

# POSING GUIDE

*Layne Norton's*

**PEAK**  
**WEEK**



**BODY**  
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# Real estate is about location, location, location; posing is about practice, practice, practice.

Onstage, you'll encounter temperatures of 120 degrees. If you haven't practiced holding poses, you'll shake like a leaf and look out of place. To avoid that fate, practice every day for at least the eight weeks leading up to the contest. Start off by practicing in front of a mirror, but by two months out from the contest, you shouldn't even need it anymore. Nothing is worse than seeing a competitor on stage in great shape, who obviously worked hard to get there, but who doesn't know how to display their physique to proper effect. The judges can only judge what you show them onstage.

## Symmetry Round

- Front Relaxed Pose
- Side Relaxed Pose
- Back Relaxed Pose
- Side Relaxed Pose

## Muscularity Round

- Front Double Bicep
- Front Lat Spread
- Side Chest Pose
- Side Tricep Pose
- Rear Double Bicep
- Rear Lat Spread
- Side Chest Pose
- Side Tricep Pose
- Hands Over Head Abs
- Most Muscular

## Optional Poses

- Side Serratus Pose
- Calf Raise Pose
- Hamstring Curl Pose



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- BS in Biochemistry from Eckerd College
- PhD in nutritional science with a specialization in skeletal muscle protein metabolism at the University of Illinois
- IFPA Natural Bodybuilding Pro
- NGA Natural Bodybuilding Pro

# Symmetry Round



## Front Relaxed Pose

The pose name, “relaxed,” is a misnomer anything but.

Turn your feet out slightly. Press your feet against the floor to bring out your upper-quad detail. Then pull up your lats, flaring them as widely as possible. Don't flex down on your abs; your waist will look blocky. Keep your arms in a relaxed flare.



## Side Relaxed Pose

Place the toes of your back foot against the instep of your front foot, so that a little of your back leg hangs out. Twist your torso to display your intercostals and obliques. Pull the arm farthest from the judges across your body to showcase your pecs. Keep your hamstrings and glutes tight during this pose.



## Back Relaxed Pose

Make sure your glutes and hamstrings are tight by pulling back against the floor with your feet, as if you were executing a stiff-legged deadlift. This separates the winners from the losers. Flare your lats and lean back slightly; this will catch the light and bring out your back detail.



## Side Relaxed Pose

This is the mirror image of the first one side relaxed you hit.

# Muscularity Round



## Front Double Biceps

Slowly raise your arms until your upper arms are parallel with the floor. You can either flex your abs or pull them up. From there, transition back into your front relaxed pose.



## Front Lat Spread

Place your fists against the widest part of your hips. Flare your lats. Lean back slightly, making your lats appear bigger. Flex your pecs and arms.



## Side Chest Pose

Spike the calf that's facing the judges, placing your toes in the middle of your rear foot. Take the arm farthest from the judges and swing it to form a curl with the arm nearest the judges. Meanwhile, flex your farthest pec.



## Side Triceps Pose

Place your foot in the same place as for the side chest pose. Reach behind your body to grab your hand and flex your triceps. If you're not flexible enough, try grabbing your fingers instead of your wrists.

# Muscularity Round

## Rear Double Biceps

Spike your calf. Foot positioning and leg angles are critical for this pose. You want to create a V taper from the top and bottom. Turn out your leg and pull back. From there, flex your biceps and lean back. Don't squish your shoulder blades together; flare your lats as much as possible.



## Rear Lat Biceps

Place your feet in the exact same position as the rear double biceps. Spike your calf, turning your leg outward. Place your wrists on the thickest part of your obliques and spread your lats, leaning back slightly. You're not flexing your back; you're spreading your lats.



## Side Chest Pose

Same drill, different side. Spike your calf in middle of your rear foot, and use your arms to perform a curl against your body. Keep your hamstrings, glutes, and obliques tight.



## Side Triceps Pose

Spike the calf in the middle of your rear foot. Reach around behind your back, grabbing your wrist and pulling back on your triceps. Flex your obliques. Rotate your torso slightly to give the judges the best view.



# Muscularity Round



## Hands-Over-Head Abs

Place your hands behind your head, extending one leg and flexing down on your abs. Squeeze down on your quads to show striations, or push your foot against the floor. Keep your upraised arms in close to your head.



## Most Muscular 1. Hands On Hips

There are three options when the judge calls for the Most Muscular pose.

The first is the hands on hips most muscular pose.



## Most Muscular 2. Hands Clasped

There are several versions: hands on hips, hands clasped, and "crab." Experiment to see which one best showcases your physique.



## Most Muscular 3. Crab

There are several versions: hands on hips, hands clasped, and "crab." Experiment to see which one best showcases your physique.

# Optional Poses



## Side Serratus

The judges may ask for this pose, which displays the intercostals and obliques. Turn to your favorite side, as if doing a side chest or side triceps; spike your calf in the middle of your foot; and place the arm closest to the judges behind your head, with your farthest arm mimicking a side chest. Flex down on your obliques. Be sure to keep your glutes and hamstring tight.



## Calf Raise Pose

Turn and face the rear of the stage, and slowly flex up and down to showcase your calves. Keep the rest of your body tight, including your upper back and arms.



## Hamstring Curl Pose

Turn to the rear of the stage, and slightly angle your body to best display your hamstrings. Keep your upper body tight as well. Pull your hamstrings up and down slightly. Your upper body should remain tight.

# Competition Stack

## Scivation Xtend

### HOW MUCH:

1 heaping scoop in between meals and preworkout  
2 scoops post workout

## Scivation Sesamin

### HOW MUCH:

3 capsules per day (1 cap 3x/day)

## Scivation Essential FA

### HOW MUCH:

6 capsules per day (2 caps 3x/day)

## Scivation Dialene 4x

### HOW MUCH:

4 caps per day (2 caps in the morning & 2 caps preworkout)

## Scivation Whey

### HOW MUCH:

Used on an 'as needed' basis to reach protein goals for the c

## Primaforce Creatine Monohydrate

### HOW MUCH:

5g/day

## Primaforce Creatine Beta Alanine

### HOW MUCH:

6g per day (2g 3x/day)

## Primaforce Elastamine

### HOW MUCH:

2 caps 3x/day

## Primaforce Insopro-R

### HOW MUCH:

3 capsules with pre and post workout meals

## Primaforce Max CLA

### HOW MUCH:

3 capsules per day (1 cap 3x/day)



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