16 - Secrets Galore For Women’s Body Building

Special Report

1ST Edition

By Harold Calderon
16 - Secrets Galore For Women’s Body Building Special Report

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DEDICATION

I would like to dedicate this book to my wife Carmen for her understanding and lovingly supports me in whatever I do.
ACKNOWLEDGEMENT

To all my college instructors, specially to Kevin O’Riley, who encouraged me to score always high in life. Also, to a good friend of mine Rafael Rosario, who admired me so much and for taught me good principle’s of entrepreneurship.

Thanks!
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INTRODUCTION

What Is For You The Big Picture In Body Building?

When a person decides that she wants to get into body building as a sport, it’s important to look at the big picture before starting out. You’ll need to look at your new quest as a lifestyle change and know what you’re in for before you even start. The big picture in body building is where you will want to end up.

That means setting personal goals when it comes to your body building journey. What do you want to look like when you are at your peak? Do you have a specific person in mind that you want to emulate? Keep that picture in your mind as you are working out as motivation.

You will also want to consider what type of goals you have for yourself as a result of your body building. Are you wanting to lose weight, do you want to eventually compete, or do you just want to live healthier? Keeping that picture in your mind as well will help you become more focused and more effective while body building.

Body building is really more than a sport it is a mind, body, and soul endeavor. Keeping the big picture always at the forefront of your mind will make your body building more efficient, more effective, and will grow your body to new proportions.

The picture of body building is more than just an oily, greased up woman standing on a stage and flexing their muscles. Today, body building has evolved to include the picture of health and wellness as well. Those who remember that will become everything they ever dreamed of and will make that picture in their minds become a reality.
Secret 1: The Fit Way To A Woman's Health
Secret 1: The Fit Way To A Woman's Health

Fitness, muscle-building and gym work-outs have gone beyond the traditional all-male club. With the hype over fitness and health and a healthy lifestyle, women have joined the club as well. However, men and women have different fitness needs.

Women's fitness and exercise needs are focused on the muscles of the upper back. Most of their exercise work-outs are also designed for the stomach muscles, especially those who have just given birth. At the same time, exercises for women are usually designed for weight loss. And while men tend to focus on muscle building whereas women work on toning their muscles, strength training is important for both.

Here are a few things to make you women out there go out and start building up your muscle strength. Make the performance of your usual tasks easier with a physically strong body. Chores will be easier, lifting your kids, the grocery or the laundry will be a piece of cake. Consequently, it will reduce possible strain on the muscles and injury. Training can increase a woman's strength by 30 to 50 percent.

Lose fat at the same time. A strength training done 2 to 3 times a week for a span of two months can result to two pounds of muscles and would mean a reduction of 3.5 pounds of fat. The more muscles and less fat, the faster is the metabolism, which ultimately means your body burns calories faster than normal.

Fight osteoporosis. Weight training increases spinal bone mineral density which means lesser chances of the risk of osteoporosis. Fight heart disease and diabetes. Weight improvement improves cardiovascular health by lowering the bad cholesterol and blood pressure. It also improves glucose use in the body by 23 percent which reduces the risk of diabetes.

The road to a healthier you. Not only does it promote a healthier body, but it also develops a healthier attitude and a healthier heart. Women who engage in regular strength training are more confident, with a more positive outlook in life.
So How Do You Get Started?

For those who lead very busy lifestyles, hitting the gym and starting on a regular fitness plan may seem the perfect way to keep fit. But for most, starting out on a regular walking exercise is the way to go. Start at a manageable rate. A 10 to 15 minute walk is a good way to start. Prior to a workout, make sure to stretch your major muscles. Work your muscles on the front of your thighs. Stretch your shoulder muscles by standing straight and rolling the shoulders backward in a circular motion. And of course, don't forget to observe proper nutrition. Load up on water to prevent dehydration. Consume carbohydrates before starting on your work-out.

For those with joint and bone diseases, swimming may prove to be a less stressful activity for your muscles. But the most important is, make time for your exercise. If you can't hit the gym or start on a regular work-out plan, make sure that your day is filled with enough physical activity that keeps you going and always on the go. Women's fitness is the key to your beauty!
Secret 2:
Great Muscle Building Supplements
Secret 2: Great Muscle Building Supplements

Exercise is a major aspect of many people's lives. It's certainly understandable why so many individuals want to strive to stay fit and looking great. After all, you only get one body and one life; therefore it's wise to take care of yours and stay healthy as you grow older. While many women turn to cardio and calorie-burning exercises to keep their tummies trim and thighs fit, countless men prefer muscle building routines. This is just human nature. Although it doesn't always work this way, it's pretty common nonetheless. However, gaining lean muscle mass merely by lifting weights 3 to 4 times each week is often not enough. This is where new-age muscle building supplements fit into the picture. Supplements are generally a great addition to any workout. If you've yet to give these protein-infused products a shot, now's the time.

Now days there are definitely oodles of muscle building supplements gracing the shelves of nutrition stores. These supplements consist of anything from energy bars, to pre-made protein shakes, to high-carb energy bars, to convenient protein bars, to protein powders, to meal replacement bars, to much more. Naturally this can make the process of selecting great muscle building supplements somewhat of a challenge for you. So let me give you the scoop on some efficient muscle builders that won't hurt your body. A popular supplement embraced by many weight lifters these days is whey protein. This product generally comes in powder form and sells for as low as 18-25 bucks for two pounds. You can pick it up in GNC stores and grocery stores as well. Even Wal-Mart and Target offer a variety of whey protein muscle supplements. Another popular protein product is "Muscle Milk." This one is a bit newer to the supplement world that whey products and offers some additional muscle building nutrients. Just keep in mind that it's more pricey if you purchase it premade.

Although numerous muscle building supplements grace the market now days, it's crucial to remember that you want one that suits your exercise and muscle building goals. After all, these products are designed to assist you in gaining more lean muscle mass and getting rid of excess body fat. Find your muscle supplement today!
Women’s Body Building Galore - Exhibit #1

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Secret 3: Importance Of Resistance Training For Women
Many women nowadays are into resistance training. Many get into resistance training programs engaging into sports. Resistance training is important for women. It allows you to be active and have a healthy body. You may also gain the needed strength and physically built muscles.

Before you start lifting weights, you should know the proper ways on how to execute the exercise. Many women seriously encounter injuries when they incorrectly lift weights. It is important that you get rid first of the excess weight that you have by walking or jogging. You may also purchase weight loss equipment such as treadmills, cross bar platinum, and nutrition book guides for a better health.

Women usually do not have the natural muscle structure that most men have. They may not also have the same strength to carry heavy loads or the same resistance that men have. What more if you get older? Your body may no longer have the same strength when you were still young. This happens because of the lifestyle you have or just because of aging process. Your resistance may have just decreased and your body tends to weaken.

You can benefit many things when you get into resistance training. Even if you are not an athlete or a body-building enthusiasts, you can get into resistance training programs. Having an active body and well-toned muscles can provide you the more strength and good resistance. You can do some workout outdoors like walking or jogging to get a better blood circulation.
You may also do some stretching and warm up exercises to allow the blood nutrients go to the muscles and joints of your body. Muscle stretching also helps in lessening the risks of injuries and muscle pains after the work out. Muscles tend to sore and get strained if you are not well warmed-up and do the proper stretching techniques before the work out.

In addition, muscle stretching also gives you more flexibility. You will be able to execute exercises comfortably and effectively. It is advisable that you do repetitive stretching and warm ups. Repetition of exercises makes your muscles and joints more enhanced and more adapted to the motion you are executing.

When you are ready to lift weights, you should first work on your larger muscles then the smaller ones. You may then finally go to the muscles that are isolated. You may execute push-ups that can enhance the upper muscles of the body. Before doing triceps extension exercises, you should first focus on the larger muscle groups such as the muscle found in your butt. You may execute exercises like repetitive squatting, box step-ups, and lunges.

You may also work on your quads which is the muscle found on the front thigh. You may perform repetitive squatting and lunges as well. You may also use the leg extension machine and the leg press machine for a well-executed exercise.

You should always remember that you work on the opposite muscles. Muscles tend to get imbalanced especially if the amounts of exercises you do are not equally distributed. When performing triceps extension, it is advised that you also do bicep exercises. If you work out on the chest and the stomach area like crunches, it is important that you do back extension exercises to get a balanced upper muscle toning.

Always take a rest after your resistance training work out. Allow your muscles to cool gradually so that you will not feel any sore or strained muscles. After the resistance training, you will see that you are more ready and physically fit for many kinds of sports.
No all women are created equal!
Secret 4: Women Preparedness For Six-Pack Abs Training
Secret 4: Women Preparedness For Six-Pack Abs Training

Women who undergo rigorous training just to get six-pack abs is now becoming a popular trend worldwide because it promotes an effective means of keeping the body fit, sexy, great looking, and healthy. Although many women who are benefiting from this, there are still those who refuse to consider the idea because they think that having a six-pack abs is a guy thing only.

What hinders women from getting six-pack abs

Despite the advantages it brings to make bodies of women sexier, there are still things that hinder women from getting six-pack abs. If you were one of those who are planning to achieve six-pack abs but still have hesitations, it is a must that you conduct a simple research first on the advantages and disadvantages of training to get six-pack training.

One of the things that hinder women from getting six-pack abs is that the training makes the woman's muscles bulky and the overall appearance masculine. If truth to be told, women despite training for six-pack abs would not have a bulky physique since her body cannot produce enough amount testosterone that is needed to have huge muscles like those in men. Women who are muscular did not get those from training but from having excessive amounts of testosterone in their bodies.

Preparing through diet

For women to achieve six-pack abs, the key formula for success is good and proper nutrition. This is because it provides the basic things such as energy for growth and sustenance can be derived from proper diet.

According to nutritionists, proper nutrition should include proper sets of foods. For people who are planning to develop six-pack abs, this should be a major factor to consider because it will make the training more successful. The following are some eating tips to prepare women get that six-pack rips and muscles in no time:
1. **Make sure that you eat at least six times everyday.** For beginners in developing six-pack abs, this is the most basic rule because this will ensure that you have the energy to endure weight lifting. Eating meals once every 2 to 3 hours will ensure the stability of blood sugar. This will also ensure satisfaction of cravings, maximization of metabolism and energy, and constant need to feed the building muscles.

2. **Enough amounts and significant types of protein should be consumed properly.** Indeed, protein plays a big role in developing six-pack abs because it makes up the person's tissues. To know how much protein you need to get that much-coveted six-pack abs, multiply your total bodyweight by 1.2. The result will be the amount of protein-in grams—is the ideal amount that should be consumed everyday.

3. **Ensure that you consume the right types and amounts carbohydrates.** In women who are training for six-pack abs, carbs are very important to supply the energy your body needs. To figure out how much carbs you need daily, multiply the lean body mass of your body by 0.8 and the result is the total amount of carbs-in grams—is what you need. Remember that since getting six-pack abs has something to do with losing fats, you must only consume the foods with low carbs such as brown rice, oatmeal, and sweet potatoes.

4. **Always include veggies into your diet.** Women who are looking forward to having six-pack abs should ensure that green leafy veggies like green beans, broccoli, and lettuce have a place on their diet. These types of foods will ensure that cravings can be suppressed without getting hungry. While training, veggies can also aid metabolism which will make the absorption of protein easier and faster.
“No all women are created equal!”
Secret 5:
Sexy Strong Amazing World Female Body Building
Female body building is growing in popularity world-wide at an amazing rate. The sport, once reserved almost solely for men, has attracted the attention of women who want to take their bodies beyond simple good health and fitness and to push the absolute limits of their abilities to build muscle mass. For many women it is a delicate balancing act: Attain substantial muscle growth while retaining their femininity. When talking about competition, the disparity between prize money for women and men is far greater than the disparity in their ability to grow muscle. Despite prizes that are only a fraction of what is available to men in the sport, many women display just as much drive and determination to compete as their male counterparts.

Despite incredible strides and advances in female body building, we all know that women's bodies are different than men. That means a female who aims to grow her body in the same fashion as a man shouldn't simply adopt a muscle development plan that is designed for a man. Instead, a woman must take even greater care to educate herself about important subjects like training limits and nutrition before she goes to work on her body. Any female serious about participating in strenuous, muscle-building exercise should first consult her doctor to ensure that she is in good health and that her diet is correctly monitored to ensure that her nutritional needs are met.

Despite common thinking to the contrary, among body builders a healthy body image is just as important to both men and women. At one time, it wasn't uncommon for women to fear that serious female body building could so drastically alter their shapes that they would be indistinguishable from men. While it is quite true that women are physically able to develop impressive muscle mass, a proper workout plan can be created that will ensure that a female can sculpt her body in such a way that she can satisfy her desire to be fit, strong, and sculpted without giving up her desire to retain her feminine qualities.
More than anything, the toughest battles facing women who are committed to hardcore female body building may be the cultural ones. While men are almost universally hailed for bulking up their bodies to levels that might be considered unnecessary, women who test the limits of their muscular development can sometimes be labeled in negative terms. Some segments of society, it seems, may actually be threatened by female body building and the image of a strong woman. This is an unfortunate situation. While some people may not appreciate the incredible level of commitment required to transform a woman's body, the image of strength-be it a male or female image-should be admired.
Secret 6: Female Body Building
While body building has long been considered a man's sport, more and more females are starting to take an interest in their bodies from a muscular standpoint. Female body building is big business these days, one that can help the "fairer sex" healthy and toned like their male counterparts.

Some women are hesitant to undertake a body building program because they don't want to look bulky and beefy. The truth is that women are not able to get as bulked up as men. Men naturally have a larger amount of testosterone in their bodies that women don't have. That testosterone makes their muscles develop differently, so females need not worry about that bulky look.

The advantages for females in body building are far-reaching. Many women want their bodies to look and feel good. When you workout, you are strengthening your muscles and your mind as well. When the world ideal of a woman's body is that of a thin, waif-like being, body building for a great body can be a great way to combat that image perception.

Starting a body building program will help tone the female body and make it stronger. Aesthetically, you will look healthier and symmetrical when you have a toned body with well-defined muscles. There's nothing better looking than a well-defined female body.

Female body building uses much of the same processes as male body building. Women can use the same exercises such as squats, dead lifts, and bench presses. A good cardio workout is also necessary in a body building program. Women should focus on the muscles that they want to tone such as thighs and buttocks as well as arms and abs.
Nutrition is also very important for men as well as women body builders. A good, balanced diet with lots of protein and carbohydrates will help tone the body and make growing muscles easier in the process. Women do have slightly different nutritional needs than men such as needing more iron in the diet, so a good multi-vitamin can help any female in her body building program.

Sculpting a beautiful body doesn't have to be restricted to men when it comes to body building. Female body building is getting much more popular as women strive to be more beautiful as well as healthier. You’ll look better, feel better, and be better when you undertake a body building program.

Female body building isn’t about bulking up, it's about getting healthy and looking great. When you build a great body with well-defined muscles, it will be well-worth the effort when you look in the mirror!
Secret 7: Hardcore Body Building
Secret 7: Hardcore Body Building

The sport of body building, for many people, can be quite hardcore. By that, we mean it can be intense and all-consuming. But another way to look at hardcore body building is gaining mass anabolic steroids for sale and muscle tone in a natural way without the benefit of artificial hormones such as steroids. Some people who are really into body building think of the sport as hardcore in and of itself. Building body mass and toning muscles involve hard work and dedication. Hardcore body building is having a commitment to shaping the best body possible with hard work and sweat.

It's easy for hardcore body builders to fall into the trap of obsession with the sport. They want to be the biggest and the best. The quickest way to achieve this is to take synthetic steroids or growth hormones. However, hardcore body building doesn't have to involve these substances. You can still grow your body without them.

Body building is a whole body and mind experience that focuses on training specific muscle groups and growing those muscles to often extreme proportions. This is achieved through a proper diet, a safe workout plan, and a mentality that lends itself to hardcore growth.

There are natural supplements on the market for the hardcore body builder that are safe to take and will allow amazing growth of muscles with the right weight lifting regimen. You have to be dedicated, you have to stick with it and above everything else, and you need to know how to perform the exercises correctly. Body building as a sport creates beautiful, well-sculpted bodies in the men and women who are willing to work hard for their physiques. When you undertake a weight lifting program, you will want to pay special attention to the way your muscles respond to the weights and feel the resistance that the weights provide.
The old adage "No pain, no gain" really applies in hardcore body building. You must push yourself and your body if you are interested in sculpting a well-toned body. However, you must also be aware of your limits and not push too hard as you can cause injury to your body.

The sport of body building can be quite hardcore if you want it to be. If you are interested in becoming a hardcore body builder, you must pay special attention to each muscle group on your body and work it until it is toned and defined. Hardcore body building is not only a sport, it's molding a beautiful body.
Secret 8:
NPC (National Physique Committee) Body Building
NPC is the National Physique Committee, a national organization dedicated to the pursuit of a body building program that will build great bodies. They are one of the most well-respected organizations in the body building world and sponsor several body building competitions throughout the year.

NPC body building competitions include the following:

* The Women's National Fitness Championship
* Women's National Body Building Championship
* USA Men's Championship
* The IFBB World Championships
* The IFBB Northern Championship
* Junior USA Body Building Championship

And that's just a few of the national championship competitions sanctioned by the NPC. When an event is sponsored by the NPC, it is well-respected. People know that NPC body building competitions are ones that can give legitimacy to them as serious body building athletes.

Their contests are held all over the country and in Canada, and have long been considered the contests to enter and win. The NPC Nationals is the number one amateur body building competition and has launched plenty of hardcore body builders on to successful careers in the industry. They have full-time promoters working non-stop to make sure that every one of the NPC body building competitions are the best that they can be.

The NPC is an amateur organization. Becoming a member of the NPC and competing in their competitions can lead to membership in the world's strongest body building organization-The IFBB (International Federation of Body Builders). The IFBB is a professional organization for body builders who make a living with their physiques.
NPC body building involves more than just competitions. They are dedicated to educating new body builders including women and teens. They also provide members with alternatives to steroids and information on how to sculpt the perfect body.

Anyone can become a member of the NPC. If you are interested in body building and possibly going pro one day, being a member of the NPC is an important part of your body building goals. All you have to do is submit an application along with a yearly membership fee. With that, you will receive the following:

* Six issues of NPC News magazine that features the sport's up and coming new bodybuilding and fitness stars, along with contest results and contest information on future NPC events.

* Liability insurance (if you're a registered contestant) covering you going to, from and at any NPC bodybuilding and fitness event.

* Eligibility to participate in NPC events and qualify for IFBB events. NPC body building is a very important part of a serious body building regimen. Even if you don't want to go pro, being a member of the NPC can be very valuable in your body building career.
Secret 9: Body Building Clothing
Secret 9: Body Building Clothing

There are two categories of body building clothing that we can refer to. The first involves what you wear when you work out. The other is what to wear in a body building competition. The variety of body building clothing is a million dollar market filled with choices and possibilities.

When you are doing your work out, the key to what clothing you wear is comfort. You will want to wear clothes that you can move about in easily. You will be sweating, so you want the fabric to be breathable and allow for enough ventilation that you won't become over-heated.

Some companies manufacture body building clothing that is both stylish as well as functional. For certain people, looking good at the gym is important for them. Still others could care less what they look like. They’re there to work their muscles and grow their bodies. For both men and women, good choices in body building clothing include tank tops and shorts. You can also choose sweat pants or spandex pants that will hold in the sweat you will be generating. This can lend to weight loss as you lose fluid and work your muscles.

Body building clothing that you wear at competitions or contests is very different from what you will wear in the gym. In contests, the emphasis is on showing off your body. Clothing in body building competitions can be very important.

You will want to choose something that will show a maximum amount of skin without being too risqué. For both men and women, that means swim suits. Men should pick a small Speedo-type suit, and women should choose tasteful bikinis.
There are two categories of body building clothing that we can refer to. The first involves what you wear when you work out. The other is what to wear in a body building competition. The variety of body building clothing is a million dollar market filled with choices and possibilities.

Showing off your muscle tone depends on the judges being able to see all muscles you are focusing on. By exposing as many muscles as you can, you can show off what you've been working so hard to achieve.

Pick a color that is complementary to your skin tone. You will want to tan before competing, so a light color is always a good choice. Men usually are barefoot in these competitions while women often opt for high heels, but going barefoot is also very appropriate for women as well.

While the clothing you choose for body building isn't as important as the workout you get, it can make a difference between an effective workout and one that isn't. If you are constricted by clothing that is too tight, your body building efforts will be in vain. Plus, you won't want to get overheated during a workout or else you risk injury to yourself and contribute to fatigue.

Choose your body building clothing with comfort in mind for the workout portion, and baring the most amount of skin for competitions. Once you make your choices, let your body building clothing speak for itself.
Women’s Body Building Galore - Exhibit #5

“No all women are created equal!”
Secret 10: Body Building Contests
Many people who are big into body building get interested in entering body building contests to show off their physiques. These are great places to build confidence and motivate you to continue with your body building program. When you decide to start competing in body building contests, there are some things you should know first.

To begin with, attend a few contests before you enter one. Watch how the participants put together their program and what the winners do that the others don't. See how they carry themselves and what poses they use to accent their muscles. Take notes and, if you get the chance, ask questions from those in the know.

You’ll need to plan well ahead of time before competing yourself, so start early—as much as six months to a year! There's a lot to consider and a lot of work to do before you go on stage.

Take a look at your body and find the muscles that aren't as toned as you'd like them to be. A body building contest is all about perfect bodies or at least as perfect as you can get them. Just because you've lost a bunch of weight doesn't mean you should be competing. You need strong muscles with well-defined tone in order to win.

Pick some music that will get the crowd excited. Your routine will be your calling card and will determine whether or not you have a strong performance. Your music should contribute to how you pose and what you focus on when in front of the judges.
Your attire is important as well. The purpose of body building contests is to show off well-toned muscles, so you should show as much skin as possible, but do so in a tasteful way. Swim suits are the best choice Speedos for men and bikinis for women. You’ll want a comfortable fit so that you can move about easily and show all of your hard work.

When you have put together a posing routine, have someone video tape it for you and then watch it with a critical eye. Have someone else watch it as well and point out the things you are doing right as well as the things you are doing wrong. You can then work on the areas that need to be strengthened prior to the contest.

You need to pay special attention to your diet and workout routine. It is very important that you maintain the pace that got you here in the first place. Before entering body building contests is no time to slack off. You’ll need to be diligent, but the effort will pay off.

There are many, many body building contests that you can enter when you’ve reached the point where you want to start competing. Local as well as national competitions can be very grueling, so know what you are up for. Body building contests are great places to show off what you’ve worked hard for a ripped, toned body. Good luck!
Women’s Body Building Galore - Exhibit #6

“No all women are created equal!”
Secret 11: Body Building Competitions
When you are serious about body building, the next logical step is to enter a body building competition. You've worked hard to sculpt the perfect body, there's no reason why you shouldn't want to stand up next to others who have worked just as hard and have an impartial third party decide who has the best body.

Keep in mind that body building competitions can be very intense events and the competition can be just as difficult. You have worked to make sure your muscles are as toned as you think they can get and you have prepared for the contest, but you need to be at the top of your game when you enter the competition.

What's important in body building competitions? Actually, there's a lot involved. To begin with, be sure you have a nice, deep, dark tan. That means going to a tanning bed many weeks before the contest. If you’re not comfortable with a tanning bed, you’ll need a spray-on tan the day before the contest. Be aware, however, that many spray-on tans could make you have an orange cast. What you are striving for is a dark look that will make your muscles pop out.

You will need to put some serious thought into the type of music you use for your posing routine. You will want to have music that gets the crowd excited and pumped up as much as you are. If you have music that contributes to your poses, you will most likely be a winner.

The biggest image of body builders in the mind of the general public is that of a greased up guy who is flexing freaky looking muscles. Some body building competitions prohibit the use of oils on the bodies of participants. Be sure you know the rules before you start competing. But be aware that oils can make the muscles stand out in a much bigger way. Follow the rules of the competition that you are in.
You will need to be sure that you are wearing something that will show off all of your muscles. However, use caution. If you are a man, a skimpy swim suit will do just fine – much like that is made by Speedo.

For women, you will want to wear a bikini in a body building competition, but be sure it's tasteful. It's not "Girls Gone Wild", so make sure you promote your professionalism.

Body building competitions are great places to showcase a body that you've worked hard to make beautiful. Don't have unrealistic expectations, but get in it to win it. You deserve it!
Secret 12: Female Body Building Pictures
Secret 12: Female Body Building Pictures

Are you a female who is interested in body building and want pictures of other women to help you with your workout goals? Often when we have something that we can look at every day, we are motivated to stay on track with our goals that we originally set out to achieve. When you have pictures of a female who has used body building to hone her physique, you’ll be motivated as well.

There are all kinds of places you can find some great female body building pictures. Take a look at some body building magazines and note any pictures of women who are featured in the pictures. Often, articles will accompany the pictures, so take note of what she has done to make such a great body and then copy her workout program.

Look online for different places that showcase female body builders. Here are a few great places you can look to for some amazing female body building pictures:

If you think that you are a female body builder with a great body that could inspire people, by all means, take pictures of yourself and display them for all to see. Have a professional photographer shoot you in a variety of poses wearing several different swim suits. Take the pictures from a distance as well as close up.
You should be tanned and oiled up a little to enhance the muscles you are wanting to show off. Concentrate on holding the poses and really flexing those muscles. Smile and let the camera do its work. You may also want to shoot some pictures outside in the natural light that can do wonders for your skin tone.

Once you get your pictures, you can do one of two things with them. Set up your own website to showcase them or submit them to one of the many websites already out there that allows members to upload their pictures for display. There's a lot of place that allow you to do this for free, so take advantage of that. If you set up your own website, be sure to register with all of the major search engines so your website can be found.

Female body building pictures are everywhere on the web. They can not only be great motivation for you to keep up with your workout goals, but they can also serve to be models of what you want to achieve. Print out those pictures of female body builders and post them where you can see them every day. Then proceed with your body building program and watch your dreams become a reality!
Secret 13:
Female Body Building Gallery
A gallery is a place to display photos and artwork in a tasteful setting. In the sport of female body building, a gallery is a place, often online to display examples of the perfect woman's body. It's tasteful, beautiful, and shows the female body builder as what she is—an exceptionally toned work of art.

There are many places that have female body building galleries online. They have many pictures of women who have cut and toned their muscles to the point where they are worthy of being admired. While some of the pictures might be considered risqué, they are not pornographic, but they sure are beautiful!

If you want to see examples of women who have worked their bodies to the ideal point of fitness, you have a lot of choices. Sites that are dedicated to having a gallery of female body building pictures are everywhere. Here are a few great examples:

- has a monthly contest where visitors to the site can vote for the woman they feel has the best muscle tone. There are hundreds of gallery pictures on this site of female bodybuilders.

- is a website dedicated to the sport of body building. Their gallery of female body builders features women who have achieved their great physiques without using any type of drugs to bulk up.

For gallery photos of women who have exceptionally tone bodies, visit www.female-bodybuilding-photos.com. The best part about this site is that you can choose which body parts you want to view such as great abs, toned thighs, or chiseled biceps.
If you think you have a great, chiseled body, you may want to post your own gallery picture at www.bestforminc.com. This website allows people to post their own photos for free so that they can be viewed and admired by web surfers.

* www.bodybuilding.com is an amazing body building site for females and males alike. Besides offering up some excellent body building tips and advice, they also have a gallery showing before and after pictures of people who have honed their bodies to near perfection.

If you want to see examples of some great female body builders, be sure and check out some of the gallery photos at the websites listed above. When you have something to strive for, these photos can be great motivation. A female body building gallery photo can show you what is really possible when you take the time to work your muscles and dedicate yourself to a body building program. Male or female, body building gallery photos can be invaluable in your quest for a great body!
Women’s Body Building Galore - Exhibit #7

“No all women are created equal!”
Secret 14: Female Body Building Videos
Secret 14: Female Body Building Videos

With the rising popularity of female body building, videos that showcase the sport are available in many, many places. Sculpting the perfect female body has become an obsession for many women these days. When you are able to build a great body, what better way to showcase that body than with your very own video?

If you are a female involved heavily in body building, you may want to look into making your own video. Many people these days own their own video cameras. Have a friend tape you posing in different positions and then view the way you look to make sure that you are working all parts of your body to their maximum potential.

You may want to look into finding female body building videos so that you have a goal to aspire to. When you are able to view a woman's body that has been worked to near perfection, it can be great motivation to keep on with your workout regimen. Believe it or not, there are many, many places where you can find female body building videos.

Start with to find female body building videos. They have over 50 selections that you can choose from that feature women who are posing, in competitions, or performing exercises. You can use these videos as motivation as well as models to strive for in your body building workout.

Check out some of the hardcore body building sites for some great female body building videos. They offer up a variety of videos that can showcase some of the top women in the field of body building. When you buy a video of female body builders, you will learn some of the best ways to work your body naturally.
If you are a member of a local gym, ask them for their advice about what female body building videos would help you the best. They will most likely be able to provide you with at least a few places for you to look. Many gyms also have their own libraries of videos that can help you along the way in your body building goals.

Don't pay too much money for your videos. Do a quick Internet search for female body building videos and see what exactly is out there. You can come across videos that will help you along the road toward your body building goals.

Even though body building has generally been thought of as a man's sport, women are starting to take over. When you find a women's body building video, take notes and emulate what these women are doing to sculpt beautiful bodies. Then you can take their advice and do what they do to make your body look the way you always dreamed it could look.
Secret 15:
Body Building Magazines
Secret 15: Body Building Magazines

When you are serious about body building, you will want to subscribe to a few body building magazines so that you can learn more about this great sport. Body building magazine offer so much information to both professionals as well as amateurs, that NOT subscribing to one is a huge mistake.

Besides the obvious advice that the articles will offer you, you will see much more inside the pages of popular body building magazines. You will get pictures of people who are considered to be ideals in the industry. You will receive reviews of popular supplements that can enhance your body building endeavors.

You will get information about the latest contests and competitions and how to succeed when you decide to enter a contest. These magazines have articles written by experts in the field and can offer up tips and techniques that you probably won't find anywhere else.

It's a good idea to subscribe to at least two body building magazines if you are an avid enthusiast. When you read these magazines, pay special attention to what the articles have to say. They can offer up some amazing information that will help you in both your workouts as well as with your diet.

What are the best magazines to subscribe to? The choice, of course, is personal, but there are a few magazines that remain in the forefront of the body building industry. Here are a few to consider:

**Flex**
This magazine is considered the "bible" of hardcore body building. They do interviews with experts in the field and offer up some amazing advice for both the experienced as well as novice body builder.
Find them online at or subscribe to the paper edition for just $29.97 per year for 12 issues.

**Muscle & Fitness**
This also is a highly respected magazine in the body building industry. Each issue refers a lot to the principles of fitness and body building. They give some good information on nutrition, weight training, and many other topics of interest to body builders. Find them online at or subscribe for $29.97 per year for 12 issues.

**Ms. Fitness**
Touted as one of the best body building magazines for women, each month, they give information about upcoming contests, new developments in the area of female body building, and much more!

Their web address is You can also subscribe for the low price of $12.00 per year for four issues.

When you are serious about body building, you can't go wrong when you subscribe to body building magazines. They can help keep you on track with your goals and make you shape the body you've always wanted.
Secret 16: Body Building Forums
Secret 16: Body Building Forums

For people who are body building enthusiasts, having a forum where they can discuss the sport can be a great motivational as well as learning tool. These online forums are great ways to share information as well as tips and techniques that have garnered success for others. When you are involved in a sport that you love, talking with others about their own passion can be very uplifting.

You can find body building forums and message boards in many places online. Most are very easy to use and have a lot of great information to share. They are user friendly and have hundreds of members from all over the world.

One great body building forum can be found at
Their message boards have all sorts of sections that focus on different topics. Those include discussions about supplements, product reviews, competitions, and workout journals. They also have sections specifically dedicated to teens, women, and body builders who are over the age of 35. These boards are very heavily traveled and contain a lot of great information.

At their forums are equally as diverse. There is a place where you can post your workout plan and have fellow members critique what you do and offer up suggestions for alterations you may want to make. You can also post your photo and ask for advice on where you can improve your physique. This body building forum also has a section for nutritional recipes you can share.
Body building experts often drop by the forum at . You can post questions for them to answer and ask for advice about your own body building program. This body building forum also contains a section on power lifting where you can learn about ways to maximize your weight lifting workout and use power lifting to gain muscle mass.

Finally, the popular magazine *Iron* has a body building forum on their website . They offer up places where people can chat live with other body builders and cover more topics than just body building. You can post about sexual health, general health, and even buy or sell fitness related equipment.

Body building forums are wonderful places to get together with other people who share your passion for body building and fitness. You can network with others and gain buying steroids online information that can help you in your body building goals. When you are able to discuss certain topics with others, you can become more effective in your workout program. A body building forum is a great place to start. “Now log on and learn!”
"No all women are created equal!"
Build your expertise, one technique at a time. Get your “Women’s Body Building Fitness Tips” e-Book on your next purchase!