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Bikini body guide dieta pdf

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Carb Cycle get Bikini Show/Contest Ready Carb cycling for fat loss and weight loss has become extremely popular and for good reason. This is most of my meal plans in the 90 Day Bikini program and basically allows you to pin-point your carbon intake for when you need them. Instead of being all or nothing, whether it's low-carbon carbon or low-fat/high carbon carbon for your bikini prep or diet, it makes more sense to periodize your intake. In this way, avoid the potential negatives of a low carbon diet and those with a high carbon, low-fat diet. As you know, you both have a lot of professionals, but you also have both weaknesses. Logical thinking, wouldn't it make more sense to combine the two into a single diet? That's how you get the benefits of both without the negatives! If you agree, then here's an example of a weekly intake based on the popular bottom, upper, rest workout split using carbon biking. Monday: Legs – High Carbon Tuesday: Upper Body – Moderate Carbon Carbon Wednesday: Rest/Cardio – Low Carbon Thursday: Legs – High Carbon Friday: Upper Body – Moderate Carbon Carbon Saturday: Rest/Cardio – Rest/Cardio – Low Carbon Carbon While Programming a High Hydrocarbon Cycle Plan Can Be Complicated and Requires An Experienced Expert, the basics are fairly easy to understand and follow some general logic. For example, higher carbon input should be based on more metabolic and physically demanding workouts, such as leg days. Conversely, your lower carbon intake would be based on those exercise days that require less energy and glycogen stores such as cardio, abs, hands and rest. Of course, if you prefer a low-carbon diet, then you could use carbon cycling with only 1-2 high carbon days. Conversely, if you like a higher carbon approach, you can only add in 1-2 days on a diet with Carbon. As you can see, the carbon base is fairly simple and provides you with key nutrients and energy to maximise exercise and recovery, while dropping them down when you don't need them to burn fat. If you want a 7-day done-for-you carbon and the entire 90 Day Bikini Workout split, which many people have used to contest ready, you can download it on this site. Calorie Cycle & Manipulate Calories As You Diet Down for Your Bikini Show Next you get into a bikini diet or closer to the bikini you show the harder it all will become. When you start on a fat loss diet, you may be fine with just dropping calories, removing processed foods and adding to exercise. But if you're trying to get a bikini ready or dieting for a bikini show, you need to get very lean and use advanced methods. One of these advanced methods is to use calorie cycling, which strategically adds to higher calorie refeeds as you diet down. This reduces metabolic damage or metabolic adjustments most bikini competitors face, which can lead to rapid weight gain, chronic fatigue and a reduction in hormones. Caloric cycling can be done weekly, with 2-3 higher calories every 2 weeks, or monthly, with 4-5 days of a higher calorie period every 4 weeks. It is important that these higher calorie periods still focus on healthy foods and a normal diet, only to eat about 30-50% more calories to give you a break on your diet. Along with cycling with calories, you'll need to pay attention to your daily intake, allowing you to reduce weekly or weekly as needed. Even with calorie cycling, your metabolism is adjusting and reducing as you get very lean. Along the way to getting a bikini body or diet for a bikini contest, you'll need to keep lowering calories and most likely get very low near the end (most females finish around 1,200 calories or even less in recent weeks). If you don't keep track of your calorie intake, you'll have a very hard time making tweaks and slow reducing when needed. Eat More Protein & Fiber To Prep for a Bikini Contest/Show Although these are more basic tips, I want to stress their importance to so many bikini contestants and even bikini trainers doing it wrong. Higher protein and fiber intake will be absolutely crucial for weight loss, hunger/appetite control, recovery after workouts and muscle retention as you diet down. Focusing on these 2 key nutrients you will have a much more athletic physique by the time you hit the stage and have an easier ride during a bikini dieting contest. As a rule, the target for around 30-40g of fiber per day from high fiber whole foods such as whole grains, fruits, vegetables, legumes and nuts. For protein, aim for around 3-5 even doses throughout the day. This should be based on high-quality sources of protein such as meat, fish, eggs, milk/dairy products and additives such as casein and whey. You need to spend around 1g per 1lb body weight so simply, a 150lb individual would spend 150g a day. Take research Proven supplements to help in bikini diet/diet plan Although 90% of supplements are a waste of time, there are some research proven supplements that can help in a bikini diet or bikini contest prep Plan. There is a handful of research proven accessories that I constantly recommend to your bikini contest prep parties and all members in the 90 Day Bikini Makeover Plan. Here's an overview of the waterproof and high end, scientifically proven supplement regimen: Probiotics: Probiotics feed your health and improve healthy levels of bacteria. The health of your gut affects how you metabolize carbohydrates/fats and even store fats. In short, a healthier stomach will improve your physique, fat loss efforts and overall health. Take about 15 billion to 30 billion organisms a day from research into confirmed bacterial strains. Green tea extract & caffeine: Green tea & caffeine are my favorite natural fat burners with research proven health benefits, disease, insulin/blood sugar function and weight loss. Take about 500mg with at least 40% EGCG content twice daily in the am and afternoon. Stog this with 200mg of caffeine for the perfect natural fat loss stack. Omega 3: Omega 3 is a large all-round supplement that has more benefits for both your physique and overall health and disease protection. Although you can get fatty acid from food, it would require more serving oily fish a day, which is unrealistic. Take 3 g of high-quality fish oil per day high in EPA/DHA (approximately 2 g of 3g should be EPA/DHA). Whey Protein & BCAA: Whey Protein and BCAA are very low-cost and simple sources of protein to meet your daily protein needs and excellent back-up snack when you're on the go. They are often used around exercise and have been shown to increase recovery and increase the adjustments you get from hard training. They are also high in the key amino acid leucine, which promotes the synthesis of muscle proteins, a key metabolic process that is needed to lay new muscles. Follow a proven plan & stay consistent if you're serious about your bikini beach body or bikini contest or contest, then you need to follow a proven plan that you can stick to much. What makes a successful transformation is not just a very advanced plan, but a plan that is tailored to you, with which you can enjoy and hold on. There are a lot of conditioning and coaching staff going wrong here by providing a hardcore plan they've used on themselves, which is unrealistic for the client and not tailored to them. Whatever plan you choose or embark on, make sure it is: be in line to science and advanced enough to help you achieve your goals. As pleasant and realistic as possible for your lifestyle, foods that you like, etc. If you're not sure where to start and want to jump on a very advanced plan that covers the top points, or whether I allow you to shut it down I tailor it by your lifestyle/preferences, here's my offer. 1. 90 Day Bikini Transformation: My world famous 90 day diet plan that has been used by thousands of people to shred fat, tone up their metabolism and long-term health with advanced carb and advanced carb and advanced carb and advanced carb and advanced carb cycling methods. Just in the same way You will get full 7 daily carb & calorie cycling meal plans, 90 days of exercise, supplement protocols and full personalized support in a private FB group! Now find out more. 2. Elite Personalized Plan: For just \$97 you can work with me 1:1 and have everything designed around you from all the way to the ground, after in-depth consultation. You'll also get support after the plan is made to further make it a better and tailor. Now find out more. Tweet Share 0 Reddit +1 Pocket LinkedIn 0