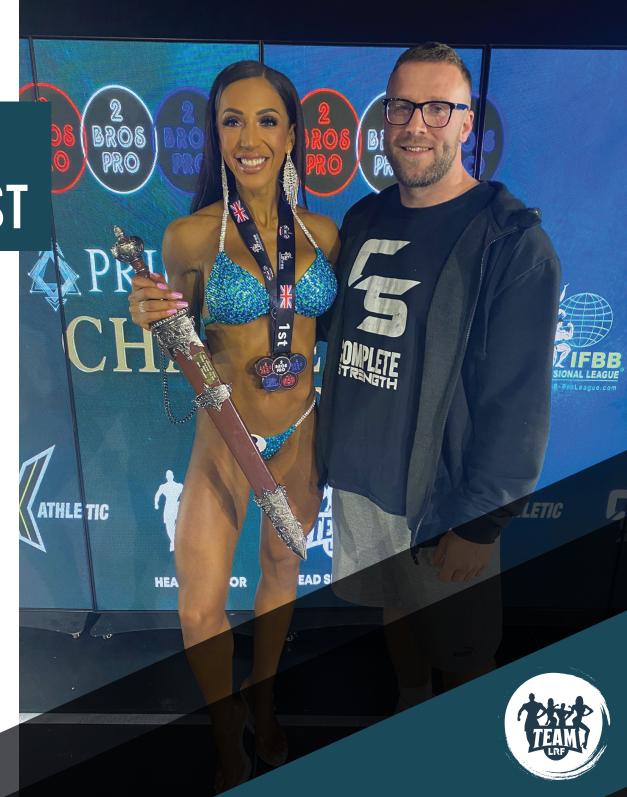


INFORMATION YOU CAN TRUST

We are the Leading Bikini Competition Prep Team in the UK

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





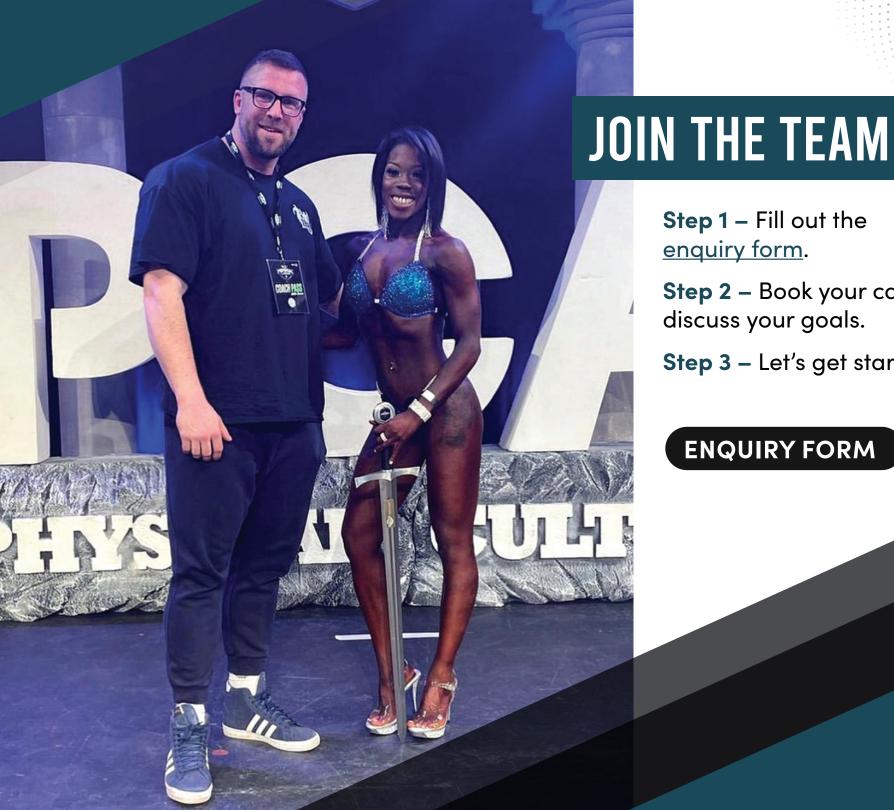
In order to be a champion you need to think and behave like one..





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





Step 1 – Fill out the enquiry form.

Step 2 – Book your call to discuss your goals.

Step 3 – Let's get started.

ENQUIRY FORM





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





- TRAINING SPLIT
 4 DAYS PER WEEK
 - Upper
 - Lower
 - Upper
 - Lower





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



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



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



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

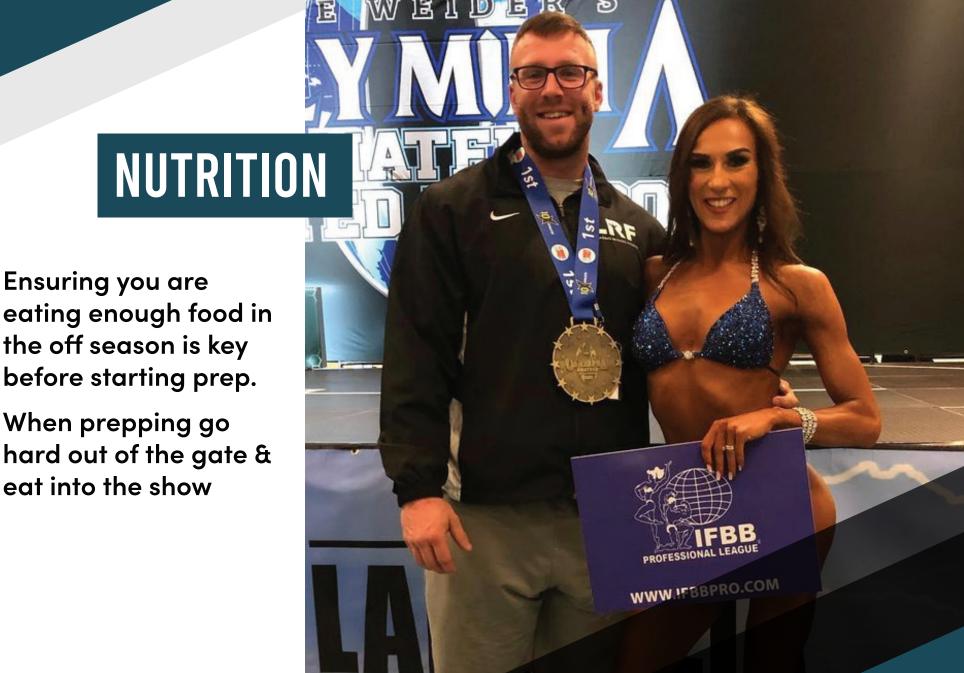
Rep Ranges - All exercises, After Warming up:

Set 1: 10-12

Set 2: 12-14







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
■ Potato
■ Rice Cakes

Cream of RiceNutellaJam

BreadBiscoffCereal

Oats

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 1400–1500kcals a day to get in true condition.







Join the team

Step 1 – Fill out the <u>enquiry</u> <u>form</u>.

Step 2 – Book your call to discuss your goals.

Step 3 – Let's get started.

GET STARTED



WWW.IFBBPRO.COM