

How Many Weeks Should You Take for Contest Prep? (Video)

I've got a GOOD topic for you today - and one you've probably been racking your brain about if you've found yourself here. And that's exactly how many weeks for contest prep should you be taking?

You know what, I find that a lot of competitors end up short changing themselves because they don't take ENOUGH time to diet down. Sometimes I think that folks simply don't anticipate exactly how hard it is to get show lean.

I mean, SURE, it's totally easy to generally diet - to look good on the beach, or in every day life. But it's a whole other ballgame to look FANTASTIC on a bodybuilding stage.

So today, let's take a look at that age old question, and discuss the things you need to consider before your next show!

Coach's Corner: How Many Weeks for Contest Prep Should YOU Be Taking?



Want some more of my TOP tips to help you bring your best look to the stage the HEALTHY way?

Sign up for my free email list, and I'll tell you everything I know about flexible dieting during prep, how to properly set up you cardio, the most effective way to weight train, posing, suits, peak week, and more!

Click below to get started!

And if you have questions regarding how long you may need when it comes to the number of weeks for contest prep, post them below!

**YOU CAN PREP
FOR A SHOW
THE HEALTHY WAY
AND LOOK AMAZING!**

Join my **FREE** Email
List and I'll send you my
TOP TIPS on how to diet,
train, and do your cardio
the **SANE and SAFE WAY...**
And still WIN!



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