

Before you get started...

You are obviously serious about competing if you purchased this book. I often tell competitors that training for a figure competition will be one of the hardest things you will ever do. Congratulations, because you have decided to undertake a task that only a few women will ever attempt and even fewer succeed... That is to take your *body fat-to-muscle* ratio to a level that less than 1% of the female population will ever achieve.



What I've put together for you is a group of diets that I have used successfully to on women from all areas of life to achieve success in figure competitions... teachers, business women, stay at home moms, gym rats etc. Not only have they achieved success but some have become professional figure competitors.

I do this from a 750 sq ft. Gym. No fancy equipment just hard work and the proper nutrition. These are no genetically gifted women whose body fat is already 12%. These are women who have love handles, cellulite, uneven fat distribution, women who have tried and failed in the past.... These women represent 99% of the female population!

I have never promoted a diet pill, fat loss drink, gadget or 'revolutionary' piece of gym equipment. The truth is, these just don't work. In addition diuretics, carb depletion etc. Are not effective either. All you are doing is pulling water out of your muscles and making them flat. I see so many women try these 'gimmicks' because their trainer really doesn't know what else to do. If you are 10 lbs overweight 5 days before a competition... **THERE IS NOTHING YOU CAN DO TO BE READY FOR THAT COMPETITION.** You have to be ready that last week and the only way that happens is by diligent dieting the months prior.

This book provides you with the vehicle to achieve your goals. You are in the driver's seat. The hardest part is taking action and following through 100%. Studies in human behavior show that only a small percentage of people will actually follow advice from information they believe will help them succeed. Don't be one of those people. Take this information and reach your true potential.

Good Luck, 😊
Terry Stokes