

## ***IronMagazine.com Presents***

**Lee Hayward - 2nd Place Light-Heavyweight at the  
2001 Newfoundland Bodybuilding Championships**



Lee is an accomplished "all natural bodybuilder", personal trainer, strength coach and writer who has several ebooks available for immediate download. As you can see from his pictures above Lee knows how to build muscle and get ripped! He comes from the "trenches" and he can help you achieve your goals, whether you want to build muscle mass, lose body fat, or just increase your bench press.

**Please Check out Lee Hayward's Superb ebooks:**

**Biogenetic Muscle Gain Program:**

<http://www.ironmagazine.com/go/muscle>

**Blast Your Bench Press Program:**

<http://www.ironmagazine.com/go/benchpress>

# **Your First Bodybuilding Competition**

**By Lee Hayward**

After many months or years of pounding away in the gym you may wish to compete in a bodybuilding contest. In this section we will cover some information about competitive bodybuilding that will help you prepare for your first contest. Of course not everyone is interested in competition. In fact the vast majority of people in the gym have no intention of competing. But for those of you who do want to compete in the future, this section is a must read.

## **Why Compete?**

One of the benefits of competing is improved progress. Bodybuilders who compete make better progress than those who do not. One reason is that regular competition forces you to cycle your training. Thus the body is constantly receiving new training stimulus and responds with new muscle growth.

Another reason that competitive bodybuilders make better progress is because they tend to make a great effort to learn as much as possible about the sport. With more knowledge comes better progress. Knowledge is power!

And there is nothing like competition to bring out the best in someone. A sixth place finish last year will motivate you to bust your butt to place higher this year. This constant effort to be the best will only lead to the top!

When choosing your first competition make sure it is far enough down the road that you have enough time to prepare. Deciding to enter a contest that is only a few weeks away is crazy. There is no way that you can get into top shape and have a good posing routine prepared in such a short period of time.

For information about local bodybuilding contests check with the gyms in your area. Most states or provinces have several contests each year.

The best position for your first bodybuilding contest is the audience. It makes little sense to get on stage without learning the finer points of the sport. There is much more to a contest than just getting up and hitting a few poses. Most competitors will admit that preparing for a contest is like a second job.

While you watch your first contest take in the big picture. Watch the judges, which competitors do they call out? What seems to impress them the most? Notice the audience, which music selections get them most excited? Which put them to sleep?

## **Prejudging**

Bodybuilding contests are divided into two phases, the prejudging and the evening show. The prejudging is all business. It is usually in the morning, this is like a rehearsal of the evening show. It gives the judges an opportunity to evaluate the competitors.

As a future competitor you will definitely need to attend the prejudging. In most cases the judges choose the winner in the prejudging. By attending the prejudging you will learn what is expected of the bodybuilders onstage.

The prejudging is divided into several different rounds - symmetry round, compulsory poses, comparisons, and individual posing routines. Men do seven compulsory poses and women do five. Sometimes the individual posing routines are left out of the prejudging and only performed at the evening show. Your posing ability and routine are very important. Posing can make or break your chances of winning the contest.

## **Evening Show**

The evening show usually starts around 8 p.m. It is similar to the prejudging except there will be a much larger audience. The symmetry round, compulsory poses, comparisons, and individual posing routines are the same as in the prejudging. After the judges have made their decision, the show ends with the "pose down". This is where the top competitors do freestyle posing together onstage. After the pose down the judges announce the placing and award the competitors their trophies and medals.

## **Choosing Your First Contest**

You have to choose a contest that is most applicable to your physique level. If you are a teenager then you can enter the teenage division. Some shows have a "Novice" division for people 20+ years of age. This division is for bodybuilders who have never placed in any competition.

Although there may be exceptions, most bodybuilding contests are broken down into weight divisions.

Lightweight - under 154 pounds

Middleweight - under 176 pounds

Light Heavyweight - under 198 pounds

Heavyweight - over 198 pounds

*(Note: some shows also have Bantamweight and Welterweight divisions)*

Most competitors try to compete at the top of their weight class. It is better to compete as a "ripped" middleweight then compete as a "smooth" light heavyweight. You will make a far greater impact on the judges by competing ripped and in top shape, then appearing smooth and bulked up.

## **Scoring**

There are usually 9 judges (both male and female) that judge a bodybuilding contest. Each judge has been evaluated and certified. Contests are scored using a ranking system. After each round, the judges rank the competitors from first to last. At the end of the contest the competitor with the lowest score wins. This system means that a competitor doesn't have to win every round, but have the lowest overall score.

## **The Symmetry Round**

This round is where you will make your first impression on the judges. You'll be asked to stand facing the judges with your hands at your sides. Even though this is called "standing relaxed" Do Not relax! You must keep your muscles tensed, your abs tight, and smile at all times while you are on stage. The judges may be looking at you at anytime so you need to be ready.

You don't realize how hard posing is until you have done it. And I don't mean hit a 5 second pose. I mean standing semi-flexed for 10+ minutes. Your heart rate will go up, you will sweat, and may even begin to have muscle cramps.

The judges will ask you to "quarter turn to the right", you will turn 90 degrees to the right and let the judges view your physique from the side. Keep your muscles tensed and your abs tight at all times.

Then the judges will ask you again to "quarter turn to the right", you will be facing back on to the judges and they will view your physique from the rear. Make sure to tense your back and legs.

Then you will be asked again to "quarter turn to the right", you will be side on to the judges and they will view your physique from the opposite side. Keep your muscles tensed and your abs tight at all times.

Then the judges will ask you to "quarter turn to the right", you will be facing the judges and they will have one final analysis of the competitors.

Although muscles size is taken into account during the symmetry round, the judges are primarily looking at symmetry, proportion, and definition.

## **The Compulsory Round**

This is where you really get to show the judges your development. This round consists of 7 compulsory poses; each designed to show the judges different aspects of your physique. You must have these 7 poses down pat before you step on stage.

The 7 compulsory poses are:

1. Front double biceps
2. Front lat spread
3. Side chest
4. Side triceps
5. Back double biceps
6. Back lat spread
7. Abdominal and thighs

During the compulsory round you are compared with your competitors. The judges usually call out 2-3 competitors and have them run through the seven compulsory poses together. Then the judges will call out another 2-3 competitors and have them run through the compulsory poses. They will continue this procedure until they have all of the competitors ranked from first to last.

### **Front Double Biceps**



There are two ways to do this pose, with a stomach vacuum or with your abs flexed and crunched. The vacuum method allows for a broader shoulders base and lat spread, while the abdominal crunch method is impressive if your midsection is ripped. Practice both ways and do the variation which you feel makes you look the best overall.

You should hold your arms in such a fashion as to give each arm an equally balanced look. If your biceps are less than perfect, try holding your forearms at almost right angles with your elbows and fully twist your wrists to bring out the biceps peak. It is usually more impressive when the upper arms are slightly above parallel with the floor.

Make sure to bend your knees slightly and tense your legs while doing this pose.

## **Front Lat Spread**



To get a full lat spread, you must learn not to shrug your shoulders, but to hold them down. This will make your lats look fuller and make you look bigger.

While pushing your fists against your sides, attempt to pull your shoulder blades apart and spread your lats outward. To make this look good, you will have to have great scapula flexibility. After practice and some stretching you should be able to perform this move precisely, spreading your lats to their full potential.

As with the front double biceps you can do this pose with a stomach vacuum or with your abs flexed and crunched. The vacuum method allows for a broader shoulders base and lat spread, while the abdominal crunch method is impressive if your midsection is ripped. Practice both ways and do the variation which you feel makes you look the best overall.

Make sure to bend your knees slightly and tense your legs while doing this pose.

## Side Chest



With this pose there are a couple of different leg positions that you can use. Choose the position that makes you look the best.

One position requires your back leg (away from the judges) to be held relatively straight and bent only a few degrees at most. While your front leg will be bent with your toes pointed and calves flexed.

The other position is as if you'd been frozen halfway through a forward step. Your back leg is slightly bent and behind the torso. Your front leg is slightly bent and in front of the torso. Make sure to tense your leg muscles.

No matter which leg stance you choose, the upper body portion of this pose will be the same. The only difference would be which side of the upper body is used. For the left side, simply reverse these instructions.

Expand your rib cage and chest. Bend your right arm at 90 degrees with your palm facing up making a fist. Keeping your right arm pressed against your side (especially your upper arm) will give that arm an even more massive appearance. Meanwhile, your left arm should extend across your abdomen grasping the wrist of your right arm with your palm facing down and pushing against your body. Flex everything in this position.

## Side Triceps



As with the side chest, there are a couple of different leg positions that you can use for this pose. Choose the position that makes you look the best.

One position requires your back leg (away from the judges) to be held relatively straight and bent only a few degrees at most. While your front leg will be bent with your toes pointed and calves flexed.

The other position is as if you'd been frozen halfway through a forward step. Your back leg is slightly bent and behind the torso. Your front leg is slightly bent and in front of the torso. Make sure to tense your leg muscles.

No matter which leg stance you choose, the upper body portion of this pose will be the same. The only difference would be which side of the upper body is used. For the left side, simply reverse these instructions.

Extend your right arm down your side, reach behind your back with your left arm and grasp your right wrist. Keep your left palm toward the rear. With your arms anchored in this position, you will be able to pull your muscles to bring out the bulk and definition of your triceps, shoulder, and chest.

Experiment keeping your right arm perfectly straight and rotating it in different directions to bring out different striations on your delts and triceps. Keep your right triceps pressed firmly against your side to flatten and widen the muscle, making it look larger.

You should keep your stomach tight and expand your chest. Remember to keep all of your body flexed.



## Back Double Biceps



The back double biceps pose is similar to the front double biceps pose except for a few important differences. Your calves and hamstrings have to be flexed. It will not look good if you get the top half of your body right and the bottom half is relaxed.

Your arms should be pulled back toward the judges as well as your wrists. 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 flexed. To really bring out the lower back, tense your abs. You can turn your head from side to side to show the muscles of your trapezius.

Remember to keep all of your body flexed.

## Back Lat Spread



The back lats spread is similar to the front lats spread. The only difference is that you round out your torso, so that it's forward, while pulling your elbows ahead of the midline.

of your torso. An effective way to start this pose is with your lats originally crunched together. When you pull them apart to expose your entire lat spread, it is a more dramatic way of going into the pose.

Your calves and hamstrings have to be flexed. It will not look good if you get the top half of your body right and the bottom half is relaxed. Remember to keep all of your body flexed.

## **Abdominals and Thigh**



Put your strong leg about one foot in front of the other. The toes of your back foot should angle outward, while your front foot's toes point forward. With your front leg tensed, flex your quads and calves to bring out your muscle definition.

Different bends and angles will bring out various muscles better. You can switch angles mid-way through the pose if you like.

With an interlocking grip, place your hands behind your neck and angle your arms upward. Flex your biceps and chest, while strongly tensing your abdominal region. This will make you look quite impressive. Keep flexing it all thoroughly and be sure to stand as straight as possible.

Remember to keep all of your body flexed.

## **The Free Posing Round**

In a close contest the free posing routine can be the difference between winning and losing. With a good posing routine you can win the audiences approval and they will start screaming your name or number, and in a close contest the judges often vote based on the audiences response.

The first step to creating a great posing routine is picking the music. You must choose music that suits your physique. Some of the larger heavyweights like to use powerful classical music, but most likely that wouldn't suit a lightweight or middleweight.

Some people like to use upbeat dance type music. This is good for posing to and it can really get the audience involved.

Another type of music that is often used is heavy metal. You need a powerful physique to match with the powerful music.

If you have trouble picking what type of music to use in your routine, you should listen to a wide variety of music and picture yourself posing to the various songs on the radio. Eventually a song will catch your attention and then you can build your routine around it.

At the amateur level posing routines are usually 90 seconds in length. Make sure that your tape is rewound and set at the beginning of the song. Allow 10-20 seconds of blank tape so that you can get on stage. It doesn't look good to have the music start before you are ready, or to be waiting in position for 20-30 seconds while you are waiting for the music to play.

## **Which Poses?**

You should watch as many bodybuilding shows as possible. Record contests that come on T.V. or order contest videos from bodybuilding magazines and watch them over and over again. This will help you to visualize your own routine. Do not copy someone else's routine, get help from an experienced competitor, be creative and design a routine to highlight your strengths and hide your weaknesses.

The purpose of a posing routine is to show your physiques strong points, hide your weak points, and entertain the audience and judges. Emphasize your strong points early in your routine to get a good first impression. Organize your poses so that you can move smoothly from one pose to the next. Generally you start with a few front poses, move to a couple side poses, and then move to a couple back poses, etc.

Practice your routine over and over until you can do it in your sleep. Start practicing your routine at least 2 months before the contest. Make sure to pace yourself. Often you see novice bodybuilders rush their routines and get ahead of their music. Hit a pose, hold it for a couple of seconds, and then smoothly move into another pose. You should bring a

Walkman and an extra tape of your music with you to the bodybuilding contest so you can practice your routine back stage.

Always appear confident onstage. Smile as much as possible and make eye contact with the judges and audience. Keep perfect posture at all times, including walking on and off the stage. Keep your muscles tensed at all times while onstage. There will be plenty of time to relax after the show, during the contest give it your best.

## **The Posedown**

Unlike the first 3 rounds where your poses are arranged and your routine is rehearsed. The posedown is made up on the spot. The posedown usually involves 3-5 of the top competitors. You will all line up onstage and then the judges will give you the signal to hit your best poses.

It is difficult to prepare for a posedown but there are some strategies to help give you the edge. For example, if your opponent has strong arms and your arms are weak do not compare arm poses together. When your opponent hits an arm pose you should do another pose such as abs and thighs, etc. The idea is to offset their strong points with your strong points.

However, if your opponent does a side chest pose and you have a strong side chest pose stand there and accept the challenge. Similar to the free posing routine you want to emphasize your strong points and hide your weak points.

## **Pre Contest Diet**

Male bodybuilders usually need to lower their body fat to 2 - 4 percent body fat in order to get "ripped" and women need to lower their body fat to 5 - 7 percent. This is unhealthy if such a low body fat percentage is maintained overtime. You should strive to "peak" for the contest and then gain a little body fat afterwards to be strong and healthy.

The goal is usually to gain as much muscle mass as possible during the off-season and then shed the excess body fat while maintaining muscle mass during the pre contest.

Most bodybuilders today try to keep within 10 - 25 lbs. of the contest weight. A lightweight should not have to lose more than 10 - 12 lbs. to make his weight class. And a heavyweight should not have to lose more than 20 - 25 lbs. to make his weight class.

If you fall within the above ranges then you should start your pre contest diet 3 months before the contest. This allows you enough time to lose 1 - 2 lbs. per week without losing hard earned muscle mass.

Start your pre-contest diet by cutting out any "junk food" that you are eating. By rights you should avoid "junk food", but everyone likes to have a treat every now and then.

You should also increase your aerobic exercise to help burn off excess body fat. The best time to do aerobic exercise is first thing in the morning before eating. At this time your body will resort to burning fat for fuel because there is no food in your system. It is ok to have water, coffee, or tea before your aerobic exercise because they do not contain any calories.

You do not have to get too fancy with your aerobic exercise. A brisk walk, bike ride, stationary bike, treadmill, etc. Any aerobic exercise will do. Start off doing 20 minutes each morning and increase it gradually. I recommend that you work your way up to doing 45-60 minutes of aerobic exercise each morning.

Once you're eating clean, healthy foods and doing regular aerobic exercise. Then you should start to gradually reduce your carbohydrate intake while keeping your protein intake high, at least 1 gram per pound of bodyweight each day.

Most people will be able to get into contest shape by reducing their food intake until they are eating 1 gram of carbohydrates and 1 gram of protein per pound of bodyweight each day (fat intake is kept low). Obviously, some people may need to eat less and other will need to eat more. But this is a good guideline to follow.

For the last month before the contest you should cut out eating fruit and dairy products (even fat free dairy products). Because they contain sugars that cause you to retain water and make it harder to burn body fat. Instead eat more vegetables and less starchy carbohydrates. Eat foods such as very lean beef, poultry, fish, protein supplements, mixed vegetables, rice, potatoes, etc.

For a couple months before the contest you may want to try using ephedrine, caffeine, and aspirin (ECA) to aid in the fat burning process. If you are going to use this take 200 mg of caffeine, 25 mg of ephedrine, and 300 mg of aspirin 3 times per day on an empty stomach. Take ECA before aerobics and before weight training workouts because it helps boost your energy, curb your appetite, and raise your metabolism enabling you to burn more body fat.

Note: ECA is powerful stuff. If you have not used these supplements before you should ease in to it. For example, take them only once per day, then after a few days increase it to twice per day, then eventually increase it to 3 times per day. Some common side effects from the caffeine, ephedrine, and aspirin stack are feeling jittery, anxious, nervous, excited, etc.

People with heart disease, high blood pressure, thyroid disease, diabetes, enlarged prostate, or anyone taking MAO - inhibitor drugs for depression or appetite suppression should not use ephedrine. And never take more than the recommended amount.

# **Bodybuilding Contest Diet**

This article will outline what I do to prepare for a bodybuilding contest. I hope that this information is of help to those of you who do compete or those who are thinking of competing in the future.

I start dieting for a contest at least 5 months in advance. I want to have plenty of time to prepare myself. For the first month I simply cut out all junk foods and eat nothing but clean foods. Such as beef, chicken, turkey, fish, eggs, milk, protein shakes, rice, potatoes, pasta, fruit, vegetables, etc. I eat about 5-6 small meals each day. I drink plenty of water at least 1 gallon a day. I will also do 20 minutes of cardio exercise about 3 times each week, before breakfast. I continue my regular weight training workout.

The second month of preparation is pretty much like the first. I will still eat the same as mentioned above. But I will increase my cardio exercise to at least 30 minutes, 4 times per week, before breakfast.

The third month I get stricter with my diet. I will begin to cut back on my portions of starchy carbohydrates while keeping my protein intake high (between 250-300 grams of protein per day). I also eat more vegetables. My diet is now mainly foods such as very lean meat, poultry, fish, protein supplements, vegetables, rice, potatoes, oatmeal, etc. I will increase my cardio to about 30 minutes each morning before breakfast.

I start taking ephedrine, caffeine, and aspirin (ECA). I take 200 mg of caffeine, 25 mg of ephedrine, and 300 mg of aspirin 3-4 times per day on an empty stomach. I take ECA before aerobics and before my workouts because it helps give me an energy boost, curb my appetite, and raise my metabolism enabling me to burn more body fat. I also take a serving of GABA each night before going to bed. GABA releases natural growth hormone and aids in fat loss. I will also practice the mandatory poses for about 30 minutes 3 days per week.

The fourth month is pretty much like the third month with dieting. I increase my cardio to 30 minutes each morning before breakfast and 30 minutes after each weight-training workout. I will practice posing for about 30 minutes 3-4 days per week. At this stage I am getting lean and can see the definition showing in my abs, legs, back, chest, etc...

The final month before the contest I get stricter with my diet. I will eat approx. 1 gram of carbohydrate and 1.5 grams of protein per pound of bodyweight each day. I don't count fat grams, but they are kept low.

A typical days eating will look like this:

- bowl of oatmeal
- protein drink
  
- can of tuna
- garden salad
  
- 2 chicken breasts
- 1 baked potato
  
- protein drink
  
- steak
- steamed veggies
- 1 cup of rice
  
- protein drink

I also salt my food and even add a couple shakes of salt to my protein drinks. This may seem off the wall to most people. But I find that if I don't add salt to my diet I get bad muscle cramps when training. Don't worry you will not retain water, your body will adjust to a higher salt intake within a few days and as long as you are drinking lots of fluids your body will flush out any excess water.

I don't try and lift too heavy in the gym because I know that I will not gain any new muscle during the last month before a contest, I am just trying to maintain my muscle mass and get leaner. I basically have my posing routine down pat. At this stage I just want to keep my body fat low and allow my skin to get tighter and thinner to really bring out the definition. The temptation to cheat on my diet is very strong now. It is very important not to cheat. I keep my eye on the finish line and know that the dieting will be all over soon.

I do not carb deplete or carb load during the last week. I have tried all kinds of crazy stuff like this in the past and I found that it is best to just diet right up to the day of the show. But I will increase my water intake to about 2 gallons per day. I will stop all training a couple days before the contest to let my body rest and recover.

The night before the contest I will mix up 1 cup of red wine and 50 ml of glycerin and sip this before going to bed. This helps to fill out the muscles. Glycerin temporarily draws water inside the muscle cells making them fuller. I will have the wine and glycerin again early Saturday morning. Glycerin is also a mild laxative, so it will help eliminate any bloating.

Friday night and all day Saturday I will eat small meals of high fat foods like steak, eggs, peanut butter, peanuts, French fries, and protein bars. I do not drink a lot of water, usually just enough to wash my food down. But I will have a couple cups of coffee during the

day because caffeine is a mild diuretic. I also take herbal diuretic capsules on Friday and Saturday to help get rid of the excess water under my skin.

I go to the tanning salon about 3 times per week during the pre-contest. So the only pre-contest tanning agent that I use is Dream Tan. I will put a coat on the morning of the show and another coat on about 30 minutes prior to going on stage. Dream Tan works great and it has oil in the tan so you do not need to use additional posing oils.

When I go to the contest I take along my Walkman and a tape of my posing music with me. I try to find a place by myself back stage so I can practice my posing routine. By doing this, my routine is fresh in my mind before going on stage in front of the audience and judges.

When pumping up before going on stage I will do some light, high rep, upper body exercises such as push ups, bent over rows, bicep curls, etc., with a rubber fitness band. Never pump up the legs, legs always look and flex better when they are not pumped. I will sip red wine while pumping up, the sugar and alcohol in the wine help to bring out the veins. Do not pump up too much because it will make you shake when you pose. Just warm up and get the blood flowing to the muscles.

And the last thing that I recommend is to go out there and have a good time. Be confident and proud of your accomplishments and put on a good show for the crowd. At this stage you have done all you can do, now it is up to the judges to decide the rest.

## **How Many Calories Per Day?**

The number of calories that you eat each day will depend on what your primary goal is (i.e. to gain muscle or losing bodyfat).

### **The Three Body Types**

There are three distinct categories of the human body: the endomorph, characterized by a preponderance of bodyfat; the mesomorph, marked by a well-developed musculature; and the ectomorph, distinguished by a lack of either much fat or muscle tissue.



The three body types are described below.

### ECTOMORPH



### MESOMORPH



### ENDOMORPH



Ectomorph	Mesomorph	Endomorph
<ul style="list-style-type: none"><li>• Thin, little bodyfat or muscle mass</li><li>• Has Trouble Gaining Weight</li><li>• Muscle growth takes longer</li></ul>	<ul style="list-style-type: none"><li>• Muscular Body</li><li>• Gains Or Loses Weight Easily</li><li>• Grows Muscle Quickly</li></ul>	<ul style="list-style-type: none"><li>• Soft Body</li><li>• Round Shaped</li><li>• Trouble Losing Weight</li><li>• Generally Gains Muscle Easily</li></ul>

Obviously, most people do not fit exactly in one category or another. We tend to have a combination of the 3 body types.

For example, some people are thin and very lean (ectomorph). But others may be what I call "skinny fat". They are thin, but still lack muscle definition and they have a high percentage of body fat. Some people are overweight with high levels of body fat and muscle mass (endomorphs), but there are also people who are overweight with high levels of body fat, but they do not have much muscle mass.

If your primary goal is to gain additional muscle mass then you will follow the "Bulk Up" eating plan.

If your primary goal is to lose excess body fat then you will follow the "Lean Gain/Fat Loss" eating plan.

## **Bulk Up Eating Plan**

This eating plan is designed for those who have a low body fat percentage and are looking to build more muscle mass.

### **Protein:**

Since your goal is to get bigger and build maximum muscle mass, you need to eat more protein. Extra protein will supply your body with the raw materials that it needs to add muscle tissue. Every gram of protein contains 4 calories.

**You should eat 1.2 grams of protein per pound of bodyweight each day.**

### **Carbohydrates:**

Eating extra carbs is vital in preventing protein from being wasted as an energy source. Using carbs for fuel will allow protein to do its main job, which is to repair and build muscle tissue. Every gram of carbohydrate contains 4 calories.

**You should eat 4 grams of carbohydrates per pound of bodyweight each day.**

### **Fats:**

Fat lubricates your joints, helps produce anabolic hormones, facilitates protein synthesis, and is used for energy. No diet is complete or healthy without proper fat intake. Every gram of fat contains 9 calories.

**You should eat 0.5 grams of fat per pound of bodyweight each day.**

### **Bulk Up Example:**

Here is the daily Protein, Carbohydrate, and Fat intake for a 150 pound person.

Protein: 180 grams = 720 calories

Carbs: 600 grams = 2400 calories

Fat: 75 grams = 675 calories

**Total Caloric Intake = 3795 calories**

While following the "Bulk Up" eating plan you should eat 5-6 meals per day. Try to space your meals 3 hours apart.

**Remember these are just guidelines, everyone is different. After you follow these eating suggestions for a few weeks you may need to adjust your calories up or down in accordance to your body's metabolism.**

## **Lean Gain/Fat Loss Eating Plan**

This eating plan is designed for those who have excess body fat and are looking to lose fat while adding lean muscle.

### **Protein:**

Adequate protein intake will keep your metabolism high, prevent muscle loss, and help you add lean muscle while you lose body fat. Every gram of protein contains 4 calories.

**You should eat 1 gram of protein per pound of bodyweight each day.**

### **Carbohydrates:**

You need to cut back on your carbohydrate intake in order to utilize stored bodyfat for energy. Every gram of carbohydrate contains 4 calories.

**You should eat 2 grams of carbohydrates per pound of bodyweight each day.**

**Fat:**

Fat lubricates your joints, helps produce anabolic hormones, facilitates protein synthesis, and is used for energy. No diet is complete or healthy without proper fat intake. Every gram of fat contains 9 calories.

**You should eat 0.4 grams of fat per pound of bodyweight each day.**

**Lean Gain/Fat Loss Example:**

Here is the daily Protein, Carbohydrate, and Fat intake for a 150 pound person.

Protein: 150 grams = 600 calories

Carbs: 300 grams = 1200 calories

Fat: 60 grams = 540 calories

**Total Caloric Intake = 2340 calories**

While following the "Lean Gain/Fat Loss" eating plan you should eat 4-5 meals per day. Try to space your meals 3-4 hours apart.

**Remember these are just guidelines, everyone is different. After you follow these eating suggestions for a few weeks you may need to adjust your calories up or down in accordance to your body's metabolism.**

**Please Check out Lee Hayward's Superb ebooks:**

**Biogenetic Muscle Gain Program:**

<http://www.ironmagazine.com/go/muscle>

**Blast Your Bench Press Program:**

<http://www.ironmagazine.com/go/benchpress>