

GETTING STARTED IN FITNESS COMPETITIONS

WOMEN'S EDITION



ESTABLISH YOUR “WHY”

- What will keep you motivated?
- Will it be worth the financial and time commitments?



SELECT YOUR COACHES

- Workout design
- Nutrition program
- Competition posing

CHOOSE AN ORGANIZATION

- **NPC** National Physique Committee
- **OCB** Organization of Competition Bodies
- **IBFA** International Bodybuilding and Fitness Association
- **WBFF** World Beauty Fitness and Fashion



PICK YOUR DIVISION

- Bikini
- Fitness modeling
- Figure
- Physique



DETERMINE A DATE

HOW LONG DO YOU NEED TO TRAIN?

- 4-12 months
- 12+ months



SCHEDULE FINAL APPOINTMENTS

- Tanning
- Hair and makeup