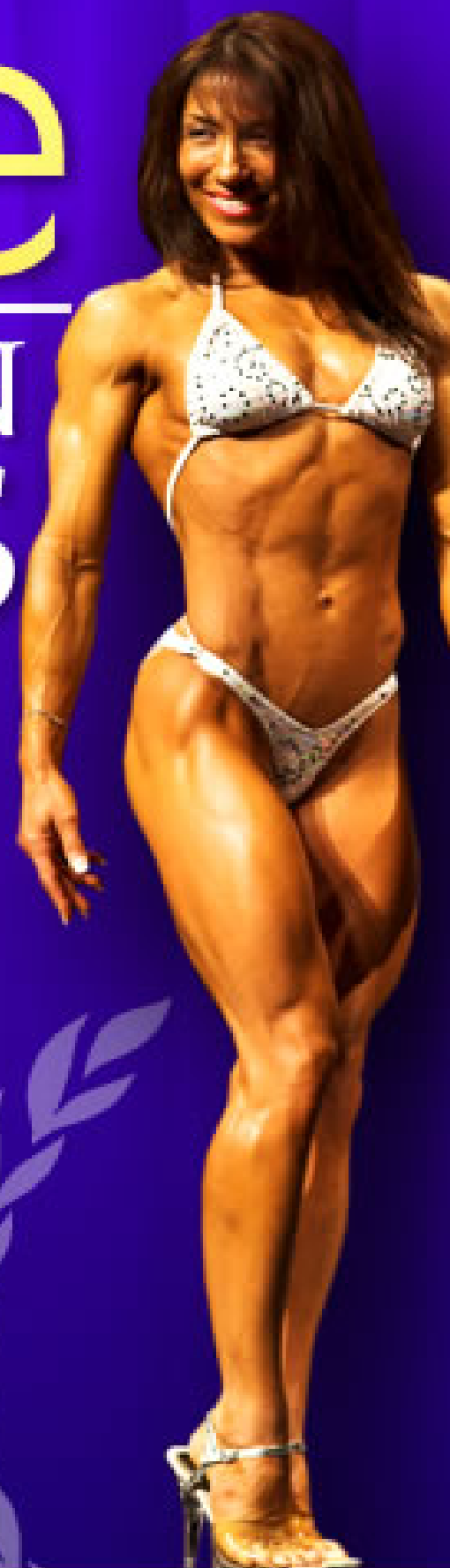


figure

COMPETITION SECRETS

**Have a Figure
Competition Body
in Just 12 Weeks**

- ▶ Step-by-Step Program
- ▶ Unrevealed Secrets
- ▶ Contest Prep
- ▶ Unfair Advantage
- ▶ Avoid Costly Mistakes



KAREN SESSIONS aka: MsFit

Disclaimer

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Author's Note

My name is Karen Sessions, also known as MsFit on various fitness and bodybuilding websites. I am the owner of www.FigureCompetitionSecrets.com and the author of 7 amazing fitness eBooks.

- “How to Lose Weight, Forever” is a weight-loss guide designed for men and women struggling to lose weight.
- “Iron Dolls” is advanced information on gaining muscle mass with advanced training techniques.
- “The Competitive Edge” is all the detailed information on how to prepare for a bodybuilding contest.
- “Killer Quads” is detailed leg training to build solid, rock-hard, and striated legs.
- “The Cellulite Cure” is an informative guide about how and why cellulite forms and how to get rid of it.
- “Winning Figure Competition Diets” is fun, tasty, and figure contest diet plans, meals, and recipes to win your figure competition. IFBB Figure Pro Approved

Between all my books, newsletters, articles, online training, moderating duties, website updates, and personal forum, I stay pretty busy but I enjoy it nonetheless.

You made a very wise investment since you are planning to enter a figure competition. There are several figure prep programs on the market, some good and I would back-up even though they are my competition, but there are also copycat versions of FCS. Don't worry though... This eBook will give you the facts, but I also tell you the whys. I want you to know straight up that I personally wrote EVERY word in this eBook. I may not put commas in all the right places, but I can sure diet a lady down and have her stage ready in just months! I know the science of the sport and it oozes outta my pores.

Now let's get started...

My Fitness Journey

I have been in the fitness industry since 1988 and have mastered the art of melting body fat through nutrition and exercise, with minimal help from supplements. My goal is to teach you to do the same. The path I teach will help you build and maintain lean muscle tissue while you lose fat to keep your metabolism on fire.

Even though I have been into fitness for quite a while, I wasn't always fit, lean, or in shape. Just like you, I had to learn. I was skinny before I embarked on the fitness/bodybuilding lifestyle and I had to lose a few pounds at times too, so I have been on both sides of the spectrum. I finally made a commitment to transform my body and see what I was capable of. When you are in control, the results are astonishing. I developed a keen interest in how the body works in relation to food and exercise.

With that, I took my training to the next level and began entering bodybuilding contests. The constant challenges kept me on edge to keep building and reshaping my physique. This makes me uniquely qualified to help you meet your fitness goals.

Through extensive studies, organized research, and personal experimentation I now have all this information on how to achieve fat loss, build lean muscle mass, and create a winning physique. Now I am passing on the knowledge and the little secrets I have learned along the way. My trial and error, as well as in-depth research, is here for your use. I wish this type of information had been available to me when my interest in bodybuilding began!

Introduction

Open any fitness magazine or go to any fitness message board and you will be bombarded with mass amounts of information on how to get the perfect figure body and even how to prepare for a figure competition. Often times, people posting diet and training recommendations are copying someone else's information or don't have a clue as to what they are talking about. I have seen a so-called "fitness trainer" on fitness forums literally copying and pasting another fitness trainer/author's words, word for word, and she gave herself credit for it!

You have to be very cautious about who you get your health, diet, and training information from. You would be shocked at how many of the online trainers got one-on-one help from a personal trainer to a do a figure show, took professional pictures, and then turned around to create a website to market themselves as an "experienced figure competitor." How experienced can you be if you competed for one year on someone else's program?

I'm not trying to scare you, but I do want you to be aware of frauds out there. "Figure Competition Secrets" is about getting the right information to build the body you want and even to take it to competition level if you desire. The mere fact that you are reading this book means that you have the attitude to propel above and beyond what the average person can comprehend mentally and physically.

This book is a comprehensive guide to provide you with specific knowledge and direct information from an expert in the fitness industry. If you are new to the sport of fitness, I must warn you that the competition preparation side can be tough. You will need:

- Focus
- Desire
- Attainable goals

- Determination
- Passion
- Persistence
- Inner strength
- Self-discipline
- Positive attitude
- Applied knowledge
- Consistency
- Courage

These will be your shields from the painstaking plateaus, low points, and speed bumps that will come along with the journey. Anyone successful in anything had to fork out some sacrifices.

The general transformation process is about 12-20 weeks, but this is greatly affected by your current physical status and physical activity level. If you are ready to make at least a 90-day commitment, let's begin.

To upgrade to the full eBook, Click Here > www.figurecompetitionsecrets.com

Lisa De LaRosa



Kimbelry Dickson



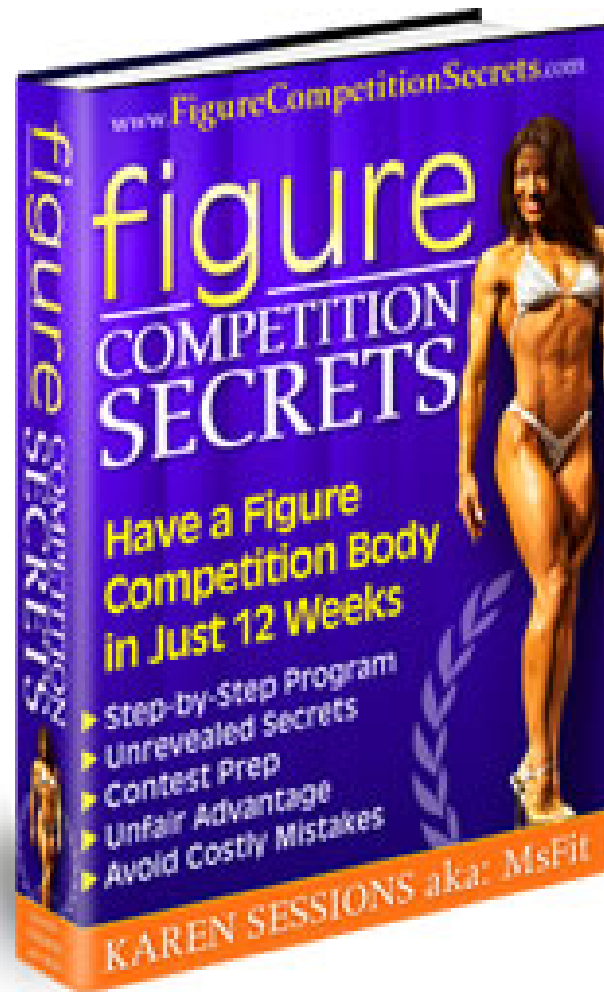
Angie Morales



Your Before and After Pictures Here...

<p>Before</p>	<p>After</p>
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**Get THE Figure Competition Secrets NOW and Take Your Competition
to the Next Level!**



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