

Abstrakt: In the following theses, I would like to focus on bodybuilding preseason with competitive ambitions, describe the preparation in detail, explain the sequence, main attributes, synchronization, correct posing and common mistakes. In addition, I aim to compare variances of individual categories and particular competitions from amateur to professional level under the rules of IFBB (International Federation of Bodybuilding and Fitness). My thesis might clash with rules and categories of other organizations such as NABBA (National Amateur Body-BUILDER's Association), INBA (International Natural Bodybuilding Association) and others, therefore IFBB was purposefully mentioned. I searched thru publications, discussed the given topic with Czech bodybuilding and fitness stars, and utilized my personal experience which I collected as competitive bodybuilder and trainer in variation of bodybuilding categories. I wished to introduce the sport that has become my lifestyle to the wider audience.