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Women Bodybuilding For Beginners

By Kevin Doberstein

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by: **Kevin Doberstein**

With the current craze of the Atkins diet women are finding success fitting into clothes that they couldn't fit into for a while. Without a doubt the Atkins diet works. Unfortunately the diet doesn't help muscle tone or the cardiovascular system. Now with the fat that was covering the underlying muscle melted off, you would like to see these muscles toned up. Why not try bodybuilding? You probably have some questions why you should start bodybuilding. I listed below some of the questions I have been asked over the years. Hopefully this will answer your queries.

Question 1

If I start bodybuilding will I develop huge muscles and have to quit my job as a dental hygienist? I'm not looking forward to becoming a longshoreman and working on the docks and changing my name to Butch.

No. A woman does not have the testosterone levels as a man to build huge muscles. The bodybuilding training will only tone muscles and add shape.

Question 2

Will I have to 2nd mortgage the house so I can buy supplements to support my bodybuilding endeavors?

No. Just follow a natural well-balanced eating plan.

Question 3

Can I build a larger chest with bodybuilding?

Women Bodybuilding For Beginners

No. But you can tone the underlying muscles of your chest which will help enhance your appearance.

Question 4

Do I have to join a gym?

No. You can workout at home buying some dumbbells and simple equipment. But it is helpful to train at a bodybuilding gym. It is great to be in an atmosphere where everybody else there is working towards the same goals as you.

Question 5

Do I have to commit a lot time to bodybuilding?

No. 3 times a week 1-hour sessions are all you really need to keep toned.

Question 6

Do I have to yell really loud when lifting weights or grunt like the guys at the gym or expel deadly gases while working out?

No. Please no. I was parking my truck in the parking lot of the gym I own in Northern Wisconsin and I heard a guy yelling from inside the gym. I thought he was hurt from the ear-splitting roar. After getting inside I found him finishing a set of wrist curls.

I hope this will answer your questions if you are interested in starting bodybuilding. It is a great individual sport. And you can choose the level you want to be at. From a recreational bodybuilder to a highly competitive bodybuilder that competes at shows. Hopefully this article will be a start of a series of women bodybuilding for beginners. Please join the newsletter on the www.nature-boy-bodybuilding.com site to keep informed of new articles in the future. If you have any questions about bodybuilding please don't hesitate to e-mail me at natureboy_bodybuilding@hotmail.com. Please be sure to check with your doctor before starting a bodybuilding program.

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The author, Kevin Doberstein is a writer for

. The site is dedicated to

natural bodybuilding and preserving nature and wildlife. Water, forest, soil and wildlife conservation is paramount to Nature boy. You can contact Nature boy at

Female Bodybuilding

By Graeme Ramsey

Many people have the misconception that all female bodybuilders are muscle bound, steroid popping Amazons, who look like Arnold Schwarzenegger.

There are certainly a small handful of women who will fit into this category and they compete in the elite championships such as the Ms Olympia, however the vast majority of women who are involved in bodybuilding are using it purely for toning the body and for fitness.

Female bodybuilding is an excellent sport for young women to strengthen their muscles, burn fat, and lift their overall fitness levels so they can compete at a higher level in other sports.

By lifting weights women can actually lose body fat, as the muscle they are building needs energy, and this is derived from using the energy that is stored in their body fat.

The average female bodybuilder is unlikely to build enormous muscles without the aid of special supplements or steroids.

This is due to the fact that women have a low level of testosterone in their body and it is testosterone that is needed to build the muscle that men can so readily gain.

Along with improved muscle tone, weight lifting also aids in the strength of the heart and the bones. This is particularly important because many women suffer from degeneration of their bones in later years.

Specific exercises for abdominal development will also help with the strength and support of the back and this can be very beneficial for women who are considering having a baby.

As you can see, there are many different areas where women can benefit from bodybuilding, and specifically weight training, without the concern of looking like an Amazon at the end of their training.

Most professional sports these days have weight lifting as part of their training routine and this also applies to female sports.

A female bodybuilder will have a higher level of fitness and a lower level of bodyfat than the average women.

Graeme Ramsey discusses female bodybuilding.

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