
Certificate in Bodybuilding Contest Preparation

SNEAK PREVIEW

IAPC

**INTERNATIONAL ACADEMY OF
PHYSIQUE CONDITIONING**



**The Official Guide to Bodybuilding
and Contest Preparation**

- 1 -

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**INTERNATIONAL ACADEMY OF PHYSIQUE CONDITIONING
(IAPC)**

Certificate in Bodybuilding Contest Preparation Course

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INTERNATIONAL ACADEMY OF PHYSIQUE CONDITIONING

Certificate in Bodybuilding Contest Preparation

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INTERNATIONAL ACADEMY OF PHYSIQUE CONDITIONING

- SECTION ONE -

THE SPORT OF BODYBUILDING

BODYBUILDING CONTEST PREPARATION COURSE INTRODUCTION

Section One - Introduction

Firstly...we'd like to thank-you and congratulate you on purchasing this course. Whether you are a personal trainer...or bodybuilding competitor...or just want to learn more about the sport...this is your *definitive guide*. Our aim is to give you the best information available on Bodybuilding Contest Preparation in one easy to read source...that will enable you to train yourself or teach others to master the Sport of Bodybuilding.

The Sport of bodybuilding is one of the most unique activities in the world. A unique sport where the focus is totally on the participants, yet the score does not rely on skill (although posing requires practise) and luck or chance play no part in the outcome. Furthermore, no equipment is used - no tennis racket, not a round ball in sight. Bodybuilding is seemingly so simple in requirement, yet everything you do and do not do; everything you eat, drink or do not eat and drink and when you do it (or do not) will control your success. Seemingly a simple sport, yet very few people have enough knowledge to enter, or help anyone else enter, a sport that literally changes people. No other sport is based so much on cosmetic bodily improvement, dramatically affecting people beyond the physical and touching them mentally, spiritually and emotionally.

Bodybuilding is also a pursuit. It requires knowledge and time - few can compete successfully without years of training - and that is part of its allure. Bodybuilding in the past held an element of the mystic; a path of right forged in the fires of knowledge and time learnt in sweaty dungeons of iron and steel, taught reluctantly and selectively by its mammoth gate-keepers. That was the past.

Right now we live in a modern era of ease and obesity. We no longer need to store body fat for survival. We store fat because we consume too much for the decreasing amount of effort we exert. We are becoming fatter, and so more than ever before, those who possess a muscular trained body are deviating more and more from the norm of mainstream. As the imbalance grows between overweight people and muscular people, so does the desire to be bold and beautiful and for the hopeless to look for hope. The demand for knowledgeable trainers to motivate, educate and lead the world away from "Globesity" and create individual success stories is ever increasing.

The sport of bodybuilding is growing along its new arterial described as natural or drug-free bodybuilding. The development and success of drug-free bodybuilding is part of the sports evolution to appeal to a wider number of participants and move away from its

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former days as almost a hidden, sub-culture activity. In modern sporting terms, the implementation of anti-drug rules represents the consensus of a broad spectrum of society's values that seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport"; it is the essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and the use of drugs is contrary to how we feel about sport.

During this course, we will be addressing bodybuilding and contest preparation as it applies to natural or drug-free participants.

The majority of people undertaking this course will fall into the following categories:

- Personal Trainers
- Gymnasium and Health Club personnel
- Bodybuilders
- Those wishing to compete
- People wishing specific knowledge about physique transformation

The benefits of satisfactorily completing this course are:

- Further qualification/certification
- The ability to charge and therefore earn more money
- Being privy to 50 years of knowledge and experience
- Knowing what works – save time
- Increased number of clients you can work with
- General and advanced knowledge to create a bodybuilding competitor
- The knowledge to prepare and compete yourself
- Fame, by creating 'Physique Champions'

At this time, prior to starting this certificate, I want you to consider what you will do with your new knowledge after completing this course? I remember in my final lecture at University and the Dean of Facility gave us a glowing account of what we had covered and learnt. He asked, "Who here believes they have the knowledge required to put themselves into any situation and handle it successfully?"

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"That's right," he answered a bare room without one raise hand. "You may never feel you know enough. But you know more than those who ask, so your first task after you leave this room is to take on the role of *The Expert*."

Repetition is the mother of all learning. But it needs to be your repetition, not the writers. More so today, success requires the learning and implementation of new knowledge quickly. Since you are doing this course, already you have signalled that you want to do this. Effective learning is far more than studying this course bleary-eyed before going to bed. That is just reading. Learning is more effective when it is intensive and you are wide awake. Effective learning means you read it, write it, speak it and hear it. Effective learning means you pay a good price in effort before you own the knowledge. Then you are rewarded.

Having "paid the price", you will have a definitive competitive advantage over others who do not possess the specialised knowledge this course contains. It is said that a person does not truly know something, until they can make someone else understand. This valuable course will give you a level of knowledge and understanding that you can use to teach others and thus you will profit on two levels - for your own personal physique development and as a superior coach/personal trainer.

Importantly, you will retain more information if you highly value it. Have a clear and vivid picture of why you are doing this course and learning this material. Determine the benefits you are seeking and going to get from possessing it. Do this, and you will intensify and retain more new information and own it. Finally, put what you learn immediately into practise. All of us know and appreciate the phrase - *Use it or lose it*. Plus, it is reassuring to think of knowledge as one of the few things you will possess in life that does not wear out with use!

The shortest route to your new success is to go straight through the challenges you will encounter. Do not wait to start.

INTERNATIONAL ACADEMY OF PHYSIQUE CONDITIONING

- SECTION ONE -

THE SPORT OF BODYBUILDING

PROFILE OF COURSE DESIGNERS



Wayne McDonald B.A.Sc.

Founder and Co-Director

International Institute of Physique Conditioning (IAPC).

In 1980 Wayne McDonald commenced an Applied Science Degree (Physical Education) at Victoria University in Melbourne (Australia) and vividly remembers an early university party. At that time he was a marathon runner, training up to 3 hours per day. Wayne was in peak training and super fit. The party was during a long, cold Melbourne winter but the opportunity to wear several layers of clothes still didn't mask his marathon leanness. When Wayne arrived at the party, those-more-caring girls took one look at his gaunt condition and quickly offered him a warm position near the heater. "Here I was, the fittest person in the room, yet I looked almost unwell", he recounts. "My sunken-eyed fragility gave everyone the impression if I attempted to eat a salad sandwich, the sandwich may win." Some bodybuilders arrived. Call them casual trainers because in comparison to the number of hours Wayne trained, they were casual. But, they radiated a picture of health and vigour that he did not. They looked fantastic. And the same girls rushed over to them - but not out of concern this time. The bodybuilders looked like Wayne was meant to - they looked "fit" and more so, they looked strong and healthy. The irony made an impact and the reality struck him. To Wayne McDonald, this (weight training/bodybuilding) illustrated the perfect fitness lifestyle and representation of what the fitness industry was meant to achieve. Bodybuilding was the future of this industry, its fountain of youth, and Wayne wanted to find out how it was done.

The following week Wayne walked into the university gym to ask ten trainers, "How do you get big?" The answer, or more exactly the answers, changed Wayne's life because he got eleven different answers - due to one guy having more than one theory. Wayne thought, "Why don't they know?"

Wayne's course and Degree was modern for the time. The course allowed students to fairly much tailor what they studied and after his experience at the gym Wayne decided

Section One – Profile of Course Designers

over the next five years, he would focus on exercise physiology to find out how muscle grows.

In the 1980's studying muscle hypertrophy and acknowledging an interest in bodybuilding was not that popular in the academic world. One lecturer even scoffed the sport was a disease – the opposite of anorexia and was psychologically dangerous. However, Wayne's love of weight training, bodybuilding and unusual study topics made him well known at University. In biomechanics he even presented the gravity changes in Sergio Oliva's posing routine as his research paper. And it was profitable. Many companies and government departments approach universities to perform research, product assessment, endorsements and the like. And the university (lecturers) passed everything onto Wayne. Wayne designed health clubs and gymnasiums for different town councils, evaluated new training equipment and the like. He worked as the University Gym Manager at \$5 an hour but made \$80 an hour consulting. From his tertiary studies, Wayne's theories about muscle growth enthralled him to find guinea-pigs willing to hand their bodies over and follow his new weight training programs, diet manipulation and supplementation. Unknowingly Wayne created his own personal training business and a successful stable of competitive bodybuilders.

Wayne's Graduating Research Paper to the university was, in fact, the world's largest research on muscle growth and body composition in female bodybuilders. The study conducted over the last two of his five-year degree gained publication in several journals world wide. Wayne McDonald had become somewhat of an expert. "My goal at this time, and the purpose behind doing such a massive piece of original research, was to continue study in America towards a PhD in muscle hypertrophy," Wayne stated. Getting published work would help him secure the best placing in the "Publish or Perish" world of academia. But then, the Australian dollar nose-dived against the US greenback and the dream became financially unreasonable.

So what was the exhaustive list of opportunities in 1985 one could pursue after obtaining five years of knowledge of how to build bulging biceps? Wayne lugged furniture on a removal van for the next year while he contemplated what to do with all this specialized knowledge. Wayne had been training bodybuilders for five years now and felt impatient - frustrated at passing on knowledge at the rate of one person an hour. Wayne wanted a

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vehicle to pass-on his unique knowledge. Through magazines, he knew he could touch tens of thousands.

In March of 1987 Wayne McDonald left Australia for the first time, bound for California (USA) and wrote for top bodybuilding and fitness magazines, like Weider's *Muscle & Fitness*. This gave Wayne the vehicle to meet and get to know the world's top bodybuilders and identities including Joe Weider and even Arnold Schwarzenegger. Wayne interviewed and photographed Mr and Ms Olympia's. He squeezed in time to include a few up-and-comers, like Lee Labrada. Previously in Australia, Wayne had written for both Australian and English bodybuilding magazines and felt there was room for a better local magazine in Australia. From Melbourne, Wayne received a job offer to manage a Government operated fitness centre that he had previously designed while at university. So at 23 years of age, Wayne McDonald returned to Australia, opened the gym and this job financed the launch his own *REPS Bodybuilding Australia* magazine (1987-1993).

In the role as the publisher/editor of *REPS*, Wayne realized the true depth and negative role drugs play in sport. Wayne points out, "I'm not preaching about the multitude of possible health problems. Simply, drug-use takes the challenge and intelligence out of sport. When a bodybuilder can take drugs, drink milkshakes and still get ripped, it takes away the need to fully understand nutrition. When an athlete can take drugs, train and recover faster, it takes away the need to fully understand how their body functions. In fact, for many drug-using athletes the challenge and intelligence becomes the drug-taking." Wayne does understand the motivation for athletes to take drugs - to be the best. He says, "I understand the frustration to improve, which makes an athlete who wouldn't take aspirin for a headache, buy steroids from a drug dealer. However, I studied physiology not pharmacology, because I love sport."

So in 1991, when Wayne was approached to develop Natural bodybuilding in Australia, he was ready to take the challenge and make a difference in the sport of bodybuilding. Wayne relished the opportunity to create an organization (Australian Natural Bodybuilding Federation) from the ground up. On a blank piece of paper he planned a bodybuilding organization calling upon the ten years of experience from training bodybuilders, judging contests, attending hundreds of other bodybuilding shows and

Section One – Profile of Course Designers

receiving a further four years of feedback from the readers of *REPS*. He was aware, if the sport was to grow, the next step was to build credibility. Wayne wrote a comprehensive drug policy and argued to a reluctant IOC drug testing arm to step up to the plate and test bodybuilding.

Wayne McDonald was officially recognized as the World Vice-President in 1998 for the International Natural Bodybuilding Association and in 1999 joined with some 20 other Countries and changed the name of the ANBF to the INBA. Over the past 15 years Wayne has aimed to be innovative, make the sport appealing by creating the excitement of change. He has looked to keep the sport evolving and moving with the times. Wayne commented he believes the vast majority of bodybuilding organizations at least try to be similarly responsive today – they have to be to survive in an organization-saturated industry. “I believe now, as I did in 1991, the sport is ready for a new wave of growth.”

“The next generation of progress will not solely rely on organizational or contest development as it did over the last decade. Bodybuilding evolution will be created from developing education programs to expand the number of trainers who have knowledge of the sport and ability to create competitors,” stated Wayne. More qualified trainers in bodybuilding - more troops on the ground, more voices in the fitness industry. If magazines were the vehicle to pass on knowledge in the 1980’s and 90’s to tens of thousands, the internet and this bodybuilding course, can multiply this effect. Wayne McDonald is more excited than ever before about the future of bodybuilding and the release of this Bodybuilding Contest Preparation Course; the net result of his 25 years of study, knowledge and experience.



Richard Hargreaves

Founder and Co-Director

International Institute of Physique Conditioning
(IAPC)

In brief

Richard Hargreaves is a former Mr Australia (1984) and currently heads www.ironpower.biz sports nutritional supplement company. Over the last three decades Richard has owned two bodybuilding gymnasiums, promoted a number of bodybuilding shows including the World Championships (NABBA), held the position of Vice President for the Victorian Fitness Industry Association, Committee member for the Fitness Institute of Victoria (A government represented body responsible for self regulation of the fitness industry including training accreditation of Fitness Leaders and minimum Industry Standards - Code of Ethics). Richard is a qualified Fitness Leader and International Physique Judge. He has written numerous articles for Australian Ironman Bodybuilding magazine, Fitness Australia, Personal Trainer on the Net, Fitness Network Australia, Blitz Martial Arts magazine and Australian Musclemag, and appeared on Television and radio as a fitness expert. He has also designed more than a dozen functional foods, drinks and nutritional supplements.

It all started for Richard as a young boy sending off every mail order muscle coupon he came across for more information on building his physique. The advert that captured his attention the most was for the Charles Atlas Course, the one that showed the classic cartoon of the skinny guy getting sand kicked in his face and the macho bully walking away with his girlfriend. Richard recalls, "I started training at around 10 years of age with the Charles Atlas mail order muscle building routine although the inspiration for this started much earlier. I remember as a kid going to the newsagents every Saturday morning with my father. While he was buying his newspaper I would ogle at the Muscle magazines on the shelf. Magazine covers with photos of men with huge arms folded across their chest and the most unbelievable pecs (for the time anyway...and for me!)

Section One – Profile of Course Designers

and women wrapped around their legs! These images planted a seed in my mind; that one day I would look like that - I would have big muscular arms, broad shoulders and a V-shaped back. I too, wanted to have girls hanging off me. Even at that young age I absolutely loved and adored females! I'm being very open and honest here, but that would have had to have been my major motivation for building a fantastic physique. I wanted to be attractive to girls!"

Richard followed his Charles Atlas routine religiously for many years, never missing a workout. The routine he followed for all those years involved no weight training...the resistance was provided purely with bodyweight (chin-ups, single leg squats, push-ups, head-stand push-ups, etc) and isometrics. Although the training system didn't build the massive muscles Richard was after it did provide a phenomenal base of core stability strength and balance. "I remember I would get in the occasional tussle with other guys at school - all part of growing up and how guys bigger than me would quickly back off when they discovered I was much stronger than I looked or they had imagined."

He started his first job at 19 years of age as an apprentice graphic artist/photo-retoucher and for the first time could afford to join a gym. "I knew that to take my body to the next level I had to start pumping iron. I will never forget how the gym manager almost fell off his chair when I said my goal was to win Mr Australia. After he stopped laughing and gained his composure, I was left with even more determination and resolve to achieve my lofty goal than ever before." Six years of solid training later Richard achieved his goal of winning a Mr Australia title. The year was 1984 and by this time his whole life was dominated with bodybuilding, physical fitness and the gym.

His life revolved around the gym scene. If he weren't training, he'd be reading a bodybuilding magazine or helping someone else train. Increasingly he found himself working part time at the gym, writing programs and diets for others. He constantly had in the back of his mind his next goal... to have his own gym. Part of the plan was to win a Mr Australia title and then use this credential to successfully market a bodybuilding gym. The first part of the plan had been achieved and two years after winning the title he had saved enough money from working two jobs (graphic artist and gym instructor) to buy his first gym. It was a run-down affair, not making any money because of neglect but full of potential...and he got it for a song. Others had looked at it and could only see a dirty

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pit whereas Richard could see a goldmine. Within a couple of months he had totally turned the business around and into a very profitable venture. Recalls Richard, "At that stage, I had no experience at marketing. I just knew if I gave the people what they wanted, at the right price, they'd join. The gym membership quickly swelled from a couple of hundred to over one thousand. All I did was re-equip the gym with decent equipment, laid it out properly, cleaned it up and offered great service in the way of training programs and diets that gave fast results. Word of mouth advertising did the rest."

This new found lifestyle as a gym owner felt right for Richard and so he quit his well paid graphics job and focussed on building the gym up even further. Two years later he opened a second gym, much larger than the first. This second gym was from scratch, "I built it from the ground up by converting a 7,650 square foot factory into a fitness centre. It was aptly named *The Fitness Factory*. The weights area alone was over 5,000 square feet, the whole floor completely covered in 1.5" thick conveyor belt rubber. This was a 'Heavy Duty' gym in the truest sense of the word and one of the largest in Australia for the time." Many World champions trained there...Bronwyn O'Brien, Leisa Campbell, Irene Nicole, Charles Clairmont, Sonny Schmidt, Gary Lewer, Pat Cash, Simon O'Donnell, Merv Hughes, Nicole Provis, Todd Woodbridge to name some. Of course, there were also many local bodybuilding champions training along side the Stars.

By this time, Richard was driving around in a red 911 Porsche, having a great time in general. He became Vice President of the Victorian Fitness Industry Association, Committee member for the Fitness Institute of Victoria (A government represented body responsible for self regulation of the fitness industry including training accreditation of Fitness Leaders and minimum Industry Standards - Code of Ethics) and went back to school for a year to do a Fitness Leaders certificate. Richard had loads of hands-on, practical knowledge and experience but wanted some formal qualifications to further his career. He then did a certificate in advanced nutrition and numerous other courses. Throughout this time he was regularly promoting NABBA bodybuilding shows, including the 1991 Professional NABBA World Championship won by the 1983 Mr Olympia, Samir Bannout. Hargreaves advanced to become a qualified International physique judge, judging many local and national bodybuilding shows including a World Championship.

Section One – Profile of Course Designers

Richard has personally trained over 9,800 clients one-on-one during his career as a personal trainer/gym owner. He has trained world class bodybuilders, Olympic athlete's, world renowned martial artists, international celebrities, movie stars, TV stars, radio stars, sport stars, dancers, millionaires, successful business people, boys, girls, mums, dads, elderly, injured/rehab/disabled, workers, unemployed and many housewives and house husbands!

Richard held a regular sport for a year on Melbourne (Australia) radio at GOLD FM with Gavin Wood on Monday nights discussing fitness training, diet and supplements. He has also made numerous TV appearances discussing bodybuilding and fitness related topics and has performed as an extra in several dozen TV shows and movies including "A Nice Guy" with Jackie Chan.

Richard has written for Australian Ironman Bodybuilding magazine, Women's Fitness Australia, Personal Trainer on the Net, Fitness Leaders Network Australia, Network Personal trainer, Taekwondo, Kick-Boxer, Blitz Martial Arts magazine and Australian Musclemag, as well as authoring several fitness related books and posing as a fitness model for an untold number of other books and magazines. Richard is currently CEO of Ironpower Australia, a bodybuilding sports nutritional company that he founded in 1996 and now runs with his Filipina wife, Christine.

The chief reason Richard has joined forces with Wayne to write this bodybuilding certificate course is explained in Richard's words, "There are lots of information, website, courses, systems, diets, etc. relating to fitness, bodybuilding and the like in general but nothing specializes in a step-by-step blueprint that covers all the nitty gritty aspects of what a bodybuilder needs to do and know to compete and have a chance at winning a contest. In short, a complete Certificate in Bodybuilding Contest Preparation. Between Wayne and I (who I met and became friends with over 20 years ago), we have collectively 50 years of unique experience in the field of contest readiness and preparation. This enables the two of us to authoritatively cover all aspects that a competitive bodybuilder needs to know from motivation, training, diet and supplements, right through to posing, presentation, judging, and drug testing and even how to part your hair on the day! Nothing has been left to chance in detailing how to prepare a competitor for their first or last bodybuilding show."

Lesson 10

Section Three – Posing for the Muscularity Round of Judging

**INTERNATIONAL ACADEMY OF
PHYSIQUE CONDITIONING**

- SECTION THREE -

POSING PRINCIPLES

LESSON 10

POSING FOR THE MUSCULARITY ROUND OF JUDGING

Lesson 10

Section Three – Posing for the Muscularity Round of Judging

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Lesson 10

Section Three – Posing for the Muscularity Round of Judging

Introduction

Unlike the symmetry round, bodybuilders have more latitude to present their physique during the muscularity round. Studying magazines, videos and attending bodybuilding contests will give you an idea of the various and slight adjustments competitors make to their leg, torso and arm placement in each compulsory pose - to either hide a fault or accentuate an asset.

A warning here, do not make your adjustment so grand that it is difficult for the judges to compare your physique with the other competitors. Such unique poses can be kept for your individual posing routine.

Initially practice the compulsory poses in front of a mirror until you can do them correctly. You should also notice the "feel" of each pose – biomechanically "feel" your arm and leg positions. When you are competing on stage, you must rely totally on the feel of the pose. Therefore, once you have your poses refined, practise often without a mirror. Ask others to critique you, ask them what they like and do not like about each of your poses and correct that which "doesn't seem right". Everyone has an eye for detail, art or beauty, so you do not necessarily need anyone experienced in bodybuilding to tell you if a pose either looks good or has faults. Of course, having experienced people help is great. But, it is not a blocking stone. Have confidence in what you see and your own opinion. I have heard in the crowd a novice competitor's grandmother (at her first bodybuilding contest) verbalising who she likes and why – and pick the placings right!

Tip: Video tape yourself performing your poses. We are our best (and worst) critics, so you will find no better way to correct what you are doing if you watch yourself.

A key to successful preparation with your posing is to be aware of these two small but vital points:

1. There will normally be seven judges assessing the contest and they will be sitting across a space of approximately seven metres (@20 feet). Therefore you must rotate every pose so the judges sitting on each end of the judging table can see

Lesson 10

Section Three – Posing for the Muscularity Round of Judging

each pose at its best. Do not hit static poses during the compulsory rounds. Rotate all your compulsory poses – start doing this during your practise time in front of the mirror and video camera.

2. Most stage heights are one metre (three feet), so when a judge is seated, their eye-level will be at your toes. Direct your poses downward, lean forward in the front-on poses and when you perform the rear double bicep and rear lat spread, arch your lower back and lean backward to angle your body better for the judges seeing you from ground level.

For organizations around the world there is probably a consensus on seven compulsory poses judged in Bodybuilding divisions:

1. Front Double Biceps
2. Front Lateral Spread
3. Side Chest (either side at the choice of the competitor)
4. Side Triceps (again, either side)
5. Rear Double Biceps
6. Rear Lateral Spread
7. Abdominal and Thigh

Additionally, the organization may ask for further poses, such as:

- Most Muscular (Crab Pose)
- Best Pose (Favourite Pose)

You certainly need to check with the competition organization to get their list of poses for your category. Females typically have less poses because some mandatory poses, like the front lat spread, do not show enough muscularity on (most) female competitors for it to receive the classification of a 'compulsory' pose.

To break a tie on a particular judge's score sheet, the judge may specifically request a competitor/s to show any compulsory pose, at any angle or side. So practise the Side Chest and Side Tricep pose on both sides of the body. More so, a judge can ask for a comparison and select a particular muscle group, like "Gimme your best calf pose." Some

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requests can take you by surprise (Eg. Show me a forearm shot – with your arms over your head). Never show your disapproval or confusion – stay professional and quickly make a contraction that will make the muscle respond!

General Posing Pointers:

- When executing the compulsory poses it is best to flex the legs first. Start from the floor up with positioning, setting the pose and contracting.
- Select your best side for the Side Chest and Side Tricep pose, but practise the each pose on both sides because a judge may request either side. Plus, it looks good when a competitor turns and displays both sides.
- Moving (dynamic) muscle looks more impressive than still (static) muscle. Therefore, on your poor poses, keep relaxing and flexing to create a better impression. For instance, if the front double bicep is not a strong compulsory pose for you – once you strike the shot, extend your arms out straight and contract them back in. While your biceps may not be mountain peaks with snow cover, you can make 12 inch mosquito bites look better with motion.

Front Double Bicep Pose

This is the first pose the judges see. It is the most important pose. The judges will be hoping the competitors confirm their placing “predictions” – so they can put their pens down and relax. It is also the measure of the Number One muscle group – The Biceps – the hallmark of a bodybuilder. Therefore, if it is your best pose, relish the time and milk the pose for all it is worth. If it is a poor pose for you, even after making adjustment and movement to hide your weakness, hit it fast and move on. By striking the pose, rotating to all the judges then quickly breaking the pose – you may be able to control (reduce) the time other competitors have for displaying the pose. If not, start creating some movement in the pose, do not flutter like a featherless bird, but do take the attention away from what you are lacking.

Points to remember with Front Double Bicep Pose:

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- Pose with your elbows level with each other or slightly higher than the horizontal plane. But definitely not lower than horizontal!
- Bring the elbows slightly forward thus allowing you to squeeze your chest and spread your lats.
- Cock your wrists down, thumb pointing to the bicep. This will “fill-in” the space between your arms and bicep creating the look of fuller arms.

As the picture demonstrates, males usually stand with legs straight and flexed, while females put one leg in front to accentuate the curvature of the body. Now inflate your chest, taking a deep breath and raise your arms to flex the biceps.



Front Double Bicep Pose

Variations in this pose:

- Either suck-in your stomach which creates a vacuum effect making your mid-section tiny and everything else appear huge. Alternatively, crunch your abdominals and show a muscular wall.
- Tilt your torso, a.k.a Frank Zane style.

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- Change the angle of your arms, both parallel to the floor or both above parallel. Otherwise, place one arm parallel and the other arm higher than parallel.
- Select your leg position to expose your “best” leg or to enable you to flex both of them better.



Ms Figure Front Double Bicep

Ms Figure competitors keep their hands “open” during the muscularity poses. The elbow and arm position is noticeably higher because judges do not want to see a large degree of muscularity; rather they want a nice flow of the body and sleek arms. The leg position can also vary much more than with the bodybuilders because the judging emphasis is on an aesthetic shape rather than comparing ‘muscle with muscle.’ Ms Figure competitors often place one leg out to the side to either hide thick legs or extenuate their shape.

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Alternatively, they can position one leg in front, actually crossing across the body slightly, to create an hour glass profile and curving shape.

Front Lat Spread Pose

For this pose flex your legs and place your hands around your waist just above the hips. The trick for novices when striking this pose is not to let your oily hands slip off your waist like you are Jet-Lee throwing martial art star blades. To prevent your hands slipping from their position start with your palms facing downwards and hook your thumbs around your waist, at the top of your hip bone and push your fists into your body. For those with a poor back development, but good (flexible) scapula structure, push your grip inwards, take a deep breath and raise your shoulders as if shrugging. Just the spread of your scapula will make you look wide. If you do have good back development or a narrow back, do the opposite, push your shoulders down and pull your elbows forward, spreading the muscle mass and scapulas wide. Either way, the idea is to use your hands to make your waist smaller and the barn doors (lats) wider. *Ms Figure competitors and even female bodybuilders are rarely required to perform this pose.*

Front Lat Spread Pose

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Side Chest Pose - any side

In this pose the leg facing (front) the judges will have the toes next to the ankle of the rear leg. Elevate your front heel and flex your calf and tense your thighs to show the fullness of the upper leg and calf. Place one hand over or near the wrist of the other hand while standing side-on to the judges. Take a deep breath to inflate and elevate the chest. Flex to display the muscles of the chest and arms. Remember to keep the shoulders rolled back. This a great pose to manipulate. There are many changes to the angles of arms to make the pose more effective for you. Plus, use the compression of your body against your arms to make them more muscular and alternatively use the compression of your arms to make your chest better.

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Side Chest Pose

Side Tricep Pose - any side

With this pose place your legs in the same manner as the side chest pose. Now place your hands behind the body and grasp the wrist. Take a deep breath to fill and elevate the chest and roll the shoulder back. At the same time squeeze the (arm) tricep against the body to both flatten and add size to its appearance. Practise rotating the arm in different directions which will create differing tensions to the various muscles of your arm (tricep/bicep/delt). Choose the angle that makes the arm most muscular. Note: this pose does not have to relate to the triceps at all – that is just the name of the pose. Your aim is to make the whole picture as muscular as possible. Also try tilting your hips higher on



Ms Figure competitors generally twist their torso to display their chest more front-on. Also, Ms Figure competitors experiment with striking this pose with a lunging stance to extenuate the fine details in their legs.

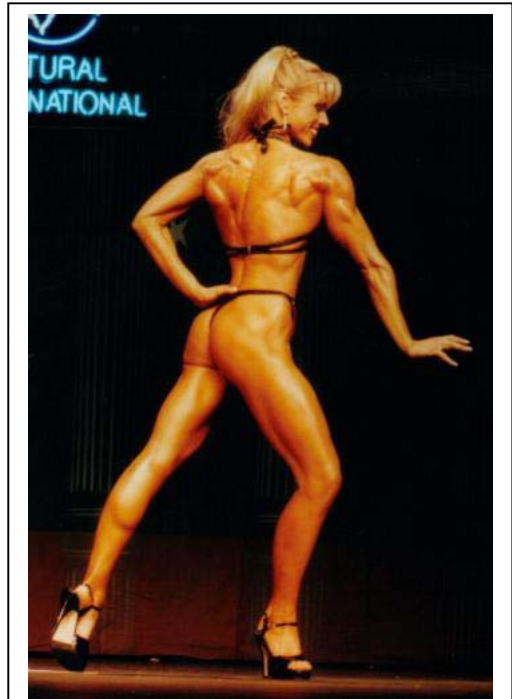
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the side facing the judges, so when you crunch down and flex the mid-section, your obliques will be more pronounced.



Side Tricep Pose



Ms Figure competitors can perform the bodybuilding style but they have more freedom in their posing. Another popular option of showing the triceps is in front of the body. In this position, the Ms Figure competitor can display her back and glutes!

Rear Double Bicep Pose

In the rear double bicep pose you must have your calf flexed. Place one leg back and tense the calf and hamstring. If you have equal development in both legs, on the next rear pose (rear lat spread) change the leg you put back and flex. Judges will note the accomplishment. Lean backward to angle yourself towards the judges. Flex and crush your back by bringing your elbows slightly back and your wrists back even further. Your elbows should be more frontward (away from the judges) than your hands. With your spine rounded, your shoulder blades should be spread and your back muscles should be

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flexed. To really bring out the lower back, tense your abs. I like to see a competitor turn their head and look at one bicep, if you have a great bicep peak this will focus attention on it. Plus, seeing part of your face is better than seeing the bald spot of others. Not to mention, it can bring out some striation across the top of your back. When you are doing a lat pull down in the gym, just imagine you are hitting the rear double bicep as you pull the bar down and likewise on stage duplicate the feel of a lat pull down and bring out the muscularity.



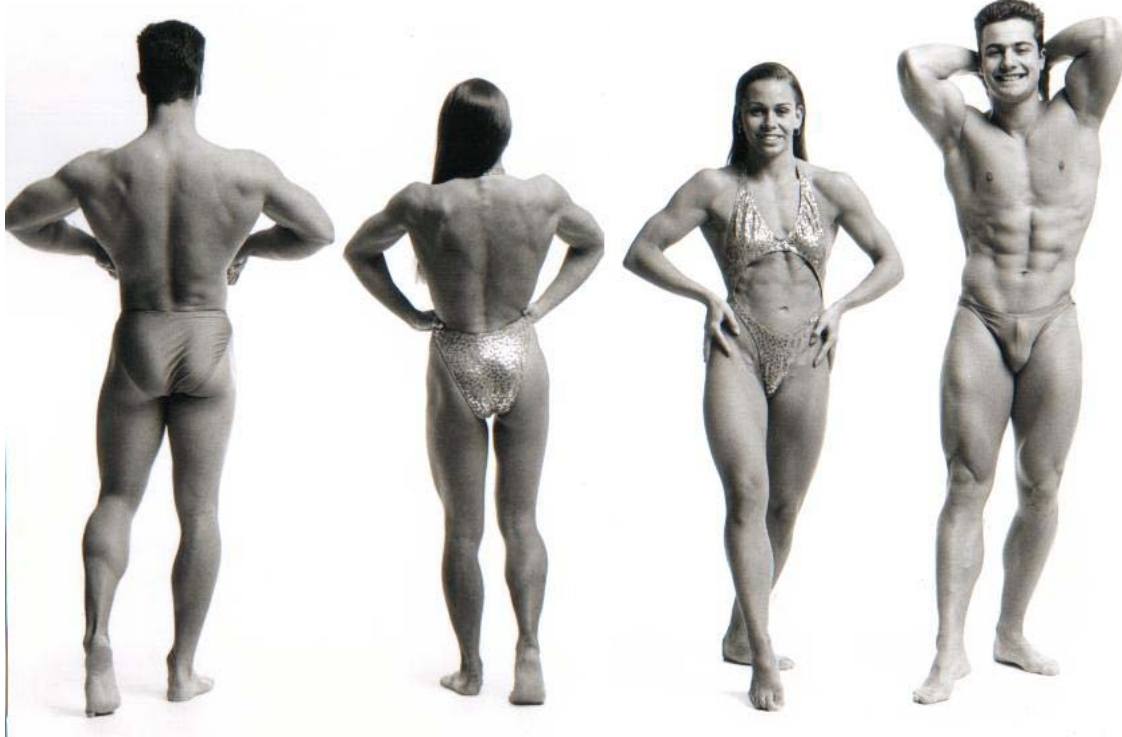
Rear Double Bicep Pose

Rear Lat Spread Pose

Again, this rear pose is conducted displaying one calf flexed. Lean slightly back to show the full width of the upper back whilst highlighting the lower back as well. Start this pose by circling your straight arms around behind you, crunching your back. This is a good pose for the Gregory Peck's (great actors) of the sport. Then slowly and dramatically spread your wings to full extension.

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Rear Lat Spread Pose

Abdominal & Thigh Pose

Abdominal & Thigh pose

Place one leg forward whilst flexing your thigh to show thigh muscularity and definition. Place your hands behind your head or neck with elbows slightly upwards. This will automatically stretch the abdominals. Squeeze and crush from side to side, as this will accentuate the obliques.

Alternatively, place your hands on your hips and tense your arms. Take a deep breath and suck in your stomach, then exhale and crush down on the abdominals to bring out the definition.

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This concludes your SNEAK PREVIEW of the IAPC Certificate In Bodybuilding Contest Preparation Course presented to you by www.anb.com.au. We hope and trust you have enjoyed this small 34 page sampling...which is about 10% the size of the comprehensive 347 page course...and covered just one lesson (Lesson 10 -- Posing For The Muscularity Round Of Judging) from section 3 of the course. There are 20 more complete lessons to be found in the course...and we encourage you to visit BodybuildingCourse.com now to order the full course.

Please note...although this excerpt is in electronic PDF downloadable form...the actual course is in a 347 page printed manual and is posted to you.