

BODYBUILDING FOR WOMEN

**THE SECRET BODYBUILDING DIET FOR
A LEANER, SEXIER AND FIRMER YOU**



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Bodybuilding For Women: The Secret Bodybuilding Diet For A Leaner, Sexier And Firmer You

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Introduction

I want to thank you and congratulate you for downloading the book, *“Bodybuilding for Women: The Secret Bodybuilding Diet for a Leaner, Sexier and Firmer You”*.

This book contains proven steps and strategies on how to lose fat, gain muscle and look sexy.

In this book, you will be presented with the basics of Bodybuilding Training and Diet and you will see how simple it really is. That is not to say it will be a walk in the park, you will still have to put in effort to achieve your goals. But with the help of the information provided, you will find that bodybuilding is one of the best ways to get that firm figure you've always dreamed of.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1 – Women and Bodybuilding

A lot of women have misgivings about bodybuilding. They somehow associate it with hulking men with oversized muscles. They are under the impression that lifting weights will destroy their “feminine” figures. As a result, they stick to tons of cardio thinking that it is the only way for them to stay fit.

The reality is women don't really gain muscle like men. Testosterone is the hormone that drives muscle gain in men and they produce it in large quantities. Women on the other hand only produce a small amount of this hormone as compared to men. So this means that you can keep working away with heavy weights without worrying that you will turn into the Hulk.

Addressing Body Building Myths

It is true that there are women bodybuilders who appear masculine. But you have to remember that these are usually professionals who spent years and years of hard work, particular training programs and even use of anabolic drugs to reach that level of muscle development. They attained their physique by their own choice. Unless you are also aiming for the same physique, you shouldn't worry about losing your feminine looks.

One thing is true about weight training though. It builds lean muscles which is a good thing for you. More lean muscles means that you burn more calories. Burning more calories translates to getting leaner and sexier. The muscles also add curves and shape to your body. Your arms won't look loose, your tummy will trim down and even your butt will look shapelier. Sounds hard to believe? Remember all those times you've read about getting “toned” in those women's

magazines? They were actually talking about nice and lean muscles.

Probably the most significant thing about bodybuilding is the health benefits it offers. Women who have been caught by the trap of sticking only to cardio are missing out on a lot of things. They end up having a lack of muscle mass and physical strength. This can lead to several health problems in the long run. The lack of resistance and weight training has been seen as one of the reasons why women usually have frail bodies and weaker bones as they age.

The bottom line here is that bodybuilding and muscle gains actually accentuate femininity. Not only that, it builds strength and keeps you healthy all in one go. So clear all those misconceptions you might have had and tap into the secrets of bodybuilding.

Workouts and Diet

An important thing you have to remember about bodybuilding is that it is not just about clocking hours in the gym. Working out can be rendered useless if it is not combined with proper diet. In the same way, dieting alone may not get you the lean and firm body you want if you don't exercise.

It is all about finding the right balance of both. Also, take note that not all workout and diet plans will work for everyone. This is just the reality of staying fit. Fortunately for you, bodybuilding has become a more scientific endeavor into fitness. This means that with the help of experts and nutritionists, there are now a set of guidelines that can be used to make your own custom bodybuilding program. That information has been condensed and simplified for you in the chapters to follow.

Chapter 2 – A Work-out Plan for You

The Essentials for Your Personal Program

Being a DIY girl is a great way to get a start on bodybuilding. It gives you the opportunity to learn about exercises and how they fit into your program. It allows you to adjust your own secret training regimen and gives you that satisfying feeling of creating something that is your own.

If you are not yet familiar with the usual workouts or if you need a refresher of what makes up a training program, this section is for you.

Here are the must-haves of every weightlifting program for you to mix and match:

Compound Lifts

Compound lifts are exercises that utilize two or more muscle groups. These are essential for building strength and losing weight. The rule of thumb is to include at least two of these exercises every time you work out.

Aside from building lean muscles, these compound motions are also good for making you more athletic and mobile. They usually entail a fluid chain of movements that help you stay quick and agile. It is also good for your cardiovascular system because they get your heart rate up with every rep.

Since these exercises involve more than one muscle group, this also means they burn more calories than your other lifts. To illustrate, when you do squats, you involve all your leg muscles, your back and even your abdominal muscles meaning you expend more energy. Compare this to simple leg presses

that mostly isolate your quad leg muscles and you can see the difference in calorie burning.

Compound Lifts	
<ul style="list-style-type: none">• Squats• Push-up• Dips• Deadlift	<ul style="list-style-type: none">• Bench press• Pull-up• Push press• Lunges

Accessory or Isolation Lifts

These lifts are considered as the buddies of your compound lifts. They are there to help you work out specific muscles or muscle groups that need more definition or strength. The general rule is to have two to four of these exercises per workout. You can adjust this depending on how much compound lifting you do.

Majority of your workouts will be isolation lifts since they are generally not as demanding as compound lifts. You use them to add shape to the body parts you want to enhance. They are also great for addressing those problem or weak areas. This is where toning happens.

Accessory or Isolation Lifts	
<ul style="list-style-type: none">• Biceps curl• Triceps push-down• Leg curl• Front and Side raise	<ul style="list-style-type: none">• Triceps extension• Calf raise• Leg extension

About Sets and Reps

For bodybuilding, the basic exercise would consist of three to four sets. Each set would be made up of eight to twelve repetitions. To illustrate, you would have to do around twelve bicep curls to make a set. If you have three sets, that is equivalent to thirty-six curls in all. This is the standard range to get muscle development going.

For beginners, you must remember to keep your form consistent. This means that your eighth repetition should be the same as your first repetition. If you can't get past the eighth rep, you will need to dial down the weight. It is also good to start with lighter weights when you are still getting the hang of the movements. This will give you good fundamentals and help you avoid injury. When you feel confident and comfortable, you can start adding weight and challenge yourself.

Usually, isolation lifts are done with more reps and lighter weight while compound lifts are done with less reps and more weight. Remember that isolation exercises are meant for building shape while compound exercises are for strength.

Rest Periods

Rest periods are just as important as the exercises themselves. They are there to make sure that you can finish your entire workout. Keep in mind that shorter periods between sets of around half a minute will be taxing on your body but can be used to great effect if you are training for endurance. Resting for a minute or two after each set helps you recover more and can be helpful when doing heavy lifting.

Taking Advantage of Progression

The secret to every great training program is the system of progression. Changing your workout will translate to a change in your body. If you keep doing the same exercises with the same weights you will stagnate. The whole point behind

bodybuilding is to keep challenging yourself to lift more and lift heavier until you get the body you want. Once you get used to your training program, start changing it up. You can increase the weight, add more exercises, do more reps or simply shorten your rest time. This will give you a sense of improvement and it will start showing on your body.

Cardio Training

Cardio is what keeps your cardiovascular system healthy and it will help you lift more in the long run. A stronger pair of lungs and a stronger heart means a stronger body over-all.

Cardio regimens come with their own pros and cons. Pick the one that fits your goals. Here are some choices for your cardio:

- **High Intensity Interval Training**

This is a very effective method in burning fat. It is also very simple. You just need to use an exercise. This can be done using cardio equipment, your own body weight or other gym equipment. The idea is to do very intense exercise followed by a period of rest, then repeat. You can start off by half a minute of intense workout followed by half a minute of rest. You can repeat this for fifteen to twenty minutes. When you get the hang of it, you can eventually try working more and resting less.

- **Weight Training**

For those who are allergic to stationary bikes and treadmills, you can also use weights to burn fat. While doing your regular weight training, just minimize the rest time in between sets and exercises. You will feel that your heart rate stays up while working out. This means you are burning more calories as you lift. Incidentally, this can also save you gym time and help you avoid boring treadmills.

- **Low Intensity Steady State (LISS)**

This is another common cardio option for women. It involves spending around twenty to thirty minutes on fixed cardio machines. The intensity of the exercise is dialed down hence the need for a longer workout. This is not the best way to burn calories and fat. Bodybuilders and athletes resort to this only when they are on low-carb diets since they rarely have enough energy for intense cardio.

- Endurance Training

This is a great option for women who love running, swimming and even biking. It is all about building athleticism by doing long runs (swims or rides). You can work this into your bodybuilding program by scheduling your cardio on days that you do not plan on weight training. This way you have more energy to run and lift when you need to.

Chapter 3 – The Secret Diet: The Basics

The real secret of bodybuilders is a deep understanding how their bodies work and how diet affects them. Sports nutritionists and health experts all swear by this. Medical science has uncovered that everyone is physiologically and metabolically unique. This means what is right for one person may not be right for you. Also you won't find recipes in this book because for example, not everyone likes turkey or chicken. There are plenty of websites that will have recipes that are suited to your own individual taste.

The real secret diet is one that you built yourself based on your fitness goals and how you want to attain them. So it is time to get you started on building your own unique diet plan.

Here are some concepts you need to incorporate:

Calories

Calories are simply a measure of energy that you get from food. Your body burns these calories when you breathe, when your heart beats and so on. Of course, when you exercise or do strenuous activities, you burn more calories. The amount of calories in food depends on the macronutrients that make it up. These macronutrients are protein, carbohydrates and fat.

Some calorie measures:

- **Basal Metabolic Rate (BMR)**

This refers to the minimum amount of calories that keep you alive. This minimum number can change based on the amount of lean muscle you have.

- **Total Energy Expenditure (TEE)**

This is the number equal to the sum of your BMR and the calories you burn with your daily activities. This can also be referred to as your daily caloric requirement. If your calorie intake is way lower than your TEE, you will get thinner but also possibly lose muscle mass. If your calorie intake is way over your TEE, you will store the excess energy as fat. So it is important to strike a balance.

These concepts are important to understand because everyone has different caloric requirements. Generally speaking, a woman has a lower requirement than that of a man. But this also depends on your daily activities and your muscle built. So when you build your diet, try to get an idea of how much calories you spend on your workout, your job, your morning walk and so on. As your TEE rises, you have to adjust your diet to cope up.

Macronutrients

As earlier mentioned, the macronutrients are: protein, carbohydrates and fat. It is important for you to understand them because they affect your body in different ways.

Protein

This is the basic ingredient to building muscle and getting that lean figure. Take note that eating a lot of protein will not give you huge muscles all of a sudden. Instead, protein provides you with amino acids that your body uses to build toned and sexy muscles.

You should never skimp on protein when doing weight training. Keep in mind that when you lift weights, your muscle fibers breakdown and need to be repaired through rest. Protein provides the raw materials for this repair process. By feeding your muscles protein, you make yourself stronger and your muscles firmer.

A rule of thumb used by bodybuilders is to take in one gram of protein for each pound of bodyweight. So if you weigh in at 120 pounds, the ideal intake for you would be 120 grams of protein. A great tip is to spread your protein intake throughout

your meals. This makes it easier to reach your goal and also ensures optimum protein absorption.

Calories per gram of protein: 4 Calories

Great Sources of Protein	
· Lean meats	· Eggs
· Milk	· Greek yogurt
· Quinoa	· Nuts
· Beans	· Soy

Fat

Many people misunderstand the value of fat in a healthy diet. The very mention of fat conjures up images of obesity and heart disease. As a result, people think that a zero-fat diet is what is needed. This is actually far from the truth.

Fat is the source of Essential Fatty Acids (EFA) such as omega-6 and 3. These fatty acids perform the following functions among others:

- Facilitate brain development
- Maintain brain cognition
- Create the feeling of being full
- Act as shock absorbers for internal organs
- Facilitates absorption of some vitamins

Another misconception that is still making its rounds is that eating fat gets you fat. This is just not true. Nutritionists and other experts would tell you that an excess in calories will get you fat, which is totally different. Remember the balance between TEE and caloric intake. So do not eliminate fat from your diet.

What you should avoid is trans-fat. You can find this in food that have “hydrogenated oil” on their labels. These are the

kinds of fat that are known to increase risk for heart diseases.

Calories per gram of fat: 9 Calories

Great Sources of Fat	
· Avocados	· Olive oil
· Coconut oil	· Grass-fed butter
· Nuts	

Carbohydrates

This is another macronutrient that is largely misunderstood. Carbs have gained a bad reputation from media since they come from sugars of all kinds. Sugar and fat have both been generally portrayed as evil and the reason why you get fat. And you already know that this is not true. This is not to say consuming tons of sugar is healthy.

For a better understanding, you have to know that carbohydrates refer to sugars in general. Not just the stuff you put in your coffee. This means all substances chemically known as sugars made up of carbon, hydrogen and oxygen. You can get these sugars or carbs from fruits, vegetables and so on.

But not all sugars and carbohydrates are created equal and there actually is a preferred kind of carb. This is the complex carbohydrate. It is made up of a string of sugar molecules which means it takes longer to digest. As a result of the slow digestion, it doesn't cause your blood sugar too shoot up and also gives you that full feeling for longer.

Carbohydrates also come with bonuses. Most of them come with fiber, minerals and vitamins. When building your diet, don't neglect simple and complex sugars. But remember that most of your carbs should come from complex carbs.

Calories per gram of carbs: 4 Calories

Great Sources of Fat

- Oatmeal
- Bananas
- Brown rice
- Low-fat milk
- Vegetables
- Berries
- Yogurt

Chapter 4 – Designing Your Own Diet

Linking Body Type to Nutrition

When trying to figure out a template for your diet, the best place to look is your own body. Your body tells you how much of each macronutrient you need. Experts have tried to come up with a general rule for nutritional requirements of every person. This is based on the study of bodily processes and how much of the macronutrients are consumed. The following is a general set of ratios that you may find in many nutrition plans:

Protein	Carbohydrates	Fat
30%	40%	30%

Unfortunately, this does not work for everyone. Experts soon found out that there is no true one-size-fits-all plan. Since each one has a different bodily make-up, every person will have unique needs. To make more accurate dietary plans, experts have come up with guidelines based on body types instead.

Remember that these are only recommendations. Chances are you will not fit cleanly into any of those categories. Use them as guidelines that you can adjust and experiment with.

Here they are:

<u>Ectomorph</u>	<u>Mesomorph</u>	<u>Endomorph</u>
<ul style="list-style-type: none">· Lean· Small bone structure· High metabolic rates	<ul style="list-style-type: none">· Better ability to build muscle· Easier to get lean	<ul style="list-style-type: none">· Larger bone structures,· Powerful build

· Tolerant of high carbohydrate intake	· Medium bone structure	· Can tolerate more fat intake
	· Athletic looking	· Needs less carbs
<u>Appearance:</u>	<u>Appearance:</u>	<u>Appearance:</u>
Marathon Runners	Gymnasts	Power Lifters
<u>Recommendation:</u>	<u>Recommendation:</u>	<u>Recommendation:</u>
30% protein, 50% carbs, 20% fat	30% protein, 40% carbs, 30% fat	35% protein, 25% carbs, 40% fat

Controlling Your Portions

A lot of fitness buffs turn to calorie counting to keep on top of the portions they eat. Keeping daily tallies and records of every calorie you eat can be beneficial to a point but it is very taxing as well. A better way of keeping track of your calorie intake is to create mental images of what reasonable portions look like. This takes away the burden of making countless calculations that are probably inaccurate anyway. You may still do a few calculations here and there, but you should not let it run your life. Remember that an effective diet and exercise program is one that you enjoy.

Chapter 5 – Thinking of Supplements

Most of your nutrition should come from the food you eat but there are times when this is not enough. No diet is perfect after all. This is where supplements come in. They do exactly what they are called – supplement.

Primarily, your diet should consist of whole foods. Sometimes, though, you can't get all the necessary nutrients from eating whole foods—even if you think your diet is perfect. That's where supplements come in. Supplements should complement your diet of whole foods; they should never be a replacement for something you intentionally leave out of your diet.

Basics of Supplements

We know! The list of available supplements is long and confusing! Here are the three most basic products that every healthy woman should take, no matter her fitness level:

- Multivitamins

Multivitamins are easily available and can do wonders for you while working out. They contain most of the nutrients your body needs but they come in varying dosages. If you are looking for something especially for women, look into tablets that contain more iron, folate and Vitamin B12.

- Fish Oil

This is a supplement that is well recommended. It is safe for almost every one and contains Omega-3, DHA (docosahexanoic acid) and EPA (eicosapentaenoic acid) among others. It helps keep your joints, heart and brain healthy. It is also known to aid in weight loss.

- **Protein Supplements**

Working out with weight is demanding on your body. Above all, it requires loads of protein which can be hard to consume through your regular meals. If you weighed 135 pounds, you would need 135 grams of protein a day. A 140 gram chunk of chicken contains around 30 grams of protein. So even if you eat chicken all day, you might not be able to reach your goal.

Instead of eating more meat, you can make things easier by drinking protein shakes instead. You can also incorporate protein mixes into your desserts and pastries. The options are endless.

More Advanced Supplement Use

Once you think you've established a regular pattern of healthy eating and supplementation, you might want to consider graduating to these more advanced performance supplements to support your fitness goals.

- **Amino Acids**

Branched chain amino acids are commonly known as the protein building blocks. There are three of them: Valine, Isoleucine, and Leucine. They help synthesize proteins that build muscles. Research has showed that consuming these supplements prior to working out helps your muscles absorb protein and speed up recovery.

These are a great alternative to sports and energy drinks. Taking four to five grams of these supplements before workouts will reduce the breakdown of muscles and speed up after-work out muscle repair.

- **Probiotics**

Your stomach comes packed with bacteria. This may sound gross, but this is actually a good thing. The bacteria in your digestive system facilitate the breakdown of food and the absorption of nutrients. You

can assist these bodily processes by reinforcing those bacteria in your tummy.

You can include yogurt and other fermented foods into your diet. These usually contain Lactobacillus or Bifidobacterium. As an alternative, you can also take probiotic capsules instead.

- **Vitamin D**

Most people are Vitamin D deficient without even knowing it. Even if your body produces this vitamin on its own, it needs exposure to enough sunlight for production. For those who live in places where sunshine is uncommon or those who work indoors, this is a big problem. A deficiency of Vitamin D has been shown to limit the recovery after workout. Studies even suggest that it may decrease physical performance. If you find yourself lacking sunshine most of the time, it might be time to take some Vitamin D.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to get that lean and sexy figure you have always wanted and given you all the information you need to maintain it.

The next step is to look into more advanced workout plans and find great recipes to spice your bodybuilding diet up.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

Thank you and good luck!

My Other Book

Below you'll find my other popular book that is popular on Kindle as well.

Bodybuilding For Women: Get The Sexy Bodybuilding Figure You Deserve