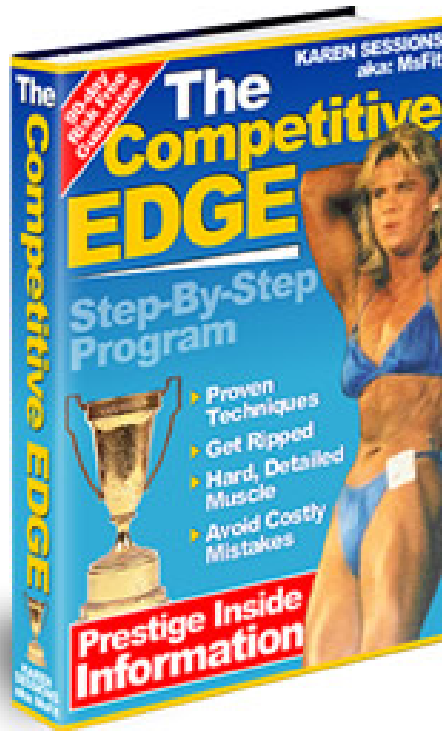


# The Competitive Edge

*The Complete Guide To A  
Winning Physique!*



*Female Bodybuilding  
Contest Secrets  
**REVEALED!***

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## Author's Note

My name is Karen Sessions, better known as MsFit on various fitness/bodybuilding sites. I am a multi-certified personal fitness instructor (NSCA, AFAA and ISSA), the owner of [www.TheElitePhysique.com](http://www.TheElitePhysique.com) and several other fitness related websites, and the author of six amazing fitness books:

- ***How to Lose Weight; Forever*** is a weight-loss eBook designed for men and women struggling to lose weight.
- ***Iron Dolls*** contains advanced information to building a muscular, hard, and lean physique.
- ***The Competitive Edge*** is all the detailed information on how to prepare for a bodybuilding contest.
- ***Killer Quads*** is a detailed leg training eBook to build solid, rock hard and striated legs.
- ***Figure Competition Secrets*** is a comprehensive eBook on how to prepare for figure competitions or just attain the body of a figure or fitness model.
- ***The Cellulite Cure*** is my latest release. It is thorough information on how to stomp out cellulite once and for all!

I have been in the fitness industry since 1988, but I wasn't always fit, lean, or in shape. Just like you, I had to learn.

I was skinny before I embarked on fitness/bodybuilding lifestyle and I had to lose a few pounds at times too, so I have been on both sides of the spectrum.

I finally made a commitment to transform my body and see what I was capable of. When you are in control the results are astonishing. I developed a keen interest in how the body works in relation to food and exercise.

With that, I took my training to the next level and began entering bodybuilding contests. The constant challenges kept me on edge to keep building and reshaping my physique. This makes me uniquely qualified to help you meet your competition goals.

**“The Competitive Edge – Female Bodybuilding Contest Secrets”** is a comprehensive guide that provides you with **specific knowledge** and **direct information** from a **natural and experienced female bodybuilder** with an extensive background in the competition arena. The program outlined here is what I use to lean up for bodybuilding contests.

I have been an active bodybuilding competitor for seven consecutive years and judging for two. In addition to the numerous titles that I hold in bodybuilding, I also have a background in nursing and have had firsthand experience with eating disorders.

For the past five years I have been writing fitness/bodybuilding articles for various websites as well as training clients online, and just recently I have written for the Fitness & Physique Magazine. All of that information has been consolidated here for your use in a concise, professional manner.

Through extensive studies, organized research, personal experimentation, and a lifestyle change I have reshaped my body and created a prize-winning physique! I have helped many achieve their contest goals and I can help you as well.

**In front of you is a powerful tool for advanced female bodybuilding contest preparation.** I will provide you with simple basic tips, techniques, and unrevealed secrets for muscle maintenance, muscle growth, and fat loss.

It's your job to pay attention and take notes of the secrets and learn how to apply them correctly.

The more you know, more you will grow.

Fitfully Yours,  
Karen Sessions NSCA-CPT  
MsFit



## **Let the Competitive Journey Begin**

I would like to take the time to congratulate you on your up-coming bodybuilding contest and wish you the best of luck! With this information in your possession, there's no doubt that you will be your absolute best on the competitive bodybuilding stage.

I will reveal to you all the raw information on how to rotate food, cycle carbohydrates, manipulate cardio and to fine tune your training to create a full, hard, dense, striated, and ripped body! I will also reveal tips and techniques so you can "peak" on your chosen day.

I will discuss the use of fluid pills, as well as sodium and creatine loading, and let you decide if those may be the route you want to take.

Some tricks work and some tricks are better suited for the magicians. The working factor in getting into contest shape is creating a plan and consistency!

### **Unique Program**

How does my program differ from the rest? It's simply specific knowledge from an active competitive athlete, customized for you!

I provide you the information on your body type, along with easy formulas to work towards your competition date. The information provided here is not a one-size-fits-all program. It is customized nutrition and training.

**"The Competitive Edge – Female Bodybuilding Contest Secrets"** is designed for women who want to achieve a winning physique on stage! I address the facts, not the hype. You will get the truth, and above all, reliable structured information from personal experience, no tricks or gimmicks.

The general guideline for contest preparation is 12 weeks. However this can greatly be affected, more or less, by your current body status and your body type. Those who are holding 20-30% body fat will need more preparation time than those carrying 12-19% body fat.

If you are ready to make at least a 90-day commitment, then you may continue reading.

This book does not start from the very basics. It's assumed you are either an intermediate or advanced lifter.

To maximize your chances of having a contest-winning physique, I highly recommend purchasing *Iron Dolls*, which will teach you how to build solid muscle off-season, in preparation for your competitive season.

Before you attempt anything outlined, I ask that you read the entire book completely once so you can get the basic overview.

# Chapter One

## Competitor Beware

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Most competitive bodybuilders have tried countless diet and training programs to find the secret to a hard, ripped, and muscular body. I have seen competitors use all sorts of tricks such as:

- 'Y' High-protein diets
- 'Y' Low-carbohydrate diets
- 'Y' High-carbohydrate diets
- 'Y' Low-fat diets
- 'Y' High-fat diets
- 'Y' High-sodium diets
- 'Y' And a dozen more

All these crazy tactics amaze me! I am sure you, like anyone else, have tried one or a number of these dieting techniques.

How were your results?

Were you ready on contest day?

Were you satisfied with your condition?

Could you have been in better condition?

### **General Training Advice**

What about the multitude of training advice and programs given on message boards? Do you trust who you are receiving information from on the various forums?

Advice is a dime a dozen. Most forum “advice givers” are amateurs themselves learning about the sport, popping off ideas they previously read on another post or forum.

**A word of caution:** Many forum members advising you have never competed. Have you checked the profile of these individuals to see their background in the sport or their age? Have you seen their pictures to support their suggestions?

Beware of the forums, as many advice givers are males trying to advise females. While training and nutrition will be very similar, women are a bit different and more complex, and require more detail and specifications.

**The number one factor for not being ready on contest day is listening to too many people.**

The advice you get from two different people may both be accurate, but you can't combine them. **A little secret to being ready on contest day is to choose one person to listen to, and stick with them!** This is the first rule to competition success. The old saying “too many cooks in the kitchen can ruin a good meal” holds true for contest preparation.

### **General Cardio Advice**

What about cardio advice you are receiving? Are you taking suggestions on cardio from a 5'8", 200-pound guy? Does he suggest that you don't need that much cardio or that you are not doing enough?

Women will advance better by following the footsteps or advice of another female competitor who has actually trained for bodybuilding contests.

As you are well aware, I am confident in my information. I have been in the fitness industry since 1988 and I have profiles to back me up on websites and message boards along with pictures and testimonials.

### **General Supplement Advice**

Supplements are forever growing in the bodybuilding industry. Many supplements are great and will help you maintain your muscle while you burn fat and others are completely useless.

Some seemingly harmless supplements and prescribed medications can cause you to retain fluid while on stage. Do you know what to take and when to take it?

The secret to a prize-winning physique is to find someone who has accomplished what you want and do what they did.

What is another secret to a hard, ripped, and muscular body? **Attainable goals, applied knowledge, and consistency.** Yes, it is that simple. These three things, plus more you will learn, will bring you in rock hard on contest day.

## Contest Preparation Mistakes

Right now you are a step ahead of your competition. Contest preparation comes along with mistakes, which are a learning factor. Identifying them now will save heartache and a low placement later. Let's discuss a few of the popular mistakes many competitors fall prey to. Grin when you have made one.

1. **The First Mistake** many competitive bodybuilders make is listening to too many people. I have made this mistake myself in the beginning. It is great to get other veteran's advice on contest preparation, but too many opinions can be devastating to your physique on contest day. Although many contest dieting methods work, too many people try to combine too many different approaches and they end up counteracting what they are trying to accomplish. **Choose one person, one approach, and stick to them.** With consistency, you will have a contest winning physique.
2. **The Second Mistake** competitive bodybuilders make is dieting impatiently. **Many bodybuilders make abrupt changes in their program if they fail to see changes every few days.** The body responds to abrupt changes by retaining fluid and hoarding fat. Any changes should be approached with a plan and with caution. Gradual changes are best for contest preparation. This is not the time to experiment with the latest cutting trend.
3. **The Third Mistake** competitive bodybuilders make is **waiting too long to begin their diet.** Too many times competitors will begin their diet too late, leaving little room for mistakes or changes and the end result is a soft physique on contest day. Be prepared and plan ahead. Contest dieting is drastic itself and therefore prepare to begin dieting anywhere from 12 to 20 weeks.

4. **The Forth Mistake** competitive bodybuilders make is not eating like clockwork. **Eating on time is imperative for a contest winning physique.** You should NEVER miss a meal! If you do not feed your body when it is time, it will just hold on to body fat. Continual feedings keeps your metabolism running because it keeps your body working. To lose body fat you must eat and you must eat on time!
  
5. **The Fifth Mistake** competitive bodybuilders make is not tracking calories. **Just as eating is important, so too, is knowing your food's energy content and its source.** Not only should your calories be tracked and logged, but also all the macronutrients, and even sodium content during the final month. This is very important if you plan on being ready for contest day. Never guess or estimate your meals.
  
6. **The Sixth Mistake** competitive bodybuilders make is **overeating.** This is why it is so important to track and log everything you put into your mouth. If you do not know the exact content of every macronutrient, you are bound to under eat, which leads to muscle wastage. On the flipside, you could overeat which leads to fat storage. Have a plan and follow it.
  
7. **The Seventh Mistake** competitive bodybuilders make is **not taking body compositions.** This is another important factor in contest preparation. You need a starting point and you need a goal or you will just be running around in circles. Take your body fat composition before you begin your diet so you know how many weeks you will need to prepare. As you diet down, take your body fat composition every two weeks to be certain that you are keeping your muscle and losing body fat. Have a starting point AND a finishing point.
  
8. **The Eighth Mistake** competitive bodybuilders make is missing training and/or cardio sessions. **Do not miss any scheduled training or cardio**

- sessions** unless you simply cannot make it due to the fact that your body is literally over-trained. Sometimes you will need a day of rest, but don't make it a habit. If you want a prize-winning physique you must do the necessary work. Only the strong-willed (mind and body) will make it to the competitive stage.
9. **The Ninth Mistake** competitive bodybuilders make is relying on top-level amateur or professional bodybuilders for contest advice. This is the number one mistake beginners make. **You cannot follow a top-level amateur or professional bodybuilder's advice** unless it is hands on and they are guiding you step-by-step. General information will leave you unprepared. Searching in the latest muscle magazine for a contest diet and training program is very general and will leave you disappointed on contest day. Follow realistic advice!
10. **The Tenth Mistake** competitive bodybuilders make is carrying all their eggs in one basket. This means they use up all their **resources (carbohydrate depleting, cutting calories, and long cardio sessions) at one time** and usually at the very beginning of their preparation. If you use all your tactics for fat loss at once, what do you have to fall back on when you hit a plateau? **ALWAYS** leave backup methods to employ for when you hit a stalling point.

**To upgrade to the full eBook**

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## 1<sup>st</sup> Time Natural Female Bodybuilder Competitor



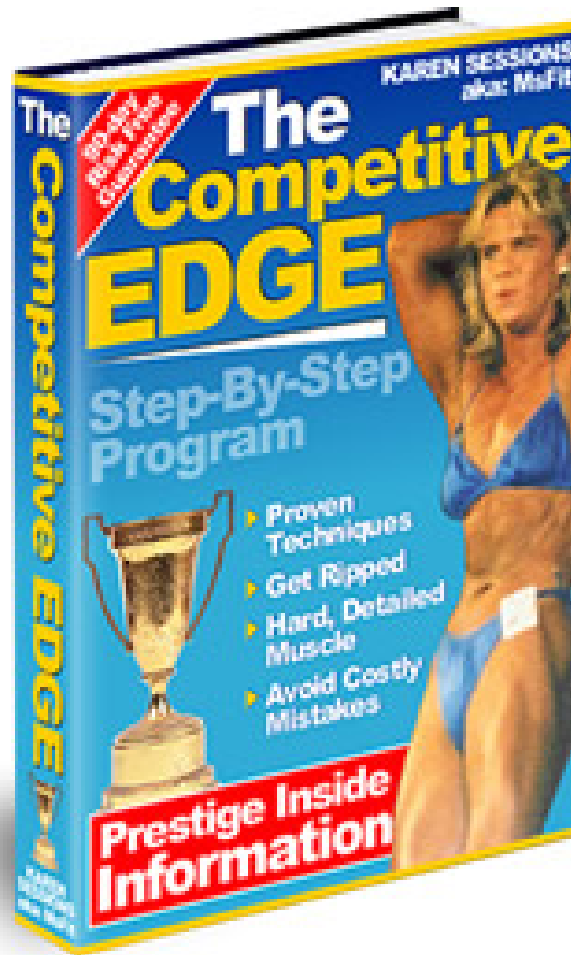
## 2<sup>nd</sup> Season Natural Female Bodybuilder Competitor



## Your Before and After Pictures Here...

Before	After
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**Get THE Female Bodybuilding Contest Secrets NOW  
and Take Your Competition to the Next Level!**



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