



BIKINI

MASTERCLASS

GUIDE

INFORMATION YOU CAN TRUST

We are the Leading Bikini
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

- Full round glutes with amstring tie in
- Condition physique with no muscle striations
- Lovely balance in muscle development between upper & lower





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

- ▣ Upper
- ▣ Lower
- ▣ Upper
- ▣ Lower



TRAINING SPLIT 5 DAYS PER WEEK

- ▣ Lower
- ▣ Upper
- ▣ Lower
- ▣ Upper
- ▣ Lower



EXAMPLE WORKOUTS

Legs 1 - Glute & Hamstring dominant

Exercise 1	Abductor	2 Sets
Exercise 2	Glute Drive	2 - 3 Sets
Exercise 3	Kickback	2 Sets
Exercise 4	High Pad Hyperextension	2 - 3 Sets
Exercise 5	Lying Hamstring Curl	2 Sets
Exercise 6	Leg Extension	2 Sets
Exercise 7	Hack Squat	2 - 3 Sets

Rep Ranges - All exercises, After Warming up:

Set 1: 10-12

Set 2: 12-14

Both sets listed are to failure



EXAMPLE WORKOUTS

Legs 2 - Glute & Hamstring dominant

Exercise 1	Adductor	2 Sets
Exercise 2	Smith Machine Hip Thrust	2 - 3 Sets
Exercise 3	Seated Hamstring Curl	2 Sets
Exercise 4	RDL	2 - 3 Sets
Exercise 5	Lying Hamstring Curl	2 Sets
Exercise 6	Leg Press	2 - 3 Sets
Exercise 7	Static Lunge	2 - 3 Sets

Rep Ranges - All exercises, After Warming up:

Set 1: 10-12

Set 2: 12-14

Both sets listed are to failure



EXAMPLE WORKOUTS

Upper 1 – Shoulder Dominant

Exercise 1	Y Raise	2 Sets
Exercise 2	High Incline Press	2 – 3 Sets
Exercise 3	Cuffed Lateral Raise	2 Sets
Exercise 4	Reverse Pec Dec	2 Sets
Exercise 5	DB Lateral Raise	2 Sets
Exercise 6	T-Bar Row	2 – 3 Sets
Exercise 7	Single Arm Pulldown	2 – 3 Sets

Rep Ranges – All exercises, After Warming up:

Set 1: 10-12

Set 2: 12-14

Both sets listed are to failure



EXAMPLE WORKOUTS

Upper 2 – Shoulder Dominant

Exercise 1	Cuffed Lateral Raise	2 Sets
Exercise 2	High Incline Press (Reverse Band)	2 – 3 Sets
Exercise 3	Crucifix Lateral Raise	2 Sets
Exercise 4	Rear Delt Flies	2 Sets
Exercise 5	Single Arm DB Lateral Raise	2 Sets
Exercise 6	Chest Supported Pulldown	2 – 3 Sets
Exercise 7	Horizontal Row	2 – 3 Sets

Rep Ranges – All exercises, After Warming up:

Set 1: 10-12

Set 2: 12-14

Both sets listed are to failure





NUTRITION

How much can you push food?

In the off season you must eat to grow

My clients will often eat over 3,000 calories a day



NUTRITION

Ensuring you are eating enough food in the off season is key before starting prep.

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



HOW TO CREATE A BIKINI GIRL DIET

In the offseason make sure you are eating a good amount of food to really facilitate growth. This is usually at least 3000 kcals. I will often have clients go up to 4000+ kcals when deep in off season.

Try and use a variety of foods in the off season such as;

Protein Sources

- ▣ Chicken
- ▣ Turkey
- ▣ Steak
- ▣ Eggs
- ▣ Cod
- ▣ Whey Protein

Fat Sources

- ▣ Nuts
- ▣ Nut Butter
- ▣ Dark Chocolate
- ▣ Avocado
- ▣ Cheese
- ▣ Coconut Oil



Carb Sources

- ▣ Rice
- ▣ Cream of Rice
- ▣ Bread
- ▣ Oats
- ▣ Potato
- ▣ Nutella
- ▣ Biscoff
- ▣ Rice Cakes
- ▣ Jam
- ▣ Cereal

Having a variety of food here will stop the boredom of “oh I have got to eat again!”

Prioritise high carb meals in and around your training sessions to really nail those big lifts.

When in prep do not starve yourself. After a good off season a client will never really need to go below 1400-1500kcal a day to get in true condition.





POSING

Learn how to be the best poser

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



WANT TO START YOUR PRO CARD JOURNEY?

Join the team

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GET STARTED

