

Iron Dolls

Female Bodybuilding Secrets Revealed!

Karen Sessions, aka: MsFit

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- ▶ **Mistakes to avoid**
- ▶ **Prestige inside information**
- ▶ **Unrevealed bodybuilding secrets**
- ▶ **Learn the 4 laws of bodybuilding**



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Revised 2009 Edition

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Author's Note

My name is Karen Sessions, better known as MsFit on various fitness/bodybuilding websites. I am a multi-certified personal fitness instructor (AFAA, ISSA, and NSCA), the owner of www.Iron-Dolls.com, www.TheElitePhysique.com, and several other fitness websites, as well as the author of six amazing fitness books:

1. *Iron Dolls* – Specific information for those pursuing female bodybuilding.
2. *The Competitive Edge* – Complete and detailed information for preparing for a bodybuilding contest.
3. *Killer Quads* – Precise leg training information to build rock solid, hard, and striated legs.
4. *Figure Competition Secrets* – Comprehensive guide on how to prepare for a figure competition.
5. *How to Lose Weight, FOREVER!* – Successful and permanent removal of body fat.
6. ***The Cellulite Cure*** – The last stop for successful and permanent cellulite removal.

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

I have been in the fitness industry since 1988 and have mastered the art of melting body fat and building muscle 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.

How I Got Started

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.

Now I have all this information on how to achieve fat loss, build lean muscle mass, and create a winning physique. Now I am passing my knowledge to you, and the little secrets I have learned down the road.

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

Feminine Iron for Physique Perfection

The bookstores, magazine shelves, and Internet are overloaded with an array of various books on how to achieve the perfect body. That brings up the question, “what is the perfect body?” The perfect body is the one YOU want and the one you work for.

To achieve the perfect physique you have to realize that you are an individual with unique genetics and a distinct metabolism. These are a couple of reasons why certain diet, training, and cardio formats work differently for various people. It's vitally important to NOT compare yourself to others.

Iron Dolls is not about stroking your hopes and dreams. I'm going to lay down the hardcore, uncut, and raw facts. I will provide you with specific tools to manipulate your nutrition, natural hormonal responses, training, and cardio to minimize catabolism and maximize muscle growth and strength.

Since this book is for the natural athlete, quality overrides everything else. This means quality in dieting, training, and cardio. Those who choose to use steroids don't have to focus so much on specific nutrition because steroids lower the need for protein quality by blocking cortisol's catabolic (muscle wasting) effects.

The mere fact that you are reading this book means you have the attitude to propel above what the average person can even comprehend mentally and physically. This means you are an individual of action, and not just words.

If you purchased this book for body fat reduction only, you'll only get half of the equation fulfilled. Although bodybuilding is about body re-composition (building muscle and burning fat), I find far too many people trying to burn the fat with no regards to muscle. Therefore, the focus of this book is muscle gain first, fat loss second.

Keep in mind as you read this book, bodybuilding is not only about building muscle, it's also about health. Many bodybuilders seem to overlook the health aspect and focus solely on overtraining and gorging on protein. Without general health in the equation, you will never build muscle to your full potential. Some of the information you come across in here may seem irrelevant; trust me, it's not.

Misconceptions

There are many misconceptions associated with women weight training. I am here to distinguish between fact and fiction, and hopefully shed some light on these strange myths people stir up.

Iron Dolls is designed for women who want to pursue advanced knowledge on bodybuilding and transform her physique. I address the facts, not the hype. You will get the truth, and above all, reliable structured information from personal experience, no tricks or gimmicks.

This is a comprehensive guide that provides you with specific knowledge and direct information from an experienced female bodybuilder with an extensive background in the competition arena. The program outlined here is what I use to gain muscle mass.

If you are new to the sport of iron I must warn you that this journey can be tough. You are going into battle with your toughest competitor and critic, yourself!

To be successful at bodybuilding you will need:

1. Focus
2. Attainable goals
3. Determination
4. Passion
5. Inner strength
6. Self discipline
7. Positive attitude
8. Applied knowledge
9. Consistency

The above will be your shield when you hit speed bumps, plateaus, low points, and other painstaking events that come along with the sport. These are the factors that separate the true winners from the losers. All the successful people in history were successful based on the above factors.

The general guideline for a body transformation is 12-16 weeks. However, this can be greatly affected, more or less, by your current status and physical activity. If you are ready to make at least a 90-day commitment, then you may proceed. Bear in mind that many of the ideas and information contained in this book may be completely new to you, and even unconventional. I urge you to keep an open mind.

Before you attempt anything outlined I ask that you read this entire book completely, at least once, so you can get the basic overview.

From this point on:

- 'Y' Forget everything you've heard about bodybuilding. Open your mind and allow new information to flow.

- 'Y' Stop making excuses. Leave them at the door.

- 'Y' Failure is not an option. Period.

- 'Y' What you start, you will finish.

Through extensive study, organized research, personal experimentation, and a lifestyle change, I have reshaped my body using the information that you are about to read. Now you can use my hard work and knowledge to transform your body!

My reputation and success are based on your results, and I guarantee my program and your satisfaction. If you can do the above, you may proceed and build the body of your dreams.

Fitfully Yours,
Karen Sessions NSCA-CPT
aka: MsFit

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Laurie



Leona



Linda



Your Before and After Pictures Here...

<p>Before</p>	<p>After</p>
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