

Women's Bodybuilding

By Elle Nash

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Introduction

Hello, I'm Elle Nash and I wrote this ebook for all of you. I've been bodybuilding for almost a decade now. It's sort of odd hearing that I've been doing this for so long. Time flies.

I first got into this because I was bored with life. I was doing the same things everyday. I hit mundane routine where I was just working, sleeping and watching television. I figured it out after a while, what my problem was. I had no challenges or purpose. I was just doing my thing and that wasn't enough for me. I needed something to take on. I need a challenge. I needed something to work toward and this is what bodybuilding gave me.

I want to thank friends and family for being so supportive when I started into this. It is still pretty taboo for women to become bodybuilders. If it wasn't for the support these people I'd probably of quit already.

I'd also like to point out that the [Iron Dolls](#) program really taught me what it took to be amazing at this. I really owe a lot to that program and my success.

I want to thank you for reading this and I hope you really become successful.

Sincerely,

Elle Nash

We're going to go into a lot more detail today. The best place to start is right from the day you decide to start bodybuilding.

As always, this information is provided in the [Iron Dolls](#) bodybuilding book. It comes in much more detail, more examples and a plan. If you're interested in that book, [Click Here](#).

Goal Setting

You're going to have to learn to decide what you want. Goal setting is required to meet goals. Most people just wonder around and don't have any direction. It is estimated that over 97% of people don't have goals for their own lives, but they have shopping lists for the grocery store.

Having a goal is important because it gives you a point to look at it. You know which direction you need to go. A rule that comes along with goal setting is that you need to use numbers and dates. This is so you can measure your results and push yourself to meet deadlines.

Sit down and write out what you want from a female bodybuilding point of view. Remember to use numbers and dates. For example, "I want to be 140lbs at 15 percent body fat by September." The point is that you can get on the scale and measure yourself to be 140lbs, you can get a caliper out and measure your 15 percent body fat and you can look at the calendar to make sure you make it in time.

How much are you going to give?

This is the second part. You have your goal now, but it's going to require work. Often people will have all these great goals (especially in weightloss), but they're not willing to invest the time and dedication to it.

You're going to write down what you're willing to give for this goal. It can be as simple as "I will dedicate one hour a day for the gym and the necessary time to prepare and plan the diet required to meet my goal."

Make sure that's what you're really willing to give. Sometimes you don't feel like going to the gym after a hard day at work. Sometimes you want to spend time with kids and family. It's really your choice to determine it. Try to give yourself what is required.

Now that we got some of the paperwork part of this process done, we can move onto more important stuff.

This lesson, we are going to learn the fine art of your diet. Your diet is everything. You are what you eat. If there is one day to really pay attention this is the one. The reason being is that you can do poorly in all the other aspects of female bodybuilding, but you do a great job at this part you will still have success.

Let's begin on the most important topic in female bodybuilding; the diet.

You have to stop looking at food as tasty delicious treats that fill you up. You're going to look at them as things your body needs. You're going to look at all food as protein, carbs and fat. Nothing else.

Protein: This is used to maintain and build lean body mass.

Carbohydrates: This is used as your active high energy source.

Fat: This is used as your low energy source(ie: sleeping).

That's the key. Protein is used to build and maintain muscles, carbs give you energy and fat is used during sleep time as the energy to repair all the depleted hormones and such as you sleep. That is the purpose they serve, so you're going to use them for your purpose.

You're now going to start eating every 2-3hrs. The reason for this is simple, the benefits of protein leave the body after 2-3hrs. You're going to need a steady flow of protein in your body over the entire day. That brings us to our first rule.

RULE 1: Eat a consistent amount of protein throughout the day.

Since carbs are our energy food, you're going to use them when you need them. You're going to have some carbs in the morning, since it supplies the energy for the day. You're going to eat your largest carb meal before you go to the gym because you need as much energy as you can. You're going to eat carbs after workout to replenish all the lost nutrients from the workout. Lastly, you're NOT going to eat any carbs in the evening. Why? Because you're going to sleep soon and don't need energy food.

RULE 2: Eat carbs for energy activities. IF you're going to bed soon, you don't need carbs.

Fat is higher in calories, but it serves vital aspects of our body. You have to eat it. Fat is harder for the body to digest, so eating a lot of fat throughout the day can leave you missing out on the nutrients you need from carbs and protein. You're going to keep the fat toward the evening because that's the point it best serves.

RULE 3: Eat fat in the evening.

Lastly, you need to understand that when you go to bed, you're going to be sleeping for 8hrs. You're obviously going to run out of protein, so you won't have enough to last you the whole night. The fat you eat will slow down your digestion, causing food to take a lot longer to digest.

RULE 4: Before bed eat fat and protein, so you'll have protein in your system all night.

Let's recap all the rules:

RULE 1: Eat a consistent amount of protein throughout the day.

RULE 2: Eat carbs for energy activities. IF you're going to bed soon, you don't need carbs.

RULE 3: Eat fat in the evening.

RULE 4: Before bed eat fat and protein, so you'll have protein in your system all night.

Now, there are foods you need to avoid.

- refined sugars
- white flour
- combinations of carbs and fat
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Avoid these three and you'll be doing very good.

That's all for today. Tomorrow, we're going into the fine art of diet journaling. I'm going to go sit down this evening and read my book "[Iron Dolls](#)". If you're looking for extra information on female bodybuilding, you can always use this great resource: [Click Here](#)

Today we're going to talk about the fine art of diet journaling. This is a very powerful tool. It allows you to basically learn what your body reacts to, so you can better meet your goals. If your plan is to bulk up or cut the fat off, you need to do this.

Now you should be eating every 2-3hrs, so you're going to write the time of day you eat your meals. You're also going to list the foods you eat.

Here's the complicated part, you're going to breakdown your food into protein, carbs and fat. From that, you should be able to get calories. It's seems complicated at first, but it really is a powerful tool, so stick with it.

I bet you're thinking "How do I get these values for something like a piece of chicken?". Goto google and search "usda nutrient data". It is a search engine that has a breakdown of all the foods you eat and gives the calories too. If you're curious which data is the calories, it is Energy in Kcals. You're going to use all this data in your journal.

After all your meals have been done, add up all the calories at the bottom and you're going to get your calorie total. Your plan is to eat the same amount of calories all week long. The reason is to see what happens with your weight. If you put on weight that means you're eating more than your calorie maintenance. If you lose weight, you're eating less than your calorie maintenance. We want to find your calorie maintenance, so we can better determine how much we need to eat. If you want to put on weight, eat more than your calorie maintenance. If you want to lose fat, eat below your calorie maintenance.

Simple, but I imagine I'm lacking the articulate side for you to understand. That's why I prepared an example for you.

Meal 1 (8:00am)

5 egg whites 20P 00C 00F

1 yolk 03P 00C 05F

1/2 Grape Fruit 01P 13C 00F

Oranges 01P 20C 00F

Total: 25P 33C 05F (277Cals)

Meal 2 (10:30am)

5 egg whites 20P 00C 00F

3 yolks 09P 00C 15F

Vector Bar 09P 34C 05F

Total: 38P 34C 20F (468Cals)

Meal 3 (1:40pm)

Sub 35P 75C 10F

Total: 35P 75C 10F (530Cals)

Meal 4 (5:00pm)

Chicken 15P 00C 05F

Potatoes 00P 20C 00F

Sausage + Bun 20P 25C 10F
Total: 35P 45C 15F (455Cals)

Meal 5 (7:50pm)
Tuna 25P 00C 01F
Xvir Olive Oil 00P 00C 14F
Total: 25P 00C 15F (235Cals)

Meal 6 (10:00pm)
3eggs 21P 00C 15F
Xvir Olive Oil 00P 00C 14F
Total: 21P 00C 29F (345Cals)

Days Total: 179P 187C 94F (2310Cals)

I know that's complicated. It seems like a lot of work, but you only have to do this for a few weeks. After a few weeks, you'll have a great idea how much you're supposed to eat, so you won't need it.

Try it out. I know it's complicated, but trust me, this will pay off in the long run.

If you still don't get it, I might as well send you off to the [Iron Dolls](#) book because I can't seem to explain it that well. Makes sense to me anyway. If you're struggling to understand the idea goto: <http://www.lifefitnesshealth.com/uni/irondollse/>

We're going to take a light lesson now because I know the last lesson was pretty heavy with the diet journal. We're going to discuss the different workout plans you can follow. I'm going to show you the three out there, and you can try whatever one you want. There is no conclusive studies that show a universally accepted winner. All have studies claiming them to be the best.

Single Factor Theory

This is the most popular one you see at the gym. People usually break up their body into days and throughout the week, they work their entire body once.

Monday: Back + Biceps

Wednesday: Chest + Triceps + Shoulders

Friday: Legs + Calves + Abs

Hypertrophy Specific Training(HST)

This one is a little more complicated, since you're going to work your entire body in one workout. You're going to workout a few times a week. It can be a little overwhelming for the average person doing so much work in one workout, but you'll get used to it. They have a free sample workout on their site.

http://www.hypertrophy-specific.com/hst_II.html

Dual Factor Hypertrophy Training

This is the most complicated and it is the one I do. It's really too much to explain in this email, but the idea is that you can stimulate muscle growth from more than just lifting heavy weights. It works on the idea of cycling volume, changing rest periods, change reps, changing speed of reps, etc. You can download a word document of it here.

www.geocities.com/elitemadcow1/Dual_Factor_Hypertrophy_Training.doc

Those are the main three. All the other ones out there fit into one of these categories. Find out which one works best with your body.

We've finished up with what you do in the gym and what we do in the kitchen. Things are starting to roll down. I wanted to go back to your head game and how to deal with problems along the way.

Enablers and Disablers

You're going to have people (and sometimes things) that will bring you up or take you down. The key is to identify them and use them(or eliminate them).

An enabler is a person that motivates you. It could be a friend or a loving companion that supports you and brings you up. We all have met those people that just seem to get us fired up and ready to accomplish the world. These are the people you need to your life. They're good for you and they'll help you succeed. Often these people can be found in your gym, trying to do the same thing you're attempting to do.

A disabler is a person that unmotivates you. They bring you down with their negativity. Often this can be a friend. Yes, we all have friends that are downers. The best thing to do is cut them out of your life. Seems harsh, but they're not going to help you in the long term. They'll try to sabotage you because on a subconscious level they want to see you down. You need to eliminate them. It doesn't necessarily have to be people, it could be food. If cake is your weak point in your diet, don't bring it into your house.

The key here is to identify the things that make you bad and eliminate them before they have a chance to bring you down. You also need to identify the things that bring you up and motivate you. Surround yourself with them.

This is our last subject with the course. It has to do with dealing with failure. I'm going to share a secret with you; you're going to experience failure while you attempt to body build. Napoleon Hill would call them "Temporary Failures". The point being is that you're going to hop on the scale and see a number you don't like. It's going to happen. The difference between the successful and unsuccessful is how they deal with it.

There is one type of person that will get worked up, fired up and motivated from this downing experience. If you told these types of people that it couldn't be done, they'd be motivated to prove you wrong. If you're like that, than you shouldn't have a problem.

Most of us, including me, get down and depressed. Nothing is worse than working your butt off to hit a goal and completely miss. If you're like that than you need to change your thinking. Your main goal is to put faith in the process, nothing more. If your goal is the instant gratifications that come from a good weigh in, than you're going to lose out when you meet failure. If you put faith in the process, you'll go back to the gym next week and do what you're supposed to do. There's no sulking or complaining, it's just another day at the office.

Well, that finishes off everything here. You should be well equipped to body build as a female. All you have to do now is put all the information into action. If you're like me and are always looking for more information on how to constantly improve your bodybuilding, than I suggest you pick up the [Iron Dolls female bodybuilding book](#). I didn't start to see significant gains until I actually read that book and applied it's knowledge.
[Click here to get it!](#)