

Fitness Beauties | Fitness Magazine | Muscle And Fitness | Snap Fitness

its is an article designed to help you to work with competition under a physical condition or Mrs. Mrs. Figure contest. If you are debate l' idea of competition then let us not discuss, go ahead!

Aug. 6, 2008 - [PRLog](http://learnmoreon.com/fitness/) -- http://learnmoreon.com/fitness/

its is an article designed to help you to work with competition under a physical condition or Mrs. Mrs. Figure contest. If you are debate l' idea of competition then let us not discuss, go ahead! Almost everyone can prepare towards a physical shape/Figure contest and this information should give you a great impulse towards this objective! It is pleasant d' to have the 2 classes to choose. When I discuss competition, there exist several obstacles which seem to dissuade the women to be made competition. 4 greater concerns I n' hear are the following: * I cannot make of gymnastics * I am not flexible * I cannot jump * I n' ever could obtain that thin I n' ever could obtain that thin It is as many problems very simple to treat and l' age n' d' does not have; incidence on anything! J' took part in the sides of many women in their Forties which gained or placed very high. Mrs. of back in shape of routine n' is not judged on what " trucs" you are in d' measurement; to carry out, but rather on the clean and polished way is the contents.

Mrs. is reproduced in the same concentration on a little more on physics, of course, because it s' d' acts; a contest where the judges want to see a body between musculation and of fitness. Mrs. figure is perfect for those which are not interested by the force, the flexibility and l' endurance of the components of competition. Mrs. Figure competitor should recognize that Mrs. figure do not require that you are a little thinner than for a fitness Mrs. competition. Bare Basics Formation with planning and l' food Let us begin all d' access of planning. You want to look at l' before one year in 4 months to dispute a date according to your current level. Of formation and l' food must be periodized in direction of your contest so that you ready and are reached a peak at the good moment. J' always made think a little question the same year, in particular s' it ya of the contests which raise one week d' interval so that you can obtain a certain experiment and d' to learn how to use all that you worked d' . Periodizing means simply that you envisage gradually with the wire of time so that you can: * I cannot make of gymnastics

I am not flexible * I cannot jump * I n' ever could obtain that thin To ensure success Mrs. Fitness wants to concentrate on the d' results; a beautiful colour and moderately thin physics with too much hardness or of scratches. Mrs. Figure wants to obtain a little thinner than Mrs. of back in shape with a little more muscle density and of hardness yet thin, muscular not striated or than the carriage-builders. The realization of this balance is l' business. Even once your to your best remainder belongs to which is upright beside you and how you await all in comparison. The type of musculation/cardio and l' food depends on each individual, some need d' others need less but everyone needs d' a combo various levels and can vary if the programs must be individualized, you cannot train/eat like " everyone " because May it does not function for you. Mass production competing of formation/mode handbooks carried out in bulk with l' to prepare you for a contest can work but n' advances to help you; were not made only for you, which means that you obtain second the best. I am very insistent to make so that all the programs are accomodated with each one of my individual needs for the customers, but unfortunately not all trainers to make what can involve wounds or the lack of preparation.

You do not want to be “group” trained for the contests because the chances of all the participants being in the same level has a very weak probability d' where certain participants not to have all l' attention necessary to be correctly prepared. Talent You n' in do not have? Who worries! You can put a routine with each topic. J' put all the types of routines like for Mrs. of back in shape, Mrs. Figure Bodybuilding and which use all the types of talents of Salsa with Martial arts. Take what you like and with l' to improve. Even certain

ethnicities can be translated into a fresh place of routine, whereas creative, because always gives you points! Here some ideas topic used in the past of back in shape, appears and routines of musculation: * To avoid the wounds * Work on various aspects of the formation/mode gradually * To avoid overtraining or too plates * To ensure the success Costumes, To pose and of the tannery Costumes and posing continuations are also in progress d' to be judged. Even if they did not start from l' evaluation, your behaviours can you make better or for the worst then keep that with l' spirit. The color of your clothing is a big factor.

<http://learnmoreon.com/fitness/>

With Mrs. appears you must stick to a color linked to prejudge it if you want to choose a complementary color which will allow d' to improve your physics, but not to carry or to distract. Black seems to be very popular. Now, it was correct to use a combination of dazzled of night shows the figure of Mrs. and musculation. With l' instar of Mrs. the physical condition of the women, Mrs. Figure expensive please have 2 is appropriate to clarify the morning and the night spectacle. The majority of the judges are normally carried out in the morning exposure, but it ya of the moments when the bonds to occur and they are the occasions where you will be judged in the night. The skin is also normally judged and affects your glance. L' appearance of research " serré" is reinforced by the tanning of the skins and colouring. I suggest of bronzing normally well with l' advances, so that, by these last weeks before competition you n' do not need bronzing which can return certain people feel drained and given that you are already exhausted mode and you n' do not need d' to add constraints. Then, you can start to color in place a few days before the contest. For those d' between you do not know, it ya market products so that l' extreme tanned to seek which is necessary on the scene not to be washed by the stage of lights.

The products vary but are especially designed for competition and can be consulted in line with certain sites of musculation. I find being tanned then by using the product of colouring is your best bet. Qualifications Now, you must evaluate your competences. For Mrs. the majority of the women appear are held to make the routine in a function of regulation and the heels although certain organizations have a figure which is close to Mrs. of back in shape in the way in which they can carry a costume and make a routine of high energy, but without inversion of movements and while adding poses in the routine. Mrs. Fitness uses heels for physics and wraps tower here is a competence which is necessary - the practice walk in 4-5 inches cures (j' have always to propose platform, you May thinks qu' they are ugly but they seek the best on the scene)! Of course, posing the open hand (similar to the obligatory installation of musculation) must be practised for the comparison towers of Mrs. appears. You want angle slightly, but at the same time to keep the heels, the head high, shoulders and back, the chest, expire to show ABS.

When the girls make a success of " défaut" routines, but still to gain the public contest of fitness can still see for themselves which it Real of back in shape the girls are, whatever the classification - even if you see a great routine, but the young girl with the cellulitis on her back the public can see it! Unfortunately, j' saw champions who without question gained a rise of flexibility so much and none that it is but they have incredible presence on scene, characteristic and polished routine, or a point of higher rank in d' other series.

<http://learnmoreon.com/fitness/>

###

"You Are Going To Get An In-Depth Look At One Of The Most Remarkable Fitness Guides There Is Available On The Market Today"

--- End ---

Source Fitness Expert
Country United States
Industry [Health](#)
Tags [Fitness Models](#), [Fitness](#), [Home Fitness](#), [24 Hour Fitness](#)
Link <https://prlog.org/10099826>



Scan this QR Code with your SmartPhone to-
* Read this news online
* Contact author
* Bookmark or share online