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The incredible Belinda Cosmos in the photo above. A perfect 10. Winner of the Over 50 Figure Class Winner at the 2004 Debbie Kruck Classic. Belinda was in



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amazing shape in this contest and even more cut and beautiful in person.

### **GETTING LEAN:**

Getting really lean is an art form. There is a lot more to it than just starving yourself. In fact starving yourself would be the worst thing you could do. If you need a basic primer in nutrition go here and read this short course on [ENERGY](#) and this short course on [NUTRITION](#). The information presented on this page assumes the reader has a certain level of nutritional knowledge.

**Have no clue** about eating and dieting and training? [Check out this web site](#). A very informative superb primer in eating and training. Read all the stuff on that site - the information it provides goes directly along with what we are teaching here.

Let's get started: Remember this information is intended for **serious competitors** and is too severe and strict for a hobbyist or a person not already in good shape (about 10 to 20 pounds out from top condition). It requires months and months of devoted eating and training. Getting in top shape does not happen by accident or overnight.

### **Basic rules:**

Eat every 3 hours. Six small meals a day. Avoid foods that spike your insulin levels (like bread, sugar, and pasta) or foods high in fat (bacon, cakes, butters, dairy products, fatty meats). Focus on high fiber foods (vegetables, whole wheat, fruits) and protein foods (whey protein, egg whites, fish, lean chicken, lobster, and meal replacements).

### **HOW MANY CALORIES EVERY DAY?**

Calories: A general rule of thumb is 16 x your bodyweight. So if your goal is to weigh 135 pounds that would be 2160 calories a day intake to maintain a bodyweight of 135. To lose weight eat clean and eat with a slight calorie deficit, about 200 to 300 calories below your maintenance level. Over time you will figure out the correct balance.

You need to keep an eating log and record your food intake so you can make accurate adjustments. If you are very active you may have to eat more. If you are naturally obese and hold onto bodyfat easily you may have to eat less. The only way to really know (how a certain level of food intake will affect you) is keep an eating log and discover what effect eating a certain amount of calories for a month has on you. Ask yourself: Did I get leaner? Did I lose muscle? Did I gain fat? Then make an adjustment.

### **PROTEIN:**

How much protein should you eat every day? 1 gram of protein for every pound you want to weigh or more. So let's say you are currently 140 pounds but want to weigh a lean 125. ( $125 \times 16 = 2000$  calories a day). Consume 125 grams of protein a day. That means 500 calories a day in protein ( $125 \times 4 = 500$ ). The rest of your calories come from carbs and proteins. You can eat MORE protein if you want, as long as you eat 2000 total calories a day.

### **CARBS:**

CARBS: About 65% of total calories comes from carbs. Eat things like vegetables, salads, whole wheat baking products, fruits, oat meal, and rice. Avoid sugars, alcohol, snack cakes, chips, white bread and white pastas, sodas, and candies. Eat carbs low on the glycemic index.

### **FATS:**

Fats: 10% or less of your total daily calories should come from fats. When you do eat fat in should be the fat found in fish, nuts and lean meats. Avoid fatty meats, dairy fats, butter, oil, and snacks high in fat like french fries and cookies.

Plan on losing 1 pound a week.

### **FAT LOSS PLAN TIPS**

1. **Eat every three hours.** This increases your metabolic rate. Eat 300

calories a day below maintenance level. Do 30 minutes of aerobics a day. Two, 30 minute sessions is good. Also eating every 3 hours tricks your body into thinking YOU ARE NOT DIETING (constant blood sugar level) so it does not store fat (go into famine mode).

2. Eliminate fat from your diet. Protein's and carbs are not stored as easily as fat. **Fat is stored as fat.** Eat fat, get, fat.

3. Decrease carbs without cutting calories. Eat more vegetables and protein. Low carb lowers insulin levels, you store very little fat, and activate fat burning mechanisms in the body. Keep calories up.

4. When your metabolism slows (from dieting), eat more for 1 to 3 days, sometimes a week. Usually one day will do it. Exercise more as well. Get your metabolism going again. Usually 300 to 500 calories above maintenance will do it. If your bowel movements slow down from once a day to once every third day or something..it's a sure sign your BMR is slowing down.

5. Do cardio with no carbs in the body. First thing in the morning is good. Always eat a protein shake or a protein meal, before you do aerobics--so you do not burn muscle. Do cardio after you weight train, not before.

6. Switch from carbs like potato's and rice and yams to more vegetables. You will get more ripped.

7. No carbs in the evening.

8. Do not over-diet. A tan bag of bones does not win a Figure Contest. It's not a contest about who can starve themselves the most. Eat enough to maintain your strength, energy **and your muscles.**

9. Keep your mind in the game. Read books like "**RIPPED 2**"; by **Clarence Bass** or listen to tapes and TV shows that reinforce your dieting and training goals. I call this "brainwashing". I read "**Ripped 2**" (the first half) once a month to stay "brainwashed". This is a wonderful book and has helped me stay focused.

### DIET 3 MONTHS OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oatmeal egg /whites	Oatmeal egg /whites	Oatmeal egg /whites	Oatmeal egg /whites	Oatmeal egg /whites	Oatmeal egg /whites	Oatmeal egg /whites
whey	whey	whey	whey	whey	whey	whey
chicken breast/rice	red meat / vegetables	shrimp/rice	chicken breast/potato	chicken breast/rice	chicken breast/rice	chicken breast/rice
potato	potato	potato	potato	potato	potato	potato
fish/vegetables	chicken breast/rice	chicken breast/rice	fish/vegetables	chicken breast/rice	shrimp/rice	red meat / vegetables
whey	whey	whey	whey	whey	whey	whey

### DIET 1 MONTH OUT

NOTES: Super clean, super low fat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
fish/vegetables	fish/vegetables	fish/vegetables	fish/vegetables	fish/vegetables	fish/vegetables	fish/vegetables
wehy	wehy	wehy	wehy	wehy	wehy	wehy
chicken breast/rice	chicken breast/rice	chicken breast/rice	chicken breast/rice	chicken breast/rice	chicken breast/vegetables	chicken breast/vegetables
wehy	wehy	wehy	wehy	wehy	wehy	wehy
fish/vegetables	fish/vegetables	fish/vegetables	fish/vegetables	fish/vegetables	fish/vegetables	fish/vegetables
wehy	wehy	wehy	wehy	wehy	wehy	wehy

**DIET 1 WEEK OUT**

					<b>COMPETE</b>	
LOW CARB EXTRA WATER	EXTRA WATER LOW CARB	EXTRA WATER LOW CARB	CARB UP Small food servings EXTRA WATER till noon after that VERY LITTLE WATER BEGINS	CARB UP VERY LITTLE WATER Small food servings	VERY LITTLE WATER	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
fish/vegetables	fish/vegetables	fish/rice	fish/vegetables	fish/vegetables	Oatmeal fruit	
fish/vegetables	fish/vegetables	fish/vegetables	fish/vegetables	potato	yam	
fish/vegetables	fish/vegetables	fish	<b>1:00 PM WATER STOPS</b> fish	fish/rice	<b>MORNING COMPETE</b>	
egg whites	egg whites	rice	potato	potato	1 glass water chicken breast/rice	
fish/vegetables	fish/vegetables	fish/vegetables	fish/yam	potato/yams	<b>EVENNG COMPETE</b>	
				NO WATER	<b>DRINK WATER!</b>	

**MORE ON THE LAST WEEK.**

**WATER:** Some people do not need to limit or reduce water. Limiting water flattens them out, makes them feel weak and sick. I would say it's 50/50. I have competed and been ripped with water and without water.

A tiny bit of dehydration (stop water on Friday around 3 the day before the show) will often help almost anyone.

**EAT LESS:** Eat less the Thursday and Friday before the show. Reduce your volume of food and eat "light" (half portions). This helps shrink the abs the last 48 hours. I try to eat small meals for at least a week before the show so my stomach shrinks and my abs are super flat. You eat less and less (Thursday and Friday) as the show approaches. This is called a "food taper". Do abs for sure Thursday and Wednesday before the show. Keep them tight.

**POSE THE LAST DAYS:** Pose hard the Thursday and Friday before the show for at last 30 minutes. Squeeze those abs and legs. Make it hurt. It will help you peak for Saturday.

**EARLY TO SWEAT:** Get up early on Saturday and ride a bike or walk for 30 minutes and flush out a good sweat. This

removes water from under the skin and stimulates your bowels. Eat something that will give you energy but not change how you look. A potato or small (I mean small) piece of fruit. Like 1/2 a banana or 1/2 of an orange. No water or only small sips.

**JUST CAN'T GET RIPPED.** The body is smart it know you are dieting and try's to hold the fat. Here are some more ideas on how to beat the fat.

1.. **Do aerobics 2x a day.** I know I said this before but it's so important I want to beat it into your head. Bike in the morning, bike at dinner time.

2. Diet hard for 2 days with low carbs and low calories (do not starve yourself..eat a ton of protein). On day 3 eat carbs and protein, raising your calories. If you are hungry eat extra protein. Throw a chicken breast on the grill and eat it. Here is how it looks:

<b>THREE DAY LOW CARB CYCLE DIET (for 125 pound person).</b>			
<b>DAYS</b>	<b>CARBS</b>	<b>PROTEIN</b>	<b>CALORIES</b>
DAY ONE	50 grams carbs to 100	Protein 125 to 150 grams	1000
DAY TWO	50 grams carbs to 100	Protein 125 to 150 grams	1000
DAY THREE	250 grams to 400 carbs	Protein 125 grams	1200 to 1400



[PART 1 DIETING](#)

[PART 2 TRAINING](#)

[PART 3 COMPETITION](#)

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