



# **First Call Out**

**A Comprehensive Guide  
to Competing in: Bikini,  
Fitness, Figure, Physique,  
and Bodybuilding**

**By Amanda Larson**

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**First Call Out: A comprehensive guide to competing in  
Bikini, Fitness, Figure, Women's Physique and  
Bodybuilding**



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A complete and comprehensive instruction for competing in Bikini, Fitness, Amount, Women's Physique and Bodybuilding. Packed with information and assets for all those looking to contend. Complete with Q and A section with judges, competitors, and a professional photographer. Manuals you through the techniques from choosing a trainer to stepping on stage.



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I recommend reading this BEFORE you decide to compete - it . Skip the book and do your own research.. If you are searching for a diet and exercise plan for an exercise competition, this is not the publication for you personally, but if you're buying prep book to learn what's ahead - this is exactly what you're looking for.As a first-period fitness competitor on a spending budget, I ordered the reserve prior to my contest to understand what I am in for, both mentally and physically. She explains the price of the activity, what the dieting is like, and the commitment it takes to get down to competition excess weight and composition. I've notes and tags throughout my duplicate to help me find specific information as needed therefore i can return back as my contest nears. I would recommend reading this Prior to deciding to compete - it may open your eyes to areas of competing that may be difficult to go through. Female Competitors' Bible Extremely comprehensive manual for just about any feminine athlete contemplating competition in bodybuilding or the related disciplines of physique, figure, fitness or bikini. Four Stars Very helpful for a person who is preparing for her 1st competition. Also included are interviews with other competitors and a photographer. A must read for anybody in the sport. THE VERY BEST Guide So Far-and I've read a lot of them! The most informative book I have read about competing! Almost every other publication I have read addresses the big stuff but leaves out the details-or those publications are written in a manner that only anyone who has already competed would understand. Loved this publication, highly recommend this to any newbies-like me-out there. what the dieting is like, and the dedication it requires to get down ... Ms.. I plan on likely to my first display in June of this year. Larson has interviews of competition and judges and the finish of the reserve that I came across interesting and enlightening. There are interviews with judges, competitors, and an abundance of information that can help you prepare for what is ahead. I purchased this when I was trying to choose if I would compete. A bit outdated now but still a good resource. Great read! I am now eight weeks out plus some of the info in this publication has been most evident and helpful. AMATEUR INFORMATION This book is actually written by a person who is not familiar with Women's Bikini and Fitness competitions. No photographs at all. I was extremely disappointed. It is badly written with recommendations offered but no useful information. No diet or dietary data was presented with. For someone really seeking understanding of this field concerning training exercises and nutrition/diet plans, this is not at all the book. Five Stars Great book to get a great idea of the process. however, it could not actually help get you to the stage. It doesn't get into specifics about exercise and diet but it does have an outline of what to expect no the stage and stuff.Topics covered include preparation training, diet hair, make-up and stage demonstration.. Having currently competed and being an avid researcher, I did so not recieve any fresh information what therefore

ever. This book gave me valuable insight on the sport. This book is quite basic on informative content. Large font, blatant typos, no pictures, and poor reference resources (Wikipedia shouldn't be a resource used in papers or books) helped convert me faraway from it. This book wouldn't be terrible should you have by no means competed and have no idea what prepping for a competition consists of; Will need to have for a newbie Great Introduction This is a great beginners book to an introduction to the sport..



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