

BODYBUILDING FOR WOMEN

THE ULTIMATE WEIGHT TRAINING PROGRAM
FOR THE PERFECT FEMALE BODY



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Bodybuilding for Women

The Ultimate Weight Training Program for the Perfect Female Body

By Helen Breckenridge

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Introduction

I want to thank you and congratulate you for downloading the book, *“Bodybuilding for Women: The Ultimate Weight Training Program for the Perfect Female Body.”*

This book contains proven steps and strategies on how to shred the fat, tone your muscles and get the optimum shape your female body was made for.

This book is specially created for women who don't just want to become thin – they want to get fit! In here are step by step instructions on how to go from thin to fit or plump to fit using time-honored methods, willpower, and perseverance. In this book, we'll talk about the cycles of bodybuilding, the specific diet needed to bulk up and cut down, as well as the safety measures necessary to ensure that injury is kept at a minimum. By the end of this eBook, you'll be able to find out exactly what to do and what to eat in order to attain your perfect female form and make it stick!

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

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Chapter 1: Defining Perfection and Phases

Before proceeding with our bodybuilding training, it's important to first talk about "perfection" as defined in this eBook. See, women usually have different ideas on perfection. Some believe that a teeny tiny waist and big boobs are perfect. Others believe that long legs and wide hips are perfect. The fact is that female bodies vary from one person to another. We have different body shapes often defined as "apple", "banana", "pear" and so on and so forth. In this Bodybuilding eBook, we have no intention of turning your apple-type body into a banana or an hourglass. Instead, we'll take that body shape you have right now and turn it into the best possible fruit you can be.

Celebrities, Bananas, and Pears

A common misconception is that the "pear" body shape is not desirable while everyone longs for the hourglass figure or the banana figure. Perhaps you don't know this yet, but Beyonce Knowles and Jennifer Lopez both happen to be in the "pear" shaped category. The only reason why they seem so sexy is because they're *fit*. Their body fat is kept at a minimum and their muscles are well-toned so that they stay intact and contribute to their feminine shape.

This is what this eBook is all about – to make you the most delicious fruit possible.

What's My Goal?

First off, bodybuilding is often associated with participating in bodybuilding contests. Although this may be your main goal as a reader, please note that the book focuses mostly on bodybuilding as a way to strengthen, and define and enlarge

the muscles – not necessarily for competition purposes. This is an excellent stepping point for women who want to move on to competitions, but this book will not provide everything you need if you wish to join in contests.

However, if you just want to be fit with well-defined muscles, a flat stomach, abdominal definition, and a figure that looks great in a bikini – this book is for you! Prior to starting however, please be reminded that bodybuilding requires willpower and determination - so make sure you're in this for the long haul! Once you start, bodybuilding practically becomes a lifestyle rather than just a force of habit.

Phases of Bodybuilding

Note that bodybuilding comes in two phases: bulking and cutting. Bulking is all about trying to gain as much muscle while trying to minimize the gain of fat. Cutting is trying to shed as much fat as you can while minimizing the loss of muscles. By controlling your diet and workout, bodybuilders can attain massive muscle mass while keeping their fat percentage at a minimum.

So what basically happens is that you bulk up then you start cutting. The length of time you bulk and cut are entirely dependent on you, but many beginners like to bulk for 8 weeks and then cut for 8 weeks. Essentially, your diet and exercise during bulking is different from the cutting phase.

Chapter 2: Bulking and Cutting – Food Consumption

Bulking Phase Diet

A lot of women have this false belief that getting thin means eating less. If you just want to lose the pounds while still being all soft and flabby – reducing what you eat would make sense. If you want to be lean and strong however, you have to change your diet! Here's how it's supposed to work:

Calculate Calorie Intake from Protein

Ideally, your calorie intake every day for body building purposes is: how much you weight today multiple by 10. For example, if you weight 150 lbs then you should be eating 1500 calories. Now, this might seem like too much – but we're not telling you to start eating as much cake as you can! The 1500 calories must come from protein sources because this is what your muscles feed on. The concept is no different from male bodybuilders. You can get protein from various sources including lean red meat, tuna, chicken, and turkey. Of your diet, 40% must be a protein source.

Carbohydrates in Bodybuilding

Carbohydrates are typically minimized for bodybuilding. They are often used as the body's main fuel source and can turn into jiggling body fat when not properly controlled. Since what you're trying to do is become lean, the whole point of the bodybuilding diet is to shred the fat you have *now* and develop the muscles. Hence, you boost your muscle building intake (protein) and lower carbohydrates which results to fat. Note though that carbohydrates shouldn't be wiped out completely. This is still your body's favored source of energy so a steady supply should be provided- preferably in the form of slow-

burning carbohydrates or those that are not easily absorbed by the body. Excellent examples of this would be oatmeal, sweet potatoes, and brown rice. This should be 40% of your total diet.

Good Fat

There is such a thing as good fat and they should comprise around 20% of the bodybuilding diet. Good fat typically comes from flax seed oil and virgin olive oil – everything else is a bad idea for bodybuilding.

40-40-20

The 40-40-20 ratio for protein, carbohydrates, and fat should be followed in every meal. Hence, you can't consume 40% protein during breakfast and then eat %40 carbohydrates for lunch and so on. This is why for beginners, following a specific bodybuilding diet plan is usually best. More on this will be discussed later.

Eating Schedule

Your eating schedule would also change from 3 meals a day to multiple meals a day. This is done to keep your body supplied with a steady stream of energy during the day, ensuring that your metabolic rate remains at an optimum. Less frequent meals can cause erratic metabolism so your body becomes less efficient in shredding the fat.

Cutting Phase Diet

Now, if the bulking phase diet seems easy, that's because you're eating to *build* muscles so the calorie count is a little more generous. With the cutting phase however, it's time to start shedding the fat while keeping the muscles you've created intact.

Essentially, cutting doesn't differ too much from your diet during the bulking phase. At this point however, your carbohydrate consumption should become lower as you concentrate on boosting the protein content. Following are the basic rules for devising a diet during cutting:

- You should start eating every 3 hours or so. Like with bulking, this helps keep your metabolic rate at an even pace.
- Protein consumption starts to increase. Ideally, every pound of body weight is equal to 1.5g of protein consumption every day. For example, if you weight 150 lbs then you'll be consuming around 225g of protein. This should be spread out evenly through the day. Hence, if you're eating 5 times a day, that would be 45g of protein every day. Remember, you're not supposed to guess or estimate here but rather, get the exact numbers down on paper!
- Halve the carbohydrates consumption. How many carbohydrate food items are you eating during bulking? This should now be decrease to 50% of the original to ensure that fat accumulation is kept at a minimum. Like with bulking, you're required to eat only low GI carbohydrates to keep sugar and metabolic rate at an even phase.
- No more wheat and other dairy products! They may be allowed when you were bulking, but they can be hindrance when you're cutting!

Cutting is a slow process because this is when you start to "trim" your body down from the bulking phase. Your goal here is to shed as much fat as possible without losing all the muscles you've gained. Hence, don't train too hard, otherwise your body might use up the muscles rather than the fat – putting you back to zero. It's a slow and steady pace so remain patient.

Chapter 3: Bulking Beginner's Food Plan

Beginners may have a hard time easing into the kind of diet experts take for granted. With the restrictions of what and when to eat, it usually works best if you simply follow a ready-made recipe and then simply alter it as you learn more about bodybuilding.

Step 1: Calorie Per Meal

In the previous chapter we determined the amount of calories you have to take in a day (ex. 1,500), now it's time to find out how many calories you eat per meal. Do this by dividing your daily calorie intake by four ($1,500/4=375$), this is how much you have to eat per meal. Obviously, 40% of the 375 calories must come from protein and so on.

Step 2: Stick to Water

For the first two weeks of your bodybuilding diet for beginners, there's no need to make a tremendous change on your diet. At this point, you only have to make sure that all other beverages – other than water – are removed from your repertoire. Coffee is allowed if you must, but limit it to just one cup a day. Everything else must be water.

Step 3: Start Trimming Your Diet

Of course, you can't start eating 375 calories per meal just yet. If you do so instantly, you'll find yourself craving the things you missed. Start by reducing the sugar or carbohydrates in your diet. No more bread, pasta, white rice, and other sources of fast-dissolving carbohydrates or basically, anything that's sweet. Note that fruits count in the "sweet" category because essentially, they also contain sugar even if it is in mono-

format. Removing bad sugar from your diet should be accomplished for the 3rd and 4th week together with the water-only beverage.

Step 4: Choose Your Fats

On the 5th and 6th week, you should be pretty used to (1) drinking only water and (2) not having any sweets in your diet. Next, you'll have to add "fat avoidance" to the list of things you need to do. For example, if you're fond of frying your egg – start boiling them. Steam vegetables and skip the fatty skin of meat whenever you eat your food. Opt for olive oil as your salad dressing and steer clear of anything that's been dipped in oil.

Step 5: Bodybuilding Meals

On the 7th and 8th week, the real challenge begins. You'll start by creating a diet plan consist of 4 meals a day, each meal containing the amount of calories you're supposed to be eating based on the computation offered above.

You're going to get real specific with the numbers at this point. For example, you need to eat 375 calories every meal. Exactly 150 calories of the meal should be from protein, 150 from carbohydrate and 75 from fat. Macronutrient management becomes the name of the game as you start to log every calorie you eat within a given day. It helps to have a weeklong meal plan so that you never have to worry about your calorie count on a daily basis.

Below, we'll give you a chart that can save as a basic guide for good food choices for bodybuilding:

Protein	Carbohydrates	Fat

Turkey	Yams	Sunflower Seeds
Fish	Corn	Low Fat Cheese
Lean Meat	Beans	Olive Oil
Chicken	Brown Rice	Canola Oil
	Oatmeal	Walnuts
	Grapefruit	Almonds
	Apples	Cold water fish
	Pears	Low fat cheese
	Whole Grain	

Bodybuilding Diet for Women – Sample

So how exactly should your diet look like as a beginner? Following are two examples that you can try out. You can use this exactly or derive your own system from it. Just don't forget the core concepts when you make your own!

Sample #1

7AM	9AM	12NOON	3PM	6PM	8PM
½ cup egg beaters ½ cup oats with water	½ of a meal replacement packet ½ tbsp of flaxseed oil	½ cup brown rice 6 ounces of protein 2 cups of green vegetable	Repeat 9AM meal	1 cup oatmeal 6 ounces protein 2 cups green beans	Repeat 9AM meal

7AM	9AM	12NOON	3PM	6PM	8PM
4 oz turkey breast 3 egg whites ½ grapefruit	2 scoops of meal replacement packet 12 oz water	5 oz chicken 2 cup salad 1 tbsp vinegar oil dressing	2 scoops of meal replacement packet in 12 oz water	5 oz lean meat 1 cup vegetables	none

Sample #2

Bodybuilding Supplements

All bodybuilders utilize supplements to receive a refined form of the vitamins and minerals they need to attain excellent muscle mass and a low fat ratio. Following are some of the most common supplements typically used for bodybuilding:

- Essential Fatty Oils – you can get this in pill form. Ideally, the oils come from flax seed, fish, or virgin olive oil
- Meal Replacement Packet – make sure you find a good MRP since this would be your fare most of the time. An MRP is easy to prepare and provides you with sufficient protein in the body without an excess in calories.
- Vitamin C – helps with the repair of muscles, vitamin C must be approximately 3 grams in total with 1 gram taken during different points of the day.
- Calcium Nitrate – or any calcium source to make sure that your bones are capable of enduring the workout and diet restrictions
- Chromium Picolinate, 200mcg
- Multiple vitamins and mineral formula.

Some bodybuilders also utilize the following supplements to speed up the bulking phase:

- Creatine
- Glutamine

For beginners however, it is advised to skip the latter two and simply focus on the most basic supplements used by new bodybuilders.

Chapter 4: Cutting Beginner's Food Plan

So now that you understand the basic dietary concepts of the cutting phase, it's time to put this into action! As with bulking, there are several dietary regimens out there that you can copy exactly or you have the chance to tweak and experiment with what's available. In here, we provide several examples of a possible dietary food plan for the cutting phase.

Meal 1	4 egg whites 1 yolk 1/3 baana 1/3 cup oatmeal
Meal 2	1 tbsp all natural peanut butter 1 scoop whey protein
Meal 3	4 oz of any protein source (chicken, fish, turkey) 1 cup asparagus 3 oz sweet potato
Meal 4	1 tbsp all natural peanut butter 1 scoop why protein
Meal 5	Small green salad 4 oz of any protein source
Meal 6	3 egg whites, no yolk

Ketogenic Diet

Fortunately, there's a specific diet that's been found to work well with the goals of the cutting phase. The Ketogenic diet is utilized by many bodybuilders because it helps them minimize fat accumulation to the barest essential. Try checking out ketogenic diet meal plans for extensive options.

Chapter 5: Bulking and Cutting Cardio

Keep in mind that before the muscles emerge out of their hiding spot, the fatty area must be shredded first – and the best way to do this is through cardiovascular exercises.

Note though that when it comes to bodybuilding, cardio isn't looked on as a very important aspect of reaching your goal. This is because excessive cardio can do more harm than good. When a person does more than 45 minutes of cardio each day, their body stops burning fat and instead uses the muscles for energy. The result: the muscles are consumed resulting to a fewer muscle-fat ratio. As most people know, it's the muscles that predict the speed of our metabolism and less muscles means lower metabolism. In the end, focusing extensively on cardio can make you fatter in the long run and definitely NOT stronger.

High Intensity Interval Training (HIIT)

HIIT is currently the most favored form of cardio workouts by women, simply because it's been shown to burn off fat quickly and effectively. Even better, the whole workout doesn't really require extensive time on your part, allowing you to end the routine quickly.

As the name suggests, HIIT requires you to go from low intensity to high intensity to low again over and over. Later,

we'll offer an ideal routine for bulking and another one for cutting.

General Warm Up Routine

- Toe touches, 15 reps
- Lunges, 10 reps
- Side lunges, 10 reps
- Butt kicks, 25 yards
- High knees, 25 yard
- Arm circles, 20 reps
- Trunk twists, 20 reps
- Side bends, 20 reps

HIIT for Bulking

	Week 1-2	Week 3-4	Week 5-6	Week 7-8
Monday	Morning upper body weight training	Morning upper body weight training	Morning upper body weight training	Morning upper body weight training
Tuesday	Morning lower body weight training	Morning lower body weight training	Morning lower body weight training	Morning lower body weight training
Wednesday	HIIT workout (30 second job, 30 second sprint, 4x repeat)	HIIT workout (30 second job, 30 second sprint, 6x repeat)	HIIT workout (30 second job, 30 second sprint, 8x repeat)	HIIT workout (30 second job, 30 second sprint, 10x repeat)
Thursday	Morning	Morning	Morning	Morning

	upper body weight training	upper body weight training	upper body weight training	upper body weight training
Friday	Morning lower body weight training	Morning lower body weight training	Morning lower body weight training	Morning lower body weight training
Saturday & Sunday	Rest days	Rest days	Rest days	Rest days

HIIT for Cutting

	Week 1-2	Week 3-4	Week 5-6	Week 7-8
Monday	Morning full body weight training	Morning full body weight training	Morning full body weight training	Morning full body weight training
Tuesday	Afternoon HIIT workout (30s brisk walk, walk, 30 s sprint, repeat 7x)	Afternoon HIIT workout (30s brisk walk, walk, 30 s sprint, repeat 9x)	Afternoon HIIT workout (30s brisk walk, walk, 30 s sprint, repeat 12x)	Afternoon HIIT workout (30s brisk walk, walk, 30 s sprint, repeat 15x)
Wednesday	Morning full body weight training	Morning full body weight training	Morning full body weight training	Morning full body weight training
Thursday	Afternoon HIIT workout (30s brisk walk, walk, 30 s sprint, repeat 7x)	Afternoon HIIT workout (30s brisk walk, walk, 30 s sprint, repeat 9x)	Afternoon HIIT workout (30s brisk walk, walk, 30 s sprint, repeat 12x)	Afternoon HIIT workout (30s brisk walk, walk, 30 s sprint, repeat 15x)
Friday	Morning full body weight training	Morning full body weight training	Morning full body weight training	Morning full body weight training

Saturday & Sunday	Rest days	Rest days	Rest days	Rest days
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Chapter 6: Weight Training for Muscle Development

When it comes to bodybuilding, cardiovascular workouts aren't considered as important as weight training. This is where the real bulking and cutting happens with cardio simply a tool to speed things along. That being said, it's not surprising that man bodybuilders take the time to devise their own precise routines to get the results they want. In here, we'll walk through several tried and tested routines for the beginner female bodybuilder.

Beginner's Routine

Once you feel like you're ready to start with weight training, it's best to start off slow. Beginners are advised to exercise only 3 times a day, preferably on non-consecutive days like Tuesday, Thursday, and Saturday. A full body workout will be scheduled on each day, the full routine including:

- 75 Degree Incline Dumb Bell Bench Press
- Dumb Bell Bench Press
- Dumb Bell Pullovers
- One Arm Rows
- Dumb Bell Upright Rows
- Dumb Bell Curls
- Bent Over Lateral Raises
- Leg Extensions
- Overhead Triceps Extensions
- Dumb Bell Squats
- Lying Leg Curls
- Dumb Bell Lunges
- Calf Raises

Monday – Wednesday – Friday

Perform cardio workout during these days, focusing on HIIT routines for faster weight loss. Do not go beyond 30 minutes for cardio.

Week 1 to Week 4

Perform 2 sets of each exercise, 10 repetitions for each set. Make sure to rest for 60 seconds after each set.

Week 5

Start doing 3 sets per exercise, 10 repetitions each.

Example #2

Many bodybuilders recommend focusing on just one exercise per category. For example, although there are several routines available to work the abdominal muscles, you might just want to perfect one specific routine as a beginner, before moving on to others. Here are some of the most basic weight training categories and the workouts that fall under them. Make sure to choose just one per category.

Hip Hinge	Pushing Exercises	Single Leg	Carries	Core Lifts	Pulling Exercises
*Trap bar dead lift *Conventional deadlight *Sumo dead lift *Romanian dead lift	*bench press variations *military press *dumb bell press variations *push press *push ups	*forward lunges *reverse lunges *Lateral lunges *Single leg hip thrust *Step ups	*Farmer's carry *Waiter carries *Suitcase carries *Cross body carries	*Pallof press *Tall kneeling lifts *Chops *Split stance exercises *Plan variations *Half kneeling lifts	*Chest supported rows *Barbell rows *Seated cable row variations *Single arm standing cable rows *Pull ups

Example #3

Here's another exercise routine specially made for women:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minutes of low	2 sets of 10 repetitions each for	30 minutes of low intensity cardio	30 minutes of low intensity cardio	45 minutes of low	45 minutes of low

intensity cardio 2 sets of 10 repetitions each for these exercises: Dips Skull crushers Cable crossovers Flat barbell bench Incline dumbbell press	these exercises: Squats Seated leg curls Straight leg dumb bell lift Walking lunges Seated leg extensions Standing calf raises	2 sets of 20 repetitions each for these exercises: Exercise ball crunch Machine crunches Bicycle crunches Hanging leg raises	2 sets of 10 repetitions each for these exercises: Lat pulldowns Barbell rows Good mornings Barbell wrist curls Include dumb bell curls Preacher curls	intensity cardio 2 sets of 12 repetitions each for these exercises: Cable front lateral raise Dumb bell military press Dumb bell side lateral raise Smith machine shrugs	intensity cardio
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Example #4

This routine is meant for those who are moving on from the “beginner” level to the “intermediate”. Remember, you should have at least 12 weeks of beginner level exercises before advancing to intermediate; otherwise you won’t have the strength or stamina for it. Here’s how it works:

Monday	Tuesday	Wednesday	Thursday
75 degree inclined press Incline fly Flat dumb bell press Two arm rows One arm rows Dumb bell curl Incline curls Pullovers Lying triceps extensions	Military press Bent over lateral raises on incline bench Squats Barbell upright rows Lunges Stiff legged dead lifts Leg curls Leg extensions Calf raises	75 degree inclined press Incline fly Flat dumb bell press Two arm rows One arm rows Dumb bell curl Incline curls Pullovers Lying triceps extensions	Military press Bent over lateral raises on incline bench Squats Barbell upright rows Lunges Stiff legged dead lifts Leg curls Leg extensions Calf raises

Overhead extensions	triceps	Sit ups (30 degree angle)	Overhead extensions	triceps	Sit ups (30 degree angle)
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General Rule

When it comes right down to it, you are free to do whatever exercise you want for bulking and cutting. The most important thing to remember would be: safety and balanced. You have to make sure you're not endangering yourself with excessive exercises while at the same time, providing your full body with a workout. Most bodybuilders assign a specific day for specific body parts. For example:

- Day 1 should be exercises for the triceps, biceps, and shoulders (upper body)
- Day 2 should be thighs, hamstrings and calves (lower body)
- Day 3 should be abs, back and chest (core)

Start planning your workout system now and settle for the one that best works with your lifestyle!

Clean Bulking – a New Technique

Clean bulking is a method wherein a person tries to gain on their muscle mass without adding on fat. It's a combination of the cutting and bulking cycle and helps condense the bodybuilding system into fewer weeks. Regardless of how good it sounds however, clean bulking is not advisable for beginners. Instead, go the long way and take the bulking-cutting cycle first. Once you've gotten used to this easier system, clean bulking may be your next goal.

Chapter 7: Safety Measures

Even bodybuilding experts can get injured during workouts – which are why it's crucial to keep these basic safety tips in mind during bodybuilding. With zero instances of injury, you'll find yourself getting to your fit body faster:

Always Stretch and Warm Up

Warm up exercises have been provided in the previous chapter and should be followed every time! These warm ups are designed to minimize injury which is fairly common in bodybuilding. Remember, you don't want to put too much strain on your muscles during the first few days – otherwise you'll find yourself delayed from the schedule.

Study the Machineries

Even if you're a main stay at the gym, chances are you're not familiar with all the machines available for use. When bodybuilding, you'll find yourself using things you never actually considered for weight loss. Make sure to study these machines first by watching how other people use them. Ask a gym instructor if possible to ensure that there wouldn't be any damage or injury on your person during use. Remember – these are heavy equipment and a single slip can be disastrous.

Think Form

During the first few days, your focus should be on form rather than on speed or the number of sets you can make. Go as slow as you need, making sure that you're situated near a mirror so you'll see any problems and correct it immediately. Bad form not only causes injury but also makes the exercise ineffective since it doesn't target the muscles properly. If possible, have

someone with you to correct your form. If this isn't feasible, go online and check out exercise tutorials on YouTube. The videos there should provide you with a good idea on how to do proper form during workouts.

Get Some Rest

Workout schedules are specially designed so that beginners will have a rest day after a full body workout. This is important since the muscles need time to recover from the strain you've put them through. Typically muscle mass increases because you create microscopic tear with every movement. The body refills those tears, therefore increasing the relative size of the muscles. If you don't allow for a rest day however, the body won't have time to repair the damage muscles, creating a bigger and bigger tear that eventually leads to pain and injury.

Go Basic

Follow the beginner's routine provided in the previous chapter. This contains only basic movements that a beginner like you can easily adapt to. Leave the complicated movements for later when you feel as though you've advanced in your bodybuilding level.

Stay Hydrated

No matter how many energy drinks claim to be the best for bodybuilding, nothing beats water in providing you with sufficient hydration to stay healthy. Keep in mind that the 8-glasses a day rule is dependent on how much sweat you release during the day. If you're sweating like crazy due to cardio and workouts, then it makes sense to consume more glasses of water. Drink as needed, making sure that you don't consume any other type of liquid but water.

Breathe and Know Your Limits

If you feel like your body is straining or about to give up – stop! Bodybuilding is all about pushing boundaries, but you're not supposed to do that so quickly. Use your first day as a baseline – how many reps have you done? Tomorrow, your reps should be higher and so on. A gradual improvement is usually better than a significant jump. Signals that you're at your limit include dizziness, nausea, and loss of balance.

Dress Properly

Make sure you're correctly attired for a workout. Overly loose clothes can sometimes be caught in machineries, severely compromising your form and even making every movement dangerous. Good shoes are a must because this will provide you unbelievable support during standing routines. No need to purchase clothes specifically for bodybuilding though – any old clothes would work perfectly. Make sure that your movement isn't hindered by whatever you choose to wear.

Observe Yourself

It would take roughly 2 weeks for you to start noticing significant changes in your body while bodybuilding. It's best to constantly reassess your position so you'd know if you're improving or not. This will also tell you if it's time to move on from your current position and attain a higher level of bodybuilding status. It helps to be affiliated with people who have insight in bodybuilding and can personally guide you through the process.

Bodybuilding for Men versus Women

Although bodybuilding principles for men are closely related to those of women, that doesn't mean you can interchange one with the other. Ideally, the female diet and workout routine should be left to the female and men to their own routine. This is because the body composition of men and women are very different. For one thing, male muscle mass is bigger which means that their workouts can become more extreme. There's

also the fact that men have a larger supply of testosterone which is directly linked to muscle mass.

When checking out different bodybuilding tips and techniques online, make sure you choose only methods for women.

Final Words

Bodybuilding is not a short-term goal. You'll need willpower and perseverance to achieve the results you want. The good news is that the end result is definitely more than worth it as you attain the best figure your body will ever have – regardless of your body shape.

From here on out, you have two options: continue with bodybuilding and start participating in contests or simply choose to maintain the body you have now and enjoy all the perks that come with it. Regardless of your choice, you can be sure that after continuous cycles of bulking and cutting, you deserve that body!

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to take the first crucial steps for turning into a lean, strong, and healthy female.

The next step is to follow the system and make sure you stick to it at all costs!

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!



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[The Ultimate Anti Inflammatory Guide: How to Eliminate Pain and Slow Aging with the Anti Inflammatory Diet and Recipes](http://amzn.to/1rFftoO)

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[Paleo for Beginners: How to Use the Paleo Diet to Achieve Health and Weight Loss](http://amzn.to/1qDXoIk)

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[Quinoa Cookbook: The Nutritional Facts about Quinoa and Easy Quinoa Recipes for Weight Loss and Healthy Eating](http://amzn.to/1pgzWNs)

<http://amzn.to/1pgzWNs>

[Coconut Flour: The Nutritional Facts about Coconut Flour and Essential Coconut Flour Recipes for Healthy Eating and Weight Loss](http://amzn.to/1qQxjpi)

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[The Apple Cider Vinegar Handbook: Learn the Miracle Facts about Apple Cider Vinegar Benefits and Health Secrets](#)

<http://amzn.to/1qDVPKv>

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<http://amzn.to/1xbgyTv>

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