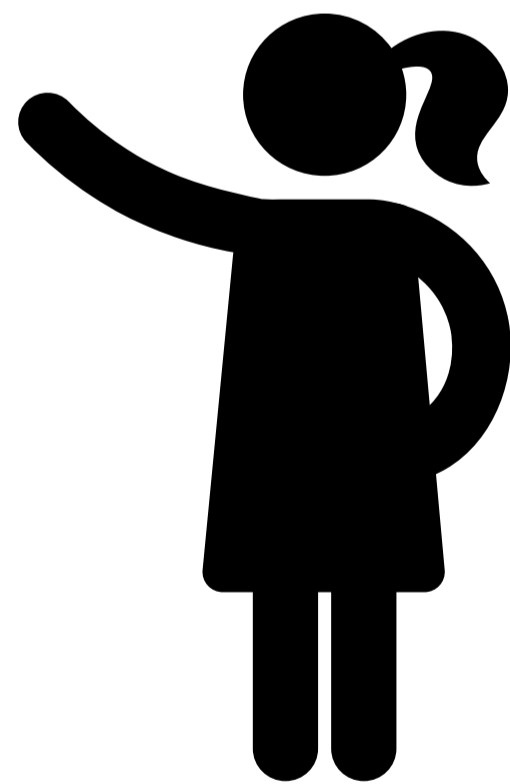
Willpower



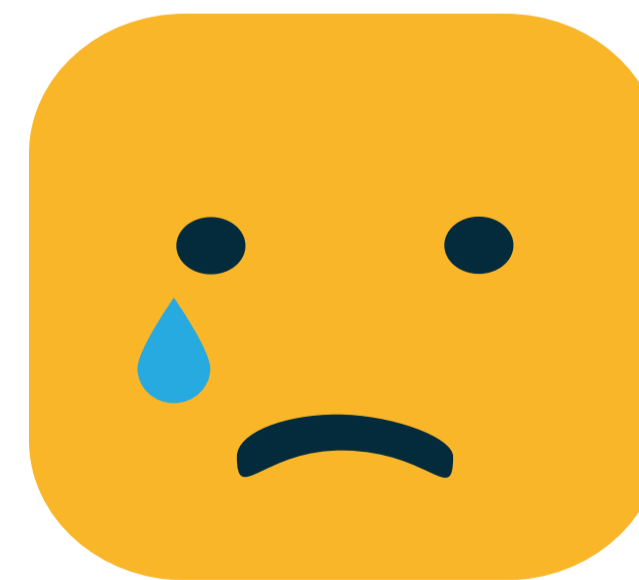
Enough Time



Budget



Support



Patience



Want to Win

5 EASY STEPS TO PREP



STEP 1

GET YOUR MIND RIGHT



- Start your program in a positive state of mind
- Be prepared to be judged not only on stage
- Expect to be questioned by those around you
- Don't second guess yourself or the process
- Find a support team that will motivate you all the way to the stage

Be prepared to
live a more
regimented life.

ONE TIME OFFER - CONTEST PREP SECRETS ONLY \$77!

STEP 2

DETERMINE YOUR WEEKS OF PREP



The "contest prep" window is when you are 15-25 pounds from your stage weight.

- Take your initial stats to determine how much weight you need to lose and amount of muscle mass you need
- Expect to lose 1-2 pounds per week. Ex. 20 pound goal = 10-20 weeks prep
- Track your progress every 1-2 weeks and take photos
- Get Inbody or Bodpod body fat test to track muscle & fat loss (or gain)

[ONE-TIME OFFER - 80% OFF CONTEST PREP SECRETS](#)

STEP 3

FIGURE OUT YOUR MACROS



- Determine your baseline calories and macronutrient (macro) structure needed for your goals
- Adjust meal plans based on calories burned during workouts, overall progress, and show timeline
- Determine the right carb cycling for maximum fat loss

Diet is 80% of
your results on
stage.

ONE-TIME OFFER GOOD FOR 48 HOURS - 80% OFF!

STEP 4

DESIGN YOUR TRAINING PROGRAM



- Divide your training into 4 segments + peak week
- Cardio is used for fat loss and conditioning
- Adjust your training at the right points to stay on your show timeline
- Know how to train the final 2-4 weeks for "peaking"

When you hit a plateau, there are over 20 ways to fix your prep. Not just cut calories or increase cardio!

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STEP 5

PICK A SHOW



- Competitions are broken up into these common classes: True Novice, Novice, Open, and Masters
- Classes are also divided by height
- Choose a show you can be ready for in 16-24 weeks
- Avoid National Qualifiers (NQ) unless they have a first time competitor class.

Attend a local competition so you will know what to expect on stage.

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LIKE THE CHEAT SHEET? CHECK OUT THIS ONE-TIME OFFER!

Get my program for newbies, *Contest Prep Secrets* for ~~\$397~~

Only \$77 for the next 48 Hour Only! – That's 80% Off
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