

## Simple Tips for Starting Competitive Bodybuilding

As a bodybuilder you should be aiming to enter into the competitive bodybuilding area and show off your body in a bodybuilding fitness competition, especially given the amount of time, effort and money you are putting into your training. Competitive bodybuilding fitness competitions take place all over the world and display some of the finest, athletic bodies on the planet. Each competition has numerous categories and levels, so even if you are still a novice you can still find a competition that is at your level. However, if you are going to enter you're going to have to put in a lot of training before hand, so you'll need lots of self discipline and dedication in terms of actually getting down the gym and training and also your diet. If you are serious about taking up competitive bodybuilding you should really try to find your self a training partner and coach. As having the guidance and support of an experienced coach and the support from a training partner will definitely help improve your chances of success in the competitive bodybuilding arena. You and your coach need to determine your training programme, your diet and what competitions or events you want to train up to compete in. Also you need to decide whether you are going to be a 'natural' bodybuilder or whether you will use performance enhancing supplements such as steroids. The natural route is best for your body, but there is no reason why you shouldn't supplement your diet with essential vitamins and nutrients to help optimum growth and repair of your muscles, especially if you have to eliminate some foods from your diet to lose weight. The next step is to put some time into investigate and find local competitive bodybuilding competitions near to home, as they are a great place to 'dip your toe' in and get started. If you can't find any locally you might have to travel to further a field to find competitions, so you'll need to schedule this into your training plans. Competitive bodybuilding and fitness competitions often vary in terms of the price to enter and the competition rules and regulations, so make sure you do your research carefully. Usually you'll have a tour or guide the day before or on the morning of the event, so the more prepared you are, the more professional you will appear to the other competitors and judges. Prior to the event, make sure that you have covered and mastered in training all the poses that you need to be able to do for the competition, and learn how to tense up your muscles for each pose while appearing relaxed. Other things you might want to do or take into consideration are tanning and removing excess hair and anything else that might improve your chances of winning. Ask your coach for advice on this or ask other bodybuilders you have met through your training. Once you've done the competition, critically assess how well you have done, both positives and negatives, if you try and learn from your mistakes you'll continually increase your chances of winning in future events. See what the other competitors are doing and ask them questions too. You should also try and speak to the judges after the event to get their opinion on how you did and get some tips for your next competition. Listen carefully to all their hints and tips and sooner than you think you'll be the one winning all the prizes!

## About the Author

NutriSystem Coupons can help you save on Nutri System Nourish meals and food. The NutriSystem diet plan is highly reviewed as an excellent.

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