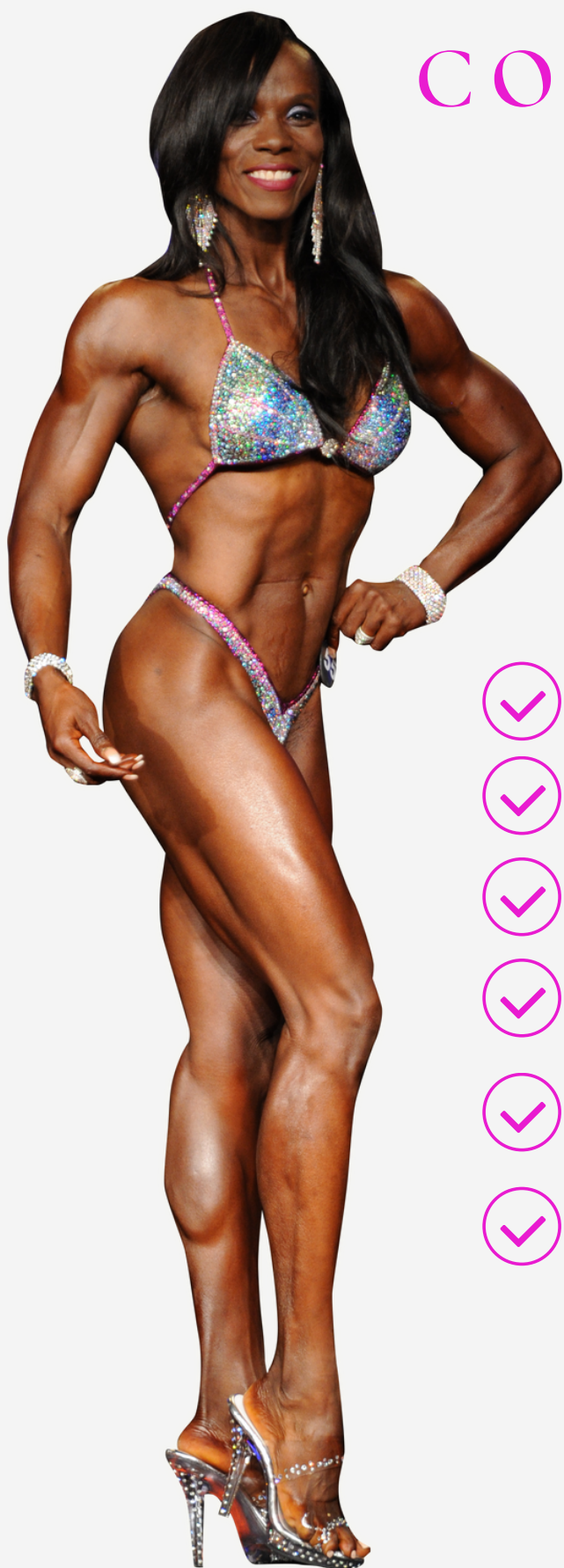


**FREE GUIDE TO JUMP START
YOUR PREP IN JUST 7-DAYS!**



CONTEST PREP TOOL KIT

For Newbie Bikini, Wellness,
& Figure Competitors

WHAT'S INSIDE:

- ✓ Explanation of the Divisions
- ✓ Getting Started Checklist
- ✓ Training & Cardio Breakdown
- ✓ Weight & Body Fat Goals by Height
- ✓ Measurement & Tracking Guide
- ✓ Competitor Costs & Budget

No More Waiting...
It's Your Time to Shine ✨

So, You Want to Compete?

Hitting the stage is more than just working out and losing weight. The truth is, the judges don't want to see overly lean bodies on stage. But sadly, most of the cookie cutter or do-it-yourself plans will leave you miserable, starving, losing muscle, and going home empty handed. You'll end up wishing you had invested more into your preparation. Learning more about the process **before starting your prep** is the key to having a positive experience on stage!

When I started my journey to the stage, I searched the web for information and couldn't find anything that actually made sense. After months of frustration, I almost gave up.

That's when I cracked the prep code and ended up winning my IFBB Pro card in less than 2 years!

Every since then, I have devoted my time to helping other newbies have an amazing experience on stage.

I created this free tool kit to help you **get organized for prep in just 7 days!**

What Are Competitions?

Competitive bodybuilding shows are held year round and sanctioned by federations like the National Physique Committee (NPC) or many others. You can do a search on the web to learn more about the types of federations and specific rules to participate.

Within the competitions, there are several divisions or categories for men and women. For this guide, let's look at these 3 women's divisions: Bikini, Wellness, and Figure.

Depending on your current shape and genetics, one of these categories will work better for your body. Each one of these divisions have specific posing & presentation requirements.

Within each division, there are classes: True Novice, Novice, Open, and Masters.

A True Novice is an NPC athlete that has never entered an NPC contest.

A Novice is an NPC athlete that has never placed first in their class in a novice, masters or open contest.

An Open Class is open to all ages and levels. These are the main classes. Open classes will be divided by height.

Getting Started

Checklist

- Begin with a committed & positive mindset
- Take initial measurements (see guide), photos and body fat
- Research federations & choose (NPC, OCB, INBF, etc.)
- Determine your division based on body style (Bikini, Wellness, Figure)
- Create a budget based on show must haves (see guide)
- Calculate the weeks needed to prep based on what your body needs (see weight/body fat guide)
- Begin tracking calorie intake, limit processed foods, and drink plenty of water (at least 1/2 body weight in ounces)
- Join a gym or facility with equipment for this level of training
- Schedule your workout & meal prep time on your calendar
- Plan to attend a local show, preferably in the federation you plan to compete in.
- Choose a show based on your readiness timeline
- Follow show/promoter on social media/email for important information and updates
- Get a proven plan or [hire a qualified coach](#) to walk you through the entire prep & show process.

Contest Prep Budget

This is a short list of the most important costs associated with a 16 week prep. There will be more based on the length of your prep & specific needs.

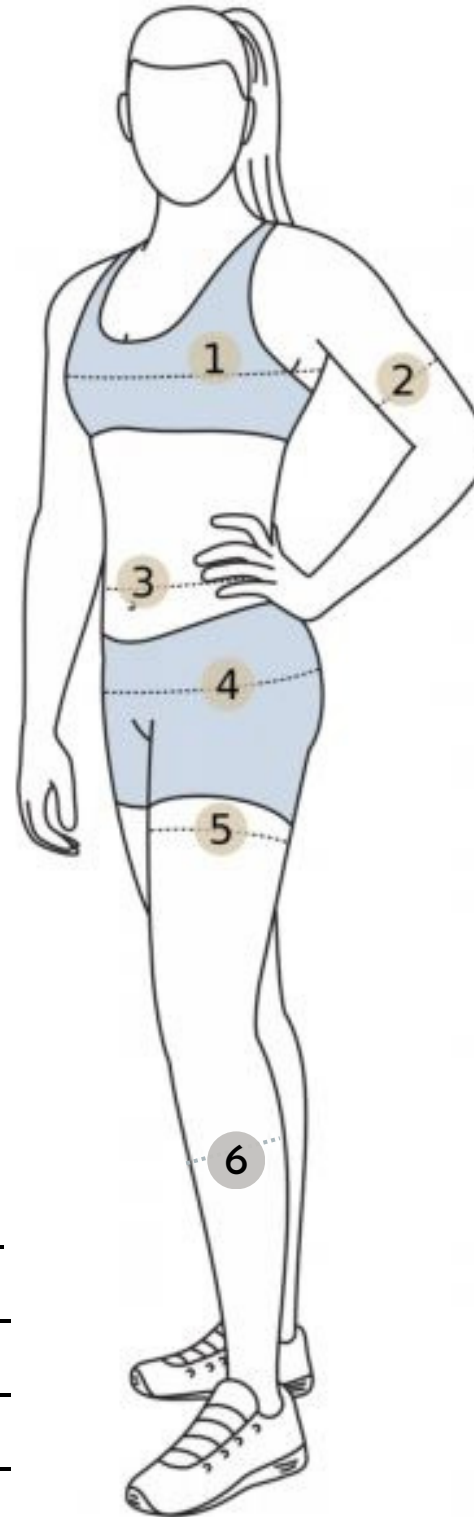
Show Name & Date

	Item/Description	Budget Range	Actual Spent
1.	Groceries (16 weeks) @ \$75-100/wk	\$1200-\$1600	
2.	Supplements (16 weeks)	\$800-\$1200	
3.	Gym Membership \$30-\$50/month	\$120-\$200	
4.	Posing Heels	\$50-\$75	
5.	Posing Suit	\$300-\$500	
6.	Tanning & Make-up	\$200-\$300	
7.	Hair at Venue (recommended)	\$75-\$150	
8.	Monthly Body Fat Tests (4 months)	\$100-\$200	
9.	Posing Coach (8) \$75-100/ea	\$600-\$800	
10.	Event Registration (\$100-\$150 ea class, 2 classes	\$200-\$300	
11.	Federation Card	\$100-\$150	
12.	Jewelry	\$60-\$100	
13.	Heart Rate Monitor	\$100-\$300	
14.	Hotel Room (out of town shows) 1-2 nights	\$150-\$300	
15.	Manicure & Pedicure (French/Nude)	\$100-\$150	
		Proposed: \$4,155-\$6,425	Actual:

Measurements & Progress

Before you start your prep, take these measurements and assessments. I recommend taking weight every week and full stats/body fat every 4 weeks.

Week	WT	Chest	Arm	Navel	Hips	Thigh	Calf	BF%
Wk 0								
Wk 4								
Wk 8								
Wk 12								
Wk 16								



NOTES: _____

Contest Prep Training & Cardio

By Division

Each division requires a specific shape, size, and symmetry. Your training is based on how much improvement you need in each area. Below are just recommendations on how to get started the first phase and would need to be adjusted throughout your prep. Get custom coaching [here](#).

	Bikini	Wellness	Figure
Legs	Train 1-2 x per week, moderate volume	Train 2-3 x per week, moderate/heavy volume	Train 2-3 x per week, heavy volume
Back	Train 0-1 x per week, light/moderate volume	Train 1 x per week, light/moderate volume	Train 1-2 x per week, moderate/heavy volume
Arms	Train 0-1 x per week, light/moderate volume	Train 1 x per week, light/moderate volume	Train 1-2 x per week, moderate/heavy volume
Abs	Train 2-3 x per week, light volume	Train 3-5 x per week, light/moderate volume	Train 3-5 x per week, moderate/heavy volume
Chest	Train 0-1 x per week, light volume	Train 1-2 x per week, light/moderate volume	Train 1-2 x per week, moderate/heavy volume
Shoulders	Train 1-2 x per week, light/moderate volume	Train 2-3 x per week, light/moderate volume	Train 2-3 x per week, moderate/heavy volume
Calves	Train 0-1 x per week, light/moderate volume	Train 1-2 x per week, moderate/heavy volume	Train 1-2 x per week, moderate/heavy volume
Cardio	2-3 days per week, 20-35 minutes	3-5 days per week, 30-40 minutes	3-5 days per week, 30-40 minutes

GET STARTED NOW =>

www.stagereadyassessment.com

WEIGHT & BODY FAT GOALS

By Division

These are approximate first-time stage weight and body fat numbers below. Contest prep is about 12-16 weeks of progressive training, diet, supplementation, etc. Pre-contest weight (start weight) would normally begin 15-20 pounds from stage weight.

Please note, these ranges are approximate and based on my experience coaching new competitors over 12 years. Weight and body fat correlates to a specific body style. Your final stats are based on how you look.

HEIGHT	BIKINI WEIGHT	BIKINI BODY FAT	FIGURE & WELLNESS WEIGHT	FIGURE & WELLNESS BODY FAT
5'0"	95-100	10-15%	100-110	8-12%
5'3"	100-110	10-15%	110-115	8-12%
5'5"	110-120	10-15%	115-125	8-12%
5'7"	120-130	15-20%	130-140	10-15%
5'9"	130-140	15-20%	140-150	10-15%

HOMEWORK: Get an Inbody or BodPod body fat test and take your weight. Calculate how much weight and body fat you need to lose to get into the ideal stage ready range.

Current Weight _____

Current Body Fat _____

Weeks Out _____

GET STARTED TODAY => www.stagereadyassessment.com

READY TO SLAY THE STAGE?

I want to help you get stage ready like these amazing ladies! All of them started with taking one of my free trainings then upgraded to private coaching. Let me take the stress out of your prep too! If you haven't already scheduled a consult with me, [click here to book a call](#).



KIM, I'M READY TO SLAY!