



# Bikini Competitor's Little Black Book of Awesome: Bikini Competition Ready in 9 Weeks or Look Like You Should Be On Stage

By Crystal Nadeau

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Bikini Competitor's Prep Week by Week Plan Includes:

- Training
- Nutrition
- Supplements
- Weekly Macro Ratio Examples
- Successful Cutting
- Peak Week
- What Judges Look For (from actual judges)
- Best Tan
- Posing Tips and Location of Online Instructional Video Posing Series (learned from IFPA Pro)
- Post-Competition Survival Guide

This week-by-week bikini competition prep contains exactly what you need to know to place in a competition or look like you should be holding a trophy.

In addition to a clear plan the founder of Realize Life, Crystal R. Nadeau, gives you a window into the world of bikini competition prep, sharing personal funny stories as "lessons learned" in her 9 week journey into the new world of competitive bodybuilding, where she earned two 3rd place trophies in her 1st ever competition.

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