



Prepped to Win: How to Contest Prep for Amateurs

By Carlos G Hurtado Jr

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Do you plan to compete in a bodybuilding contest? From Womens Bikini to Mens Open Bodybuilding, competing is a science in itself. Every weekend, thousands of amateur athletes cheat themselves by either under preparing or over preparing. Whether you've competed or not, you probably have the following questions: How many weeks out should I choose a show? How do I choose a coach? What happens on the day of the show? What is peak week? Do I need to take PED's? In this guide you get all the answers in great detail so that you can have the best opportunity to succeed. The point of being an amateur is to improve, gain experience, and progress into a PRO. "Compete to Win" from the very start!

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Editorial Review

About the Author

Carlos G. Hurtado, aka, Nature's Juicehead© is a Certified Personal Trainer and Professional Bodybuilder. Nature's Juicehead© grew up playing sports, mainly baseball, most of his life up until college. He graduated from College with a Degree in Civil Engineering and worked as a General Contractor for 5 years. He became overweight and decided to go back to his fitness roots and pursue a career as an athlete and personal trainer. Nature's Juicehead© received his certifications from the National Academy of Sports Medicine (NASM) and was trained by some of the most knowledgeable trainers in the world. Since making the career switch, he has dedicated most of his time to learning from the top trainers, educators, and experts in the world. With an engineering mind, where facts and research matter, he absorbed, researched, and tested everything he ever learned. This has instilled a level of knowledge so deep that results are virtually guaranteed by his side. As a competitive bodybuilder, Nature's Juicehead© discovered a method to shred fat, build muscle, and stay lean year round without the use of any illegal drugs. This method is THE FAT CYCLING METHOD©. It is an accomplishment that he shares with you in this book and knows that those who apply his method correctly and responsibly, will achieve significant results. He is also the author of Prepped to Win, where he shares all his experience in the Science of Contest Prepping. Follow Nature's Juicehead© on Instagram ([natures_juicehead_nslpro](#)) and Facebook to witness first-hand how he uses his system to stay in the best shape of his life. You will also have the opportunity to take part in live Frequently Asked Question Sessions he hosts live on Facebook as well as informative YouTube videos.

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