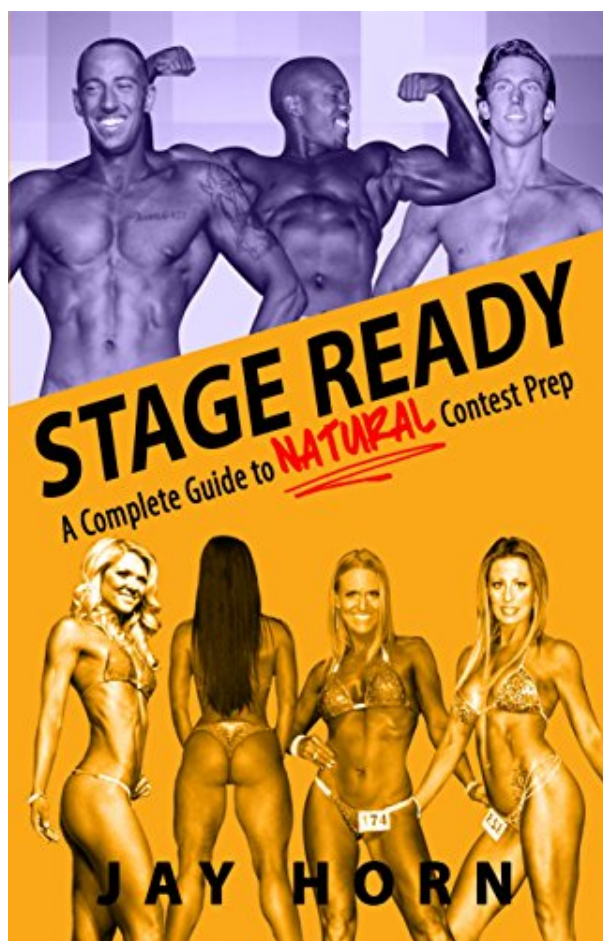
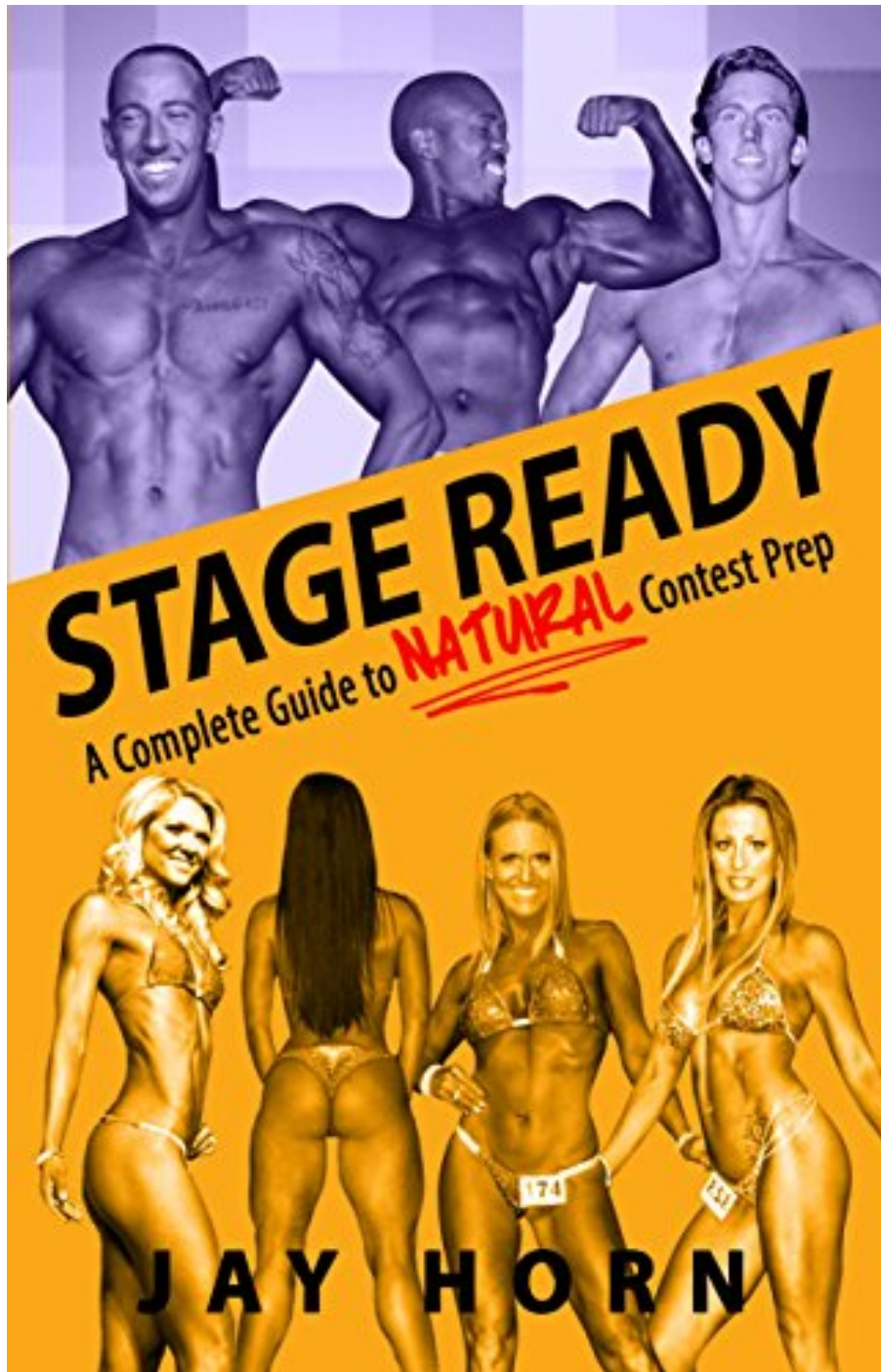


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Stage Ready goes against the conventional grain in how to apply contest preparation. Not only does it give you important details needed for this journey, but it also doesn't bombard you with the "bioscience" you are routinely exposed to in the fitness circles. This innovative book discusses all aspects of bodybuilding competitions, such as preparation methods, metabolic damage, peaking, drug usage, posing, politics, and much more. With this book, you will actualize your vision of stepping on stage; if you are already a competitor, you'll be refreshed with a different perspective.

* Compelling interviews that reveal the truth about bodybuilding competitions by Charles Bradshaw (INBA/PNBA judge), Michael Ogawa (natural bodybuilder), and Joseph Perroni (NPC judge and competitive bodybuilder).

* New cardio prep design never before introduced: Cardio Frontloading™.

* The reality of metabolic damage: how to counter it and increase its capacity.

* Say 'no' to broccoli and eat sugar during your prep!

* Guidelines for peak week and how to execute it based on your body type.

* Posing and presentation details to ensure success.

* Cited research combined with first-hand experience.

About the Author

Jay Horn is a successful personal trainer and natural contest prep coach based out of Las Vegas, Nevada. His methods defy what is mainstream and popular, making it truly unique. His background comes from an exercise philosophy where science and rationale take precedence over what's trending in the industry. The abundant amount of DRUG FREE transformations he's helped others achieve through the years is ample evidence that his methods work very effectively.

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By Melissa Gamarra

This book was fantastic! I started this book because I was trying to prep for my first show back in June with a trainer that was trying to convince me to do pro-hormones and really no idea what I was doing or what to expect. The amount of questions this book answered for me makes this entire purchase worth it! The way Jay explains the process is very easy to understand and his methods makes much more sense than many other competition prepping methods. I think this book is great for those who have never competed as well as for the seasoned competitor because it gives another alternative to using drugs or doing crazy diets that involve dehydration and eating minimal amounts of food. Such a wonderful book I would recommend to anyone!

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