

# Iron Dolls

## Female Bodybuilding Secrets Revealed!

Karen Sessions, aka: MsFit

**Learn The Facts Now**

- ▶ Proven techniques
- ▶ Mistakes to avoid
- ▶ Prestige inside information
- ▶ Unrevealed bodybuilding secrets
- ▶ Learn the 4 laws of bodybuilding

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# Author's Note

My name is Karen Sessions. I am a multi-certified personal fitness instructor (AFAA, ISSA, and NSCA), the owner of several other fitness websites, as well as the author of 8 amazing fitness books:

I have been in the fitness industry since 1988 and have mastered the art of melting body fat and building muscle through nutrition and exercise, with minimal help from supplements. My goal is to teach you to do the same. The path I teach will help you build and maintain lean muscle tissue while you lose fat to keep your metabolism on fire.

## How I Got Started

Even though I have been into fitness for quite a while, I wasn't always fit, lean, or in shape. Just like you, I had to learn. I was skinny before I embarked on the fitness/bodybuilding lifestyle, and I had to lose a few pounds at times too from going through bulking phases, so I have been on both sides of the spectrum.

I finally made a commitment to transform my body and see what I was capable of. When you are in control, the results are astonishing. I developed a keen interest in how the body works in relation to food and exercise. With that, I took my training to the next level and began entering bodybuilding contests. The constant challenges kept me on edge to keep building and reshaping my physique. This makes me uniquely qualified to help you meet your fitness goals.



Before

Muscle Gain

Cutting

Now I have all the information on how to achieve fat loss, build lean muscle mass, and create a winning physique. Now I am passing my knowledge to you, and the little secrets I have learned down the road. My trial and error, as well as in-depth research is here for your use. I wish this type of information had been available to me when my interest in bodybuilding began!

Your Trainer,  
Karen!

# Introduction

## Feminine Iron for Physique Perfection

The bookstores, magazine shelves, and Internet are overloaded with an array of various books on how to achieve the perfect body. That brings up the question, “what is the perfect body?” The perfect body is the one YOU want and the one you work for.

To achieve the perfect physique you have to realize that you are an individual with unique genetics and a distinct metabolism. These are a couple of reasons why certain diet, training, and cardio formats work differently for various people. It’s vitally important to NOT compare yourself to others.

*Iron Dolls* is not about stroking your hopes and dreams. I’m going to lay down the **HARDCORE**, **UNCUT**, and **RAW** facts. I will provide you with specific tools to manipulate your nutrition, natural hormonal responses, training, and cardio to minimize catabolism and maximize muscle growth and strength.

Since this book is for the natural athlete, quality overrides everything else. This means quality in dieting, training, and cardio. Those who choose to use steroids don’t have to focus so much on specific nutrition because steroids lower the need for protein quality by blocking cortisol’s catabolic (muscle wasting) effects.

The mere fact that you are reading this book means you have the attitude to propel above what the average person can even comprehend mentally and physically. This means you are an individual of action, and not just words.

If you purchased this book for body fat reduction only, you'll only get half of the equation fulfilled. Although bodybuilding is about body re-composition (building muscle and burning fat), I find far too many people trying to burn the fat with no regards to muscle. Therefore, the focus of this book is muscle gain first, fat loss second.

Keep in mind as you read this book, bodybuilding is not only about building muscle, it's also about health. Many bodybuilders seem to overlook the health aspect and focus solely on overtraining and gorging on protein. Without general health in the equation, you will never build muscle to your full potential. Some of the information you come across in here may seem irrelevant; trust me, it's not.

## **Misconceptions**

There are many misconceptions associated with women weight training. I am here to distinguish between fact and fiction, and hopefully shed some light on these strange myths people stir up.

*Iron Dolls* is designed for women who want to pursue advanced knowledge on bodybuilding and transform her physique. I address the facts, not the hype. You will get the TRUTH, and above all, reliable structured information from personal experience, no tricks or gimmicks.



This is a comprehensive guide that provides you with specific knowledge and direct information from an experienced female bodybuilder with an extensive background in the competition arena. The program outlined here is what I use to gain muscle mass.

If you are new to the sport of iron I must warn you that this journey can be tough. You are going into battle with your toughest competitor and critic, yourself!

### **To be successful at bodybuilding you will need:**

1. Focus
2. Attainable goals
3. Determination
4. Passion
5. Inner strength
6. Self discipline
7. Positive attitude
8. Applied knowledge
9. Consistency

The above will be your shield when you hit speed bumps, plateaus, low points, and other painstaking events that come along with the sport. These are the factors that separate the true winners from the losers. All the successful people in history were victorious based on the above factors.

The general guideline for a body transformation is 12-16 weeks. However, this can be greatly affected, more or less, by your current status and physical activity. If you are ready to make at least a 90-day commitment, then you may proceed. Bear in mind that

many of the ideas and information contained in this book may be completely new to you, and even unconventional. I urge you to keep an open mind.

Before you attempt anything outlined I ask that you read this entire book completely, at least once, so you can get the basic overview.

**From this point on:**

- ‘Y’ Forget everything you’ve heard about bodybuilding. Open your mind and allow new information to flow.
  
- ‘Y’ Stop making excuses. Leave them at the door.
  
- ‘Y’ Failure is not an option. Period.
  
- ‘Y’ What you start, you will finish.

Through extensive study, organized research, personal experimentation, and a lifestyle change, I have reshaped my body using the information that you are about to read. Now you can use my hard work and knowledge to transform your body!

My reputation and success are based on your results, and I guarantee my program and your satisfaction. If you can do the above, you may proceed and build the body of your dreams.

# Chapter 1

## The Truth About Female Bodybuilding

*"Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved." ~ William Jennings Bryan*

**"AMAZING new supplement breakthrough guaranteed to DOUBLE your muscle mass and strength in half the time. Millions of dollars have been invested in this remarkable supplement supplying you with certified, GROUND-BREAKING ingredients. This product is the only one of its kind, scientifically developed to provide you with muscle growth, *IMMEDIATELY!***

**This new supplement has been EVALUATED and TESTED by top professional bodybuilders in regulated research centers, and is guaranteed and PROVEN to be the pinnacle of all supplements.**

**This NEW innovated product is packing muscle on lifters, as much as 10 pounds of fat-free weight a week."**

Oh please! Do you, or do you know anyone who falls for such marketing ads? Do you consider this true bodybuilding or simply the new generation's quick way out of training

hard and eating good? Or better yet, a marketing company's ploy to drain you of your hard earned money.

Each year 45 MILLION dollars is spent on sport supplements and that figure is growing each year at an alarming rate.

### **What is bodybuilding exactly?**

- 'Y' Is it guzzling down raw eggs and other strange concoctions?
- 'Y' Is it massive muscles popping out of one's shirt?
- 'Y' Is real bodybuilding lifting heavy weight, regardless of form or intensity?
- 'Y' What is bodybuilding and what does it mean to you?

## **Misinformation**

Sadly, the public and many bodybuilders have a blurred idea of what bodybuilding really is. First, bodybuilding is a lifestyle. You do not have to possess huge and rippling muscles to be a bodybuilder. Bodybuilding is simply developing muscle through specific dieting and training techniques.

### **Building one's body can be easily achieved with:**

- 'Y' Proper nutrition
- 'Y' Quality exercise
- 'Y' Manipulating natural hormonal responses
- 'Y' Capitalizing on the 4 Anabolic Windows
- 'Y' Certain key supplements
- 'Y' Adequate rest

What's so complicated about that? There was actually a disputing discussion about this at a forum that I frequent.

Someone posted a picture of a National Physique Committee competitor. She wasn't huge and rippling with veins popping out everywhere, but she was nicely built, very lean, detailed, and symmetrical. She was, in fact, a bodybuilder. The conversation pretty much went in the direction that since she didn't have the muscle size of a man, she was not a bodybuilder. I'm sorry, but I cannot agree with that argument.

The only way a female can acquire muscle mass of a man is through steroid drug usage. Now, I could care less whether a female athlete chooses to use drugs or not, but don't go saying that just because a woman doesn't have 130 pounds of sheer muscle weight she's not a bodybuilder. Bodybuilding is a lifestyle, not turning a woman into a man.

## **Competition Level**

There is an advanced level to bodybuilding in which one competes, displaying his or her physique on stage for the chance to win a title or trophy. Bodybuilding contest participation does not mean that a person is a bodybuilder or not. A bodybuilding contest is simply that, displaying one's physique with little body fat so muscle definition is visible.

There are runners who run for the sheer joy of it and there are runners who compete. Is this to say that the runner who doesn't compete is any less or is not a runner? No.

## What is Bodybuilding?

Bodybuilding is misinterpreted many times through magazine covers and ads, television documentaries, flashy supplements, and the Internet. All these radical interpretations give the civilian a demented view of the sport of bodybuilding and the lifestyle.

Bodybuilding is weight training and eating in such a manner that the combination produces muscle growth while managing body fat. Bodybuilding is also a balance of physical fitness and physiological fitness.

However, these days, supplement companies have taken over these methods, suggesting that if you drink a shake or pop pills you will sprout rippling and bulging muscles overnight. Have we put real training on the back burner for the latest “break-through” supplement? Do you really think muscle manufactured in a bottle is real?

Granted, supplements DO help with performance and recovery, and they DO have their place in the sport, but today’s novice lifters seem to be weighing too heavily on the next revolutionary supplement that will give them that prize-winning body overnight. We have been brainwashed and manipulated into purchasing products that promise a lot but deliver very little. How has all this misinformation gotten out of hand?

Well, information is just filtered down, like a trickling steam, from one poster on the message board to the next. If something is repeated enough times, anyone will believe it, hence the world is flat. Sorry sport, the only way to build that physique you so desire is through work in the form of training, dieting, cardio, focus, and commitment.

## **Where There's a Will, There's a Way**

Female bodybuilding is mainstream now, and these days more women are in the weight room pumping iron and building solid, dense, lean, hard and muscular physiques. Perhaps you are among these focused and dedicated women, or you have the desire to be.

The sport of bodybuilding is not just limited to slinging iron, but rather a combination of mental focus, scientific training techniques, quality nutrition, precise supplementation, natural hormonal responses, and applied knowledge to build a solid foundation.

Bodybuilding is a learned lifestyle brought on through desire, eagerness, practice, patience, and trial and error. At the competition level, it has to be one of the most difficult, yet rewarding sports.

I can assure you that muscle doesn't magically grow without enforced effort, focused determination, quality nutrition, and a strong will to succeed. There IS a certain way to train and eat to build solid muscle and/or lose body fat. Knowing the difference between the two will put you ahead of the rest and provide you with an outstanding physique.

The attention you receive as a female bodybuilder is hilarious. I have been mistaken for a swimmer, a stuntwoman, and even a wrestler. I even got approached at the 1999 Ms. Olympia to wrestle. Then there is the craziest question I have ever heard, "do you work out?" No Einstein, I woke up one morning and miraculously looked this way.

The general public, what I like to call civilians, has no idea what it takes to create a muscular, dense, hard, lean, ripped, and powerful body. Civilians don't understand the concept of eating to feed the muscle or training to stimulate muscle growth. Civilians think they can just purchase a gym membership and create a body with that. Sorry, a gym membership only works if you USE it.



## Chapter 2

# Beware of Information Sources

*"When the body is strong and the mind is weak, the result is insubordination. Train your mind as well as your body." ~ Unknown*

These days, many bodybuilders depend on message boards and Facebook for the bulk of their nutrition and training advice, trying every diet which surfaces. Most people have tried almost all of them, from low-fat diets, low-carbohydrate diets, high-carbohydrate diets, high-fat diets, to high-protein diets.

Before you jump on the latest dieting fad, promising to be the “cutting diet” of the century, ask yourself a few questions:

- Y Do you know the pros and cons of it?
- Y Does it lack certain nutrients that support muscle mass and fat loss?
- Y What are the advantages and disadvantages of it?
- Y Have you seen positive results with any of the above, and did they last?
- Y Do you know what really works to build muscle and burn body fat?

### **Kids and Men Advising Women**

Can you trust who you are receiving information from on forums? A lot of the advice you will find on message boards comes from people who are not qualified to give it. Most of them are amateurs still trying to figure things out, hoping to help by sharing ideas they previously read on another post or forum. Have you checked the profile of these individuals to see their background in

the sport, or their age? Have you seen their pictures to support their suggestions?

Beware of the forums, as many posters are males advising females. While training and nutrition between men and women can be very similar, women are a bit different and more complex, and require more detail and specifications.

## **Scraping Your Knees While Jumping on The Bandwagon**

Make sure you have the facts before you embrace the advice these “experts” suggest. I recently spent time advising a young woman how to change her diet to build muscle and lose body fat. I used her stats and activity level to figure out how many calories she needed, and gave her an accurate caloric count based on her information and what she wanted to achieve. She then proceeded to post my suggestions on an open forum while trying to discredit me. She obviously had not looked at my profile, my website, or read any of my articles to know who she was getting advice from.

Two months later I found her posting again, upset that she hadn’t lost a single pound, inch, or seen any progress at all! Why? Because she listened to those on the forum who hadn’t asked for her stats and activity level, and she ate more calories like they told her to. She sabotaged her own program. They may as well have given her a gun and said “shoot yourself in the foot.”

What about cardio advice you may be receiving from the forums? Are you getting suggestions on cardio from a 5’8”, 250-pound guy? Does he suggest that you don’t need to do cardio, or is he telling you to do too much? Women will advance better by following the footsteps or advice of another female who has actually trained for muscle gain and fat loss.

I have documented records of clients losing body fat and gaining muscle on my caloric, macronutrient, training, and cardio programs. Some of them are my forum members:

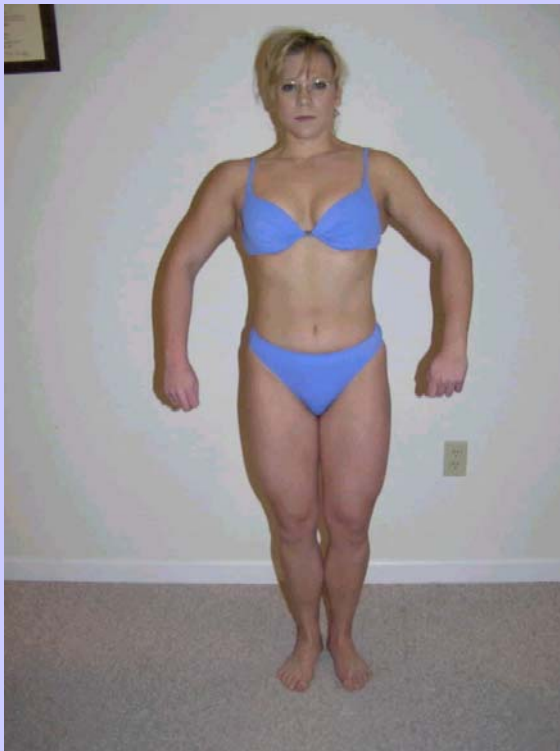
**Diane Matt/Spice – In 2 ½ months**

Lost - 10 pounds

Lost - 10% body fat

Lost - 15 pounds of fat

Gained - 5 pounds of muscle



**Mary/Echo The Cat – In 7 weeks**

Lost - 7 pounds

Lost - 5% body fat

Lost - 8 pounds of fat

Gained – 1 pound of muscle



**Gail N.**

<b>Date</b>	<b>Weight</b>	<b>BF%</b>	<b>lbs fat</b>	<b>LBM</b>
7/19/2015	193	38.5	74	119
7/28/2015	194	37.75	73	121
8/4/2015	193	37	71	122
8/8/2015	195	36.4	71	124
8/10/2015	192	36.4	70	122
8/16/2015	195	35.6	69	126
8/24/2015	196	35.2	69	127
8/31/2015	194	33.8	66	128
9/5/2015	192	31.5	60	132
9/9/2005	194	31.5	61	133
9/14/2015	194	30.8	59	135
9/23/2015	191	30.2	58	133
9/27/2015	189	29.6	56	133
10/11/2015	186	29	54	132
10/18/2015	187	28.8	54	133
10/27/2015	188	28.9	54	134
11/1/2015	185	28.5	53	132
11/10/2015	184	28.4	52	132
11/18/2015	186	27.8	52	134
12/6/2015	190	27.5	52	138

In just under 5 months, my e-client, Gail, lost 22 pounds of sheer body fat and gained 19 pounds of solid muscle, bringing her body fat percentage from 38.5% to 27.5%. That's an 11% drop in body fat while adding muscle at the exact same time! If anyone says it can't be done, just take a look at Gail. She is just another example of an inspiration that made a decision to change.

### Anna B.

Date	Weight	BF%	lbs fat	LBM
4/12/2015	134	24.7	33	101
4/18/2015	131.5	24.3	32	100
4/28/2015	132.5	24.3	32	101
5/10/2015	133	22.8	30	103
5/20/2015	133	22.8	30	103
5/31/2015	132	22.2	29	103
6/6/2015	132	21.85	29	103
6/14/2015	132	21.15	28	104
6/24/2015	131.5	21	28	104
7/5/2015	131.5	19.8	26	106
7/8/2015	131	19.2	25	106
7/13/2015	131	18.75	25	106
8/3/2015	129	17.9	23	106

Another e-client of mine, Anna, lost 10 pounds of body fat and gained 5 pounds of muscle in just 4 months! She brought her total body fat percentage down from 24.7% to 17.9% which is a 6.8% drop in overall body fat.

Bottom line: Applied knowledge.

## Case in Point

I was a moderator at various bodybuilding forums and I kept a tight check on the ladies section. One lady that I had advised once before posted a question in the female nutrition section about eating protein before bed.

She stated that she eats dinner about 6:30 p.m. but she gets hungry later and asked if eating 3-4 ounces of turkey before bed would hurt. By her post it was quite obvious she was not in a “bulking-phase,” but wanted to maintain, if not lose some body fat.

I told her that she should eat, especially if she is hungry. There is no sense in starving. By reading her post I had an idea of what she was trying to accomplish, so I suggested light protein later in the evening such as egg whites, tuna, or whey protein.

Protein doesn't affect insulin in a negative way. So, if she ate a few ounces of turkey in the evening she won't store fat during the night, but rather put her in more of an anabolic (muscle growing) state.

Immediately after that post a young teenage boy, probably skinny, told her to eat two cups of cottage cheese and a cup of full-fat milk before bed. That is a total of about 580 calories, 60 grams of protein, 11 carbohydrates, 8 grams of sugar, and 20 grams of fat, before bed!! That is the perfect recipe to store a ton of body fat.

Now if the lady asking the question didn't know any better, which she did, she would have been way off track and probably gained ten pounds in a month, not muscle, by listening to this guy.

Lastly, I am not saying not to trust forums, but just proceed with caution and with an open mind. There are many “experts” out there posting information and cannot back it up.

Don't let fifty different training and dieting concepts mess with your head. Let the forum meatheads argue all day. That leaves you more time in the kitchen making quality meals, and more time in the gym creating a breeding ground for growth. While you will be building muscle they will still be arguing. Now, who's the winner?

**[Begin Your Female Body Transformation Today...](#)**



# Chapter 7

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## The 8 Muscle Building Factors

I am going to address the **8 Muscle Building Factors** that **MUST** be **CONTINUALLY** implemented to build lean muscle properly and as quickly as possible. Simply by addressing each factor you will be able to create an environment that breeds muscle like you never imagined. Seriously!



[Click Here to Download and Become an Iron Doll](#)

# Stop Wasting Your Time and Stop Wasting Your Muscle Away... Follow The Muscle Program Designed for ALL Female Body Types....

**Iron Dolls**

**Female Bodybuilding Secrets Revealed!**

**Karen Sessions, aka: MsFit**

**Learn The Facts Now**

- ▶ Proven techniques
- ▶ Mistakes to avoid
- ▶ Prestige inside information
- ▶ Unrevealed bodybuilding secrets
- ▶ Learn the 4 laws of bodybuilding

**90 DAY RISK FREE GUARANTEE**

The advertisement features a photograph of a muscular woman, Karen Sessions, sitting on a white stool. She is wearing a black tank top and a black skirt. The background is red. The text is in white and yellow.

[INSTANT DOWNLOAD LINK](#)

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