



First Call Out: A comprehensive guide to competing in Bikini, Fitness, Figure, Women's Physique and Bodybuilding

Amanda Larson

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A complete and comprehensive guide for competing in Bikini, Fitness, Figure, Women's Physique and Bodybuilding. Loaded with information and resources for those looking to compete. Guides you through the steps from choosing a trainer to stepping on stage. Complete with Q and A section with judges, competitors, and a professional photographer.

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