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The sport of bodybuilding for women started in the 1960s, but the criteria for judging during the first contest for females were all based on the muscular development. This began with the U.S. Women's National Physique Championship back in 1978. This is the one that started it all for female bodybuilding.

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I have trained dozens of women and had them lifting hard and heavy, and that type of strength training had only improved their physiques. I had a lady who won the Mrs. Kentucky pageant (not a figure or bodybuilding competition) squatting her body weight and doing chin-ups.

Women's Strength Training: Your Guide To A Sexy & Fit Body

Strength training seeks to make a stronger you, while bodybuilding kicks the goal up several notches -- to make your body a visual statement of rippling muscle and taut sinew.

How to Start Bodybuilding for Women | LIVESTRONG.COM

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The Workout Routine. Click on the exercise name for a picture of the exercise (all pictures open in a new window). Weeks 1, 2, and 3 do the following workout routine.

12 Week Bodybuilding / Strength Training Workout Program

The goal of this bodybuilding workout plan is twofold: gain muscle mass and get extremely ripped. While some of the other workout plans on the site like the football workout plan or the 5x5 workout plan are designed to increase both speed and explosive strength, this bodybuilder workout routine is a little different.

Bodybuilding Workout Plan | Exercise.com

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About The Author Hugo Rivera, About.com's Bodybuilding Guide and ISSA Certified Fitness Trainer, is a nationally-known best-selling author of over 8 books on bodybuilding, ...

Free Bodybuilding Guide - Lose Fat and Gain Muscle

When you see the winner of a bodybuilding competition onstage, rest assured they tracked their calories, carbs, proteins, fats, and never missed meals. If you want to do well in a bodybuilding competition, you should expect to do nothing less.

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