



MENS PHYSIQUE

MASTERCLASS

GUIDE

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



MINDSET

In order to be a champion you need to think and behave like one..



THE CRITERIA JUDGES WANT TO SEE

- Top line density
- Peeled condition
- Awesome V Taper



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.

ENQUIRY FORM



TRAINING

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





TRAINING SPLIT 4 DAYS PER WEEK

- ▣ Push
- ▣ Pull
- ▣ Legs
- ▣ Upper



TRAINING SPLIT 5 DAYS PER WEEK

- ▣ Push
- ▣ Pull
- ▣ Legs
- ▣ Push
- ▣ Pull



NUTRITION

How much can you push food?

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



Pro Tan



SUPPLEMENT NEEDS



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

