

INFORMATION YOU CAN TRUST

We are the Leading Mens Physique Competition Prep Team in the UK

- Most IFBB Pro Cards
- Most Overall Show Champions
- Most Class Wins





THE CRITERIA JUDGES WANT TO SEE

- Top line density
- Peeled condition
- Awesome V Taper





Step 2 – Book your call to discuss your goals.

Step 3 – Let's get started.

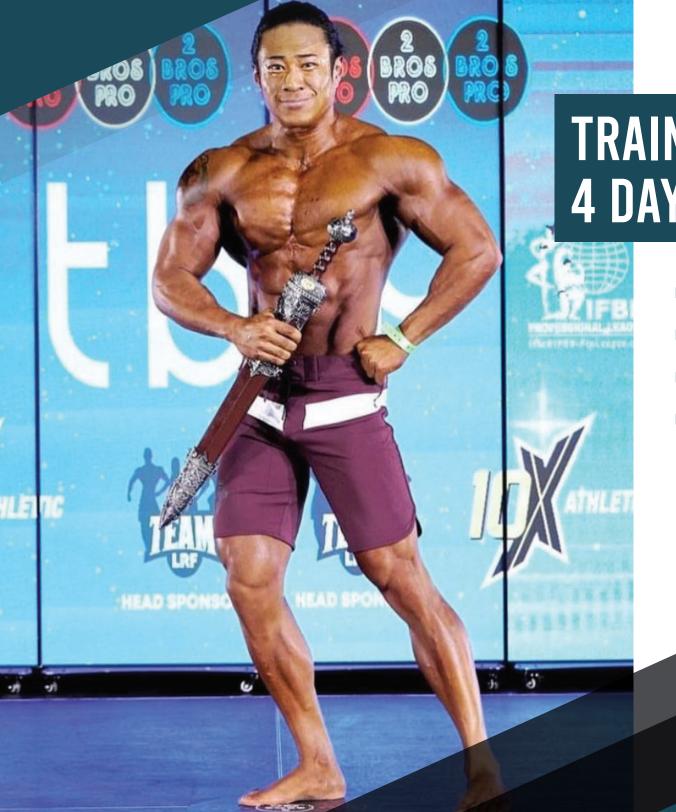
ENQUIRY FORM



TRAINING

Now you know the criteria, let's work on the training







- Push
- Pull
- Legs
- Upper







How much can you

In the off season you must eat to grow

My clients will often eat over 5,000 calories a day



NUTRITION

Gaining to get peeled is the key

When prepping go hard out of the gate & eat into the show





POSING

Learn how to be the best poser

- Get posing lessons
- Practice your posing outside of check ins
- Learn how to stand out on stage for the right reasons



WANT TO START YOUR PRO CARD JOURNEY?

Join the team

Step 1 – Fill out the enquiry form.

Step 2 – Book your call to discuss your goals.

Step 3 – Let's get started.

GET STARTED

