



ONLINE COACHING WITH
TEAM JASE

THE ONLINE COACHING REVOLUTION

MENS PHYSIQUE E-BOOK

We are the UK's Leading Men's Physique Specialists with Elite Physique Development which means our athletes are achieving the best results in the country.

In this guide we are going to help you achieve results and show you our methods on building muscle to create the winning Men's Physique look.

INTRODUCTION TO ADAM

Hello! My name is Adam Moussa, I have been a coach for the past 7 years alongside 11 years of training.

Throughout the years I've encountered all different kinds of body types, goals and journeys, now we are onto the Men's Physique division where I have competed 6 times and won all 6 shows, in 2021 I also achieved my British Title status winning PCA British finals so when it comes to lifestyle and competing I have the in depth knowledge experience to help!.

This year I will also be going for my PCA pro card to compete in the pro division around the world & in this PDF I will list the ins and outs of what it is we do in this industry and how YOU can achieve the same results as me!



WHAT IS MEN'S PHYSIQUE?

So what is Men's Physique?

Depending on which federation you choose to compete with, will have different criteria that you'd need to hit in order to win. This could either be NPC worldwide or PCA but with both you will be in HEIGHT category.

Currently there are no weight restrictions unless you are in the Pro leagues in the IFBB but a rundown is listed below in BOTH federations what you will need in order to be within the rules.

Competitors compete in Board Shorts.

The shorts must be above the knee in length and can be 1" below the belly button.

Muscularity and Body Condition

Judges will be looking for fit/conditioned competitors who display proper shape and symmetry combined with muscularity and overall condition.

This is not a bodybuilding contest so extreme muscularity should be marked down this is also not always a size game, hitting better poses, and displaying your physique better is key.

Stage Presence and Personality is needed on stage, look like you ENJOY being up there, bring some sass to the stage and make them look at you judges are looking for the competitor with the best stage presence and poise who can successfully convey his personality to the audience.



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NUTRITION

So let's break down how to achieve the Elite Physique Development Results in order to step on stage and take home the win.

Below are the 3 main food groups and how they're used in our prep as all 3 are used as energy sources but we only want to use 2 in order for our bodies to function and recover, if we use our 3rd which is protein we will be eating into muscular tissue for energy and we do not want that!.

CARBOHYDRATES

So Carbohydrates play an important role in the human body. They act as an energy source, help control blood glucose and insulin metabolism, participate in cholesterol and triglyceride metabolism, and help with fermentation. Using these around the training windows are key, the highest time our expenditure will be. When we train our glycogen stores start to deplete, ensuring all the carbs we just had and digested are going to use within our workout window.

FATS

So when we hear fats we always assume they're bad for us, you're correct in thinking saturated fats are bad for us I.E MacDonald's and milkshakes all types of fast food (within moderation) but when it comes to unsaturated fats our body NEEDS them! Things like eggs and egg whites, avocado, peanut butter and 70-90% dark chocolate are GOOD for us and our bodies. Healthy Fats help give your body energy, protect your organs, support cell growth, keep cholesterol and blood pressure under control, and help your body absorb vital nutrients.



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PROTEINS

So as I said above we do not want to use this energy store, Protein is essential for recovery and muscle building, Protein is an important building block of bones, muscles, cartilage and skin. In fact, your hair and nails are composed mostly of protein, It also Oxygenates Red blood cells containing a protein compound that carries oxygen throughout the body. This helps supply your entire body with the nutrients it needs.

BELOW ARE SOME EXAMPLE OF EACH FOOD GROUP YOU CAN USE IN YOUR DIET:

PROTEINS

Chicken/turkey breast
Extra lean beef mince (5%)
Egg whites
0 fat yogurt
White fish

CARBOHYDRATES:

Rice
White/ sweet potato
Bagel thins
Low fat cereals such as; Cocopops or Frosties
Square bars



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FATS

Avocado

Olive/coconut oil

Peanut butter

70-90% dark chocolate

Eggs

So when writing yourself a meal plan how would you workout your calories, so you'd need to workout your maintenance calories firstly, then whether you're looking to be in a calorie deficit (burning more calories than you're eating so a cutting phase) or looking to be in a calorie surplus (eating more calories than you're burning so a bulking phase) below is how I'd personally work them out.

If you've got quite a sedentary job (so you barely move) and you only do your cardio at the gym and training I'd work out your calories like so:

Your weigh fasted in KG x 31 so, for example, if you weight 95kg x 31 = 2945Kcal would be your maintenance calories

If you have quite an active job, always on your feet moving around or in manual labour you'd work it out like this, bodyweight x 35 so, for example, 95kg x 35 = 3325Kcal so it's done via calculator.

It is Important to spend time in a calorie surplus before thinking about hitting the stage, in order to achieve the muscular maturity, size and ratios the judges are looking for (broad shoulders, big back and upper chest, small waist V taper) you need to GROW or at least speak with your coach to see if there's any lagging areas in order to be competitive in a lineup.



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Also alongside a growing phase is tapering your calories up, the rule of thumb normally is, is that the higher your calories are in an off season, the higher they can stay in a prep, don't get me wrong they may need to drop in order to achieve true condition but if you've had the time to grow and allow your body to adapt they can stay relatively high throughout a prep and this can make it a lot more enjoyable for you so they can be manipulated as and when needed.

EXAMPLE DIET PLAN

So below is an example of a clients meal plan which would include all 3 of our food sources on a training day and rest day.

TRAINING DAY FOOD

Pre workout

Whey 25g Oats 60g
Dark Chocolate (85%) 15g
Blueberries 100g

Post workout

Coco Pops 80g
Whey 25g Square Bar 1g

Meal 1

Egg Whites 100g Whole Egg 1
Bagel 1
Jam 25g

Meal 2

Chicken Breast 125g
Green Veggies 125g
Rice (cooked) 250g

Meal 3

Extra Lean Beef Mince (5%)
100g Pasta 75g
30% lighter cheese 20g

Rest Day food Meal 1

Egg Whites 100g Whole Egg 1g
Bagel Thin 1g Jam 20g

Meal 2

Chicken Breast 150g
Green Veggies 125g White Potato 150g

Meal 3

Extra Lean Beef Mince (5%)
100g Pasta 50g
30% lighter cheese 20g

Meal 4

0 Fat Yoghurt 200g Blueberries 125g
Dark Chocolate (85%) 10g Oats 65g
Whey 30g

Meal 5

Egg Whites 75g Bagel Thin 1 Oats 75g
Dark Chocolate (90%) 10g
Peanut Butter 15g



TRAINING

When training for this category you want to be hitting your upper body more frequently than your lower because your board shorts only go up to the knees (still not an excuse to skip leg day!) But it would consist of push pull and arm days to ensure you're hitting multiple muscle groups across the week,

Below is a typical Men's Physique Workout

SINGLE ARM PEC DEC

warm up 12-15 reps (1 second pause) nothing to failure

SET 1 6-8 reps

SET 2 10-12 reps

SET 3 12-15 reps Incline plate press

FLAT PLATE PRESS

(warm up first) (Hammer Strength ideally or any flat plate loaded press)

SET 1 10-12 reps

SET 2 12-15 reps

DB PRESS

(Incline - Goal is control and tempo)

SET 1 10 reps

SET 2 10 reps

SET 3 8-10, DS – 8-10 reps, DS – 8 Reps



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SEATED PEC DEC

(Isometrics reps)

SET 1 4x5 (muscle round)

SET 2 10 reps, dropset - 10 reps

DUAL BENCH SUPPORTED ROW

SET 1 10-12 reps

SET 2 max, rest, max

SINGLE ARM CABLE PULL OVER

SET 1 10-12 reps

SET 2 10-12 reps

HAMMER CURL

SET 1 15 reps

SET 2 10-12 reps

EZ BAR CURL

SET 1 20 reps

SET 2 10 reps, 10 rest, 10 reps, 10 rest, 10 reps

On top of training multiple muscle groups you may need to add intensity amplifiers these can be things such as Muscle rounds, Rest pauses or Drop sets, below is listed what they are and how you would implement them in your training.



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Muscle round - Muscle Round (6x4) – Perform 6 reps, rest for 10 seconds, perform another 6 reps, rest for 10 seconds do this 4 times, that would be your set so usually this would be a back off set as you'd already be fatigued from your top heavy set.

Rest pauses - A rest pause is done after your set has finished so for example your rep range is 12-15 reps, you'd then rest for 10-15s after your set has finished and then go back in on the same weight and get another 4-6 reps which you should be looking close to failure if not failing on your last reps.

Drops sets - Drop sets are used When you finish set and reduce the load slightly and perform more until you hit failure so for example your set would be 100kg drop to 80kg fail drop to 60kg fail this ensures we leave nothing in the tank for this exercise.

When looking to progress and increase the weight we look at progressive overload, so that means we progress set by set workout by workout, if your rep range on a bench press is 8-10 and you hit 9 reps, the next session you'd aim to get the same weight but for 10 reps, once you've hit the high end of that weight you can then increase up to a heavier weight and then continue on like so.



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POSING

Let's talk about posing and why it is so important. So many people lose out on top spots due to their posing and routines, why is this?

PRESENTATION, how you present yourself and your physique to the judges is everything, you could have the perfect package and the perfect peak into the show but fall short on stage because someone presented themselves better than yourself.

How can we fix this and make sure we hit all the nails on the head?

Start posing early! - I started a full year with a posing coach to make sure I was the best on stage, learning different poses and techniques which carried me to where I am today, which is why I am a posing coach myself, knowing all fundamentals needed and knowing what the judges are looking for. starting early will allow you to change your posing flow if needed and as your body changes in prep so will your poses, knowing how to transition properly into each pose is key.

What are judges looking for with front and back shots? - So let's breakdown the front shot, the first shot the judges will see, they want to have a clear view of your badge number (pin on your left side of shorts) they will want to see the muscularity in your upper chest, deltoids and abs, blowing all air out making sure your abs are crisp and your pose is SHARP, this comes with practice but breathing control and are control come in time.

Moving into the back shot you'll transition front to back, displaying your rear deltoids, lats, rhomboids, biceps and erectors on your lower portion of your back.



If you compete in the IFBB league you'll only do two shots just front and back mandatories but if you compete with PCA you'll have 8 mandatories poses, 4 with hands on hips, 4 hands above your head.

Let's talk about Transitions and why they're so important. This is where you'll move from pose to pose, the judges aren't looking for a robot on stage, they want you to look natural as you move, this is the key for higher markings, start practising early and without a mirror so you get the feel of how you look and how you move.

The overall importance of presenting your physique and flow will be the splitting hairs between you and someone else winning, you may be nervous backstage and that's fine but the judges have no idea who you are, or that you're nervous, fake it till you make it (I do) so when you come out on stage ooze confidence and put a show on, the KEYS to take away here are confidence - posing flow - stage presence - presentation, if you have these key features you're in for a good shot of winning.

RECOVERY & OTHER VARIABLES

Let's talk about recovery and other variables we can control in and out of a prep!

Sleep - Sleep is hugely neglected in and off season and on prep, we NEED our 8 hours sleep you hear it all the time, but why?

In order for us to grow this all happens once were asleep, we want to be anabolic not catabolic,



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so everything we do in the day, we our food and training comes down to sleep, this helps our cognitive function throughout the day.

Aa couple key tips Id use to get a good night's sleep are:

Mind journaling - sometimes we have a lot on our minds and we tend to overthink, if you can't control or change it do not worry about it, write down the problems at hands and if you can control this variable the next day make a box list of how you will solve it, this takes stress off your mind and allows you to make a game plan to solve the issue at hand.

Buy a pair of blue light blocker glasses - Blue-light blocking glasses primarily work to: Help you meet your sleep need: Wearing the glasses at the right time ensures your body produces optimal melatonin levels nearer to your desired bedtime so you can fall asleep more quickly and stay asleep throughout the night as your body naturally has a melatonin dump when your body is telling you that you are ready to sleep.

Sleeping in a cool room - Sleeping in a colder room can improve your sleep quality and even help you combat insomnia episodes.

Scientists link this to the fact that our body temperature naturally drops at night. Hence, the metabolism rate slows down, and we spend less energy during sleep.

These are just a couple tips to improve your sleep! If you want to grow and recover make sure your sleep is a priority! Alongside staying hydrated and keeping your protein intake high.



WHEN TO CONSIDER PEDS

Let's talk about the elephant in the room PEDs (Performance Enhancement drugs).

When it comes to competing you can enter into tested federations such as the UKDFBA (natural) but usually people competing will enter the IFBB league and PCA which are untested.

So, when would you look to use PEDs? This would be a conversation you would need with your coach, talking about the risk vs reward, how far are you looking to go in the sport? Have you and are you able to hit all basic fundamentals first, such as food intake, water intake, sleep and training intensity?

If all the above are hit and you want to take the leap into PEDs you would then look to get your blood work done so you have a full panel as baseline to look at, are there and deficiencies and you in the green to start your first cycle.

You would then go into a big off season with your first cycle to ensure you have the muscular tissue for when you compete, different compounds are used for different jobs such as Testosterone will always be your base you can then add things like Primobolin for fuller bigger look and then Masteron for a more dryer look, but always wait for your coach to deploy any compounds with how much and when to space out throughout the week.

You would get your blood work checked multiple times throughout the year to make sure everything is still all in the green, and if needed take time away from the cycle dropping down into TRT range (low doses of



testosterone to allow the hormones to balance back out)

Coming up to a prep phase the PEDs will be reduced so you can push back up and ease yourself into a show.

BASIC TIMELINE OF PREP IN WEEKS

So depending on how your body composition is looking and what the scale weight is, any prep can usually last between 16 - 25 weeks+.

You would always ideally want a longer prep, longer preps = holding more muscular tissue, if you crash diet and just want the weight to come off you'll come into your show flat with no actual fullness to your body, you want to look sharp, full and dry on stage.

A longer prep allows us to ease your body down into the levels needed for true condition, if your body starts to get overly fatigued a longer time period allows us to take a slight deload where we'd pull back on cardio and steps slightly and push food in to bring the fullness back and wash out any fatigue that has built up, ready for us to push on and bring a new low weight and condition.

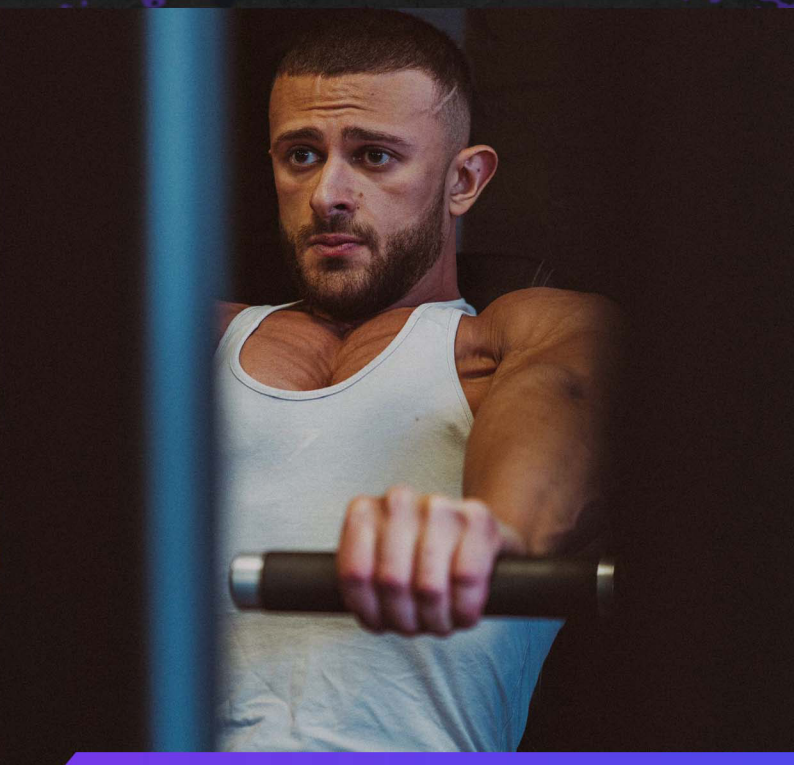
Depending on how far you are out from your show you may get a refeed in your diet or a diet break, this allows us to again bring more fullness back and give a mental break which may be needed, this could be an off plan meal or an overall increase in the meal plan set out.



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PEAK WEEK

When moving into 1 week out from the show this is what we call **PEAK week**, this is when we start peaking the body for the condition needed on show day, as the week progresses cardio gets tapered down alongside steps, this could be 60 minutes of cardio down to 45 down to 30 down to 20 and then a small walk a few days before the show but this is all depending on how the body is responding.



We then introduce the carb up which is 1-2 days long again depending on how the body is responding, if you're competing on the Sunday the carb up would be Thursday and Friday and then normal food Saturday and then show day is Sunday this allows the body enough time to digest and push the food where it needs to be, washing away all fatigue ready to dance!.



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REVERSE DIETING

So once you've finished your show/season we would look at reverses dieting.

Why would we do this and why can't you just eat whatever you want?

Having a few days off and doing what you'd like is definitely needed but excessive eating will cause a massive rebound in weight, going from being very depleted of water and carbohydrates your body will soak it all up like a sponge, hunger will be through the roof and your body will do everything it can to tell you to go eat.

Having a structured reverse can help with body composition and set you up for a BIG growing phase if done correctly, always lean on your coach so they can help you through this as post show hits everyone in different ways.

We look to keep the body composition in a good place while enjoying the foods we have been craving, meal plans can be changed out and then the fun can begin of growing again for another season.

I hope this guide has helped and informed you of what it is like to be a Mens Physique Competitor!.



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DO YOU WANT TO CREATE A WINNING MENS PHYSIQUE LOOK?

**Our team is ready to help you finally achieve results and
Develop the Physique you have always dreamed of.**

STEPS TO JOIN TEAM JASE:

1. Click the button below to enquiry
2. Book a free discovery call with our team to discuss you goals
3. Join & achieve results

ENQUIRY FORM



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