

Title: The Preparation of an Athlete for Bodybuilding Competition

Goal: This Thesis aims to describe in detail how to prepare an athlete for a competition in bodybuilding in bikini fitness category. The effect of a training was assessed on the basis of body composition, performance and placing in national competitions. The emphasis was placed on the reduction of body fat while maintaining muscle mass. A partial goal was a participation of a competitor in body building competition in bikini fitness category and achieving the best possible position.

Methods: In thesis, there were used anthropometric methods, i.e. body measurements of chest, waist, stomach, hips, thighs, calves and arms. With help of InBody device, changes of body composition were evaluated. There were not used any invasive methods during the research. Strength training lasted 60-70 minutes 6 times a week for 16 weeks. Aerobic activity was included from the 7th week of preparation and lasted 45 - 60 minutes.

Results: The result of thesis in meaning of reducing fat while maintaining muscle mass was positive. There was a weight reduction from 62.8 kg to 56.4 kg, i.e. a reduction of 6.4 kg. Skeletal muscle mass decreased by 0.2 kg from the original 28.2 kg to 28 kg. Body fat decreased from 10.2 kg (16.2%) to 6.1 kg (10.8%), i.e. 4.1 kg.

After the training intervention, there were significant changes in anthropometric measurements. There have been reduction of centimetres in the chest area from 91 cm to 90 cm, i.e. 1 cm. In the waist area from the original 72 cm to 64 cm, i.e. 8 cm. There was reduction from 75 cm to 68 cm, i.e. 7 cm over belly. In the hip area from 1 cm to 88 cm, i.e. 3 cm. Thigh got smaller from 55 cm to 50 cm, i.e. 5 cm and calf from 34 cm to 33.5 cm, i.e. 0.5. Arm circumference remained the same i.e. 26 cm.

After participating in three competitions in bodybuilding in the bikini fitness category, athlete always reached the semi-final round. In the first competition the contestant was ranked 11th out of the 17 competitors. In the second she was ranked 11th out of 23 competitors. She finished the racing season in the third competition where she was ranked 10th place out of 17 competitors.

Key words: bodybuilding, competition, athlete, posing, training, nutrition, diet, muscle mass, fat