

## How to Prepare for a Fitness Competition.

My best advice as to how to really motivate and prepare for a Fitness Competition;

1. Plan, Plan, Plan find out which competition you want to do, mark the date and create a full plan, training, preparation, travel, diet, supplements, there is a lot to plan so get started.
2. Publicly announce to everyone you know that you're competing in this comp on that date, including anyone at the gym who'll listen.
3. Start working on a routine (this takes the longest)
4. Get your weight training program spot on for what you need to work on to build a body that is proportioned and trained for your routine. Send me a photo if you need advice.
5. Clean up the diet no cheat days. Depending on how far out your comp is to how strict your diet will be. I don't know a competitor who has more than 20gms of carbs per meal.
6. Get someone to watch your routine, do your routine in front of an audience.
7. Learn all about stage "PRESENCE", posture, walking and compulsory poses, practice them a lot in front of a mirror. Watch past competitions over and over and practice over and over.
8. Have people in your fold that will give you honest advice, people often get on stage unprepared, you need honest advice about whether you are ready or not.
9. Know your Federations rules inside and out, including outfits you can and can't wear.
9. Tan Tan Tan, see my article about competition tanning.
10. On the day make sure you pack everything you may need. Rehearse your routine wherever you can, visualise yourself performing your routine while you wait. In Austria at the Universe competition I had to be at the venue ready to go at 12pm (lunchtime) and I performed my routine at 3am. (that is a lot of sitting around waiting) You just can't plan ahead for everything, so go with the flow and have a good time.
12. Enjoy the competition, relax enough to meet the wonderful people there and be proud of yourself for getting on stage.

*TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.*



Connie