

**FOR WOMEN!**

**THE SCIENTIFIC APPROACH  
TO HEALTH AND FITNESS**

# FITNESS RX™

**YOUR ULTIMATE PRESCRIPTION**

**PERFECT BODY**

# BLAST BELLY FAT!

The Best  
Diet and  
Workout

**SLEEP**  
Your Way  
To Fat  
Loss

**BY JULY 4<sup>th</sup>**

Melt **10** LBS  
in **21** DAYS

*Jackie Warner's*  
**Latest Fitness Advice!**

# Amazing Abs! →

June 2011

## TONE IT UP!

- STRONG**
- SEXY**
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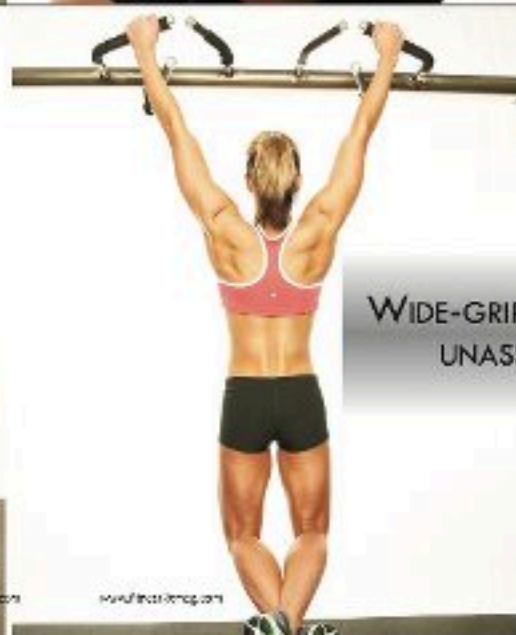
FITNESSRXMAG.COM



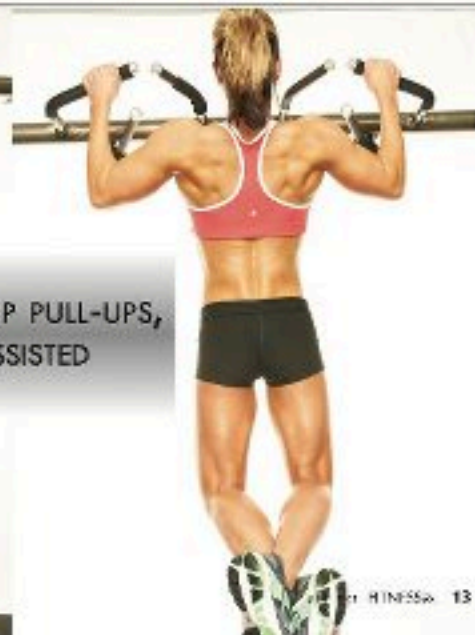
E-Z bar spider curls



UPRIGHT  
BARBELL  
ROWS



WIDE-GRIP PULL-UPS,  
UNASSISTED

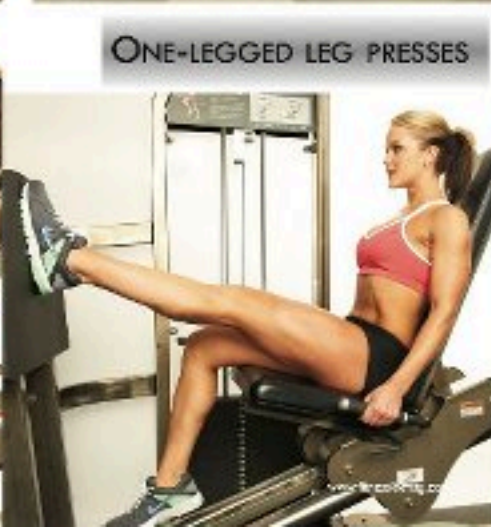




BOX JUMPS



ONE-LEGGED LEG PRESSES





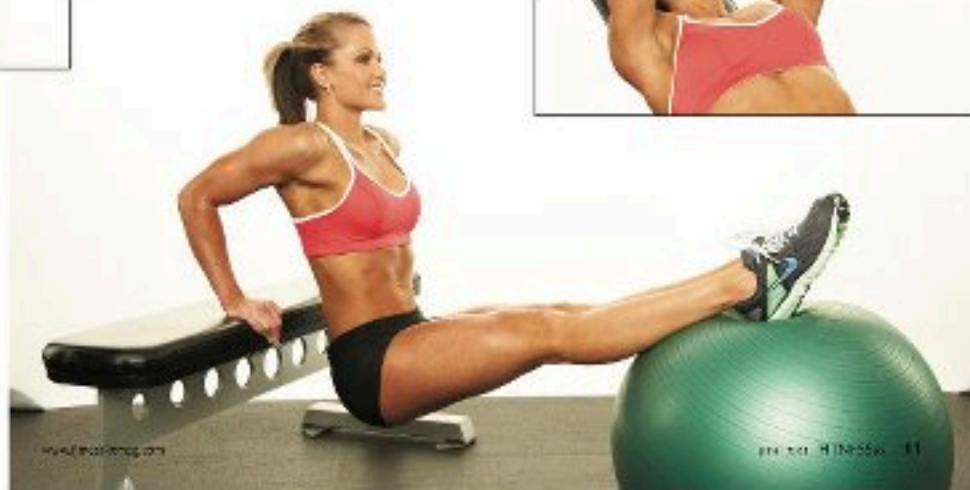
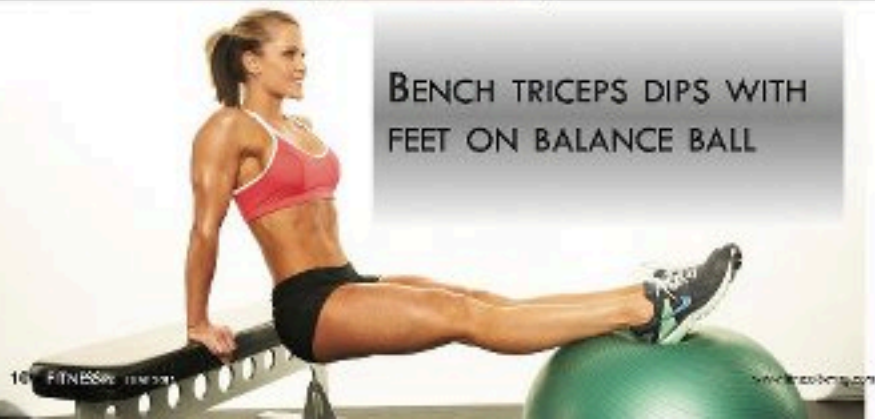
Standing cable flies



DUMBBELL INCLINE CHEST PRESSES



BENCH TRICEPS DIPS WITH FEET ON BALANCE BALL



# Nicole Wilkins' Ms. Figure International Championship Workout

## BEAUTY & BRAUN

By SHOSHANA PRITZKER

PHOTOGRAPH BY BENO • MAKEUP BY JILLIA • HAIR BY JENNIFER SHERWIN PATE  
DRESS BY H&M • SHOES BY TONYA • JEWELRY BY H&M

With all her lean, toned, athletic, sculpted physique, it's no wonder that the fitness model Nicole Wilkins took home her second consecutive Ms. Figure International title at the 2012 Arnold Classic—one of the most prestigious fitness events in the world. Take one look at Nicole and you'll want to give her the prize, too—her body is truly something to behold. "I want to look like her! Don't get me wrong—Nicole works hard, she doesn't eat single life, and she stays on the low carb diet. And she's not afraid to be any of it: girl, mom, business, making it to the gym, to yoga and now CrossFit, Nicole is serious about her fitness and it shows."

"If you ask any fitness, fitness or MMA competitor how they get into the sport, they'll name a similar source. And for Nicole, her MMA fitness competitor comes from a more full circle: her inspiration to compete came at the 2012 Arnold Classic. "I got a genuine prize to fitness and fitness competitors," says Nicole who attended the 2012 Arnold Classic to compete as a spectator. "My coach and a couple of my close friends were in the MMA Pro Team fight and I was so inspired by the excitement and the energy these fighters bring out in the arena."

The began competing at the age of 18, fresh out of high school. "During high school I had my first boyfriend and had begun thinking about my future, so I knew that this was what I wanted to do since I had no other options. So to give myself a challenge, I had more fun just training in the gym at first, and with my competitor in mind, I decided to go ready for my first fitness show!"



**Shower: What's it like to win the Ms. Figure International again?**  
Nicole: It's like a huge weight lifted off my shoulders. I feel so accomplished—kind of like I got my legs back. All I wanted was to be on top. I want to help others get in their best shape and have to inspire others to reach their fitness and health goals.

Nicole is not just a hot body and pretty face—she holds a B.A. in Wellness, Health Promotion and Injury Prevention, with a focus on Exercise Science. “I had plans to be a physical therapist, Phys Ed teacher, or something in corporate wellness.” She’s now a personal trainer where she gets to inspire, motivate and help other women reach their goals every single day.

“I am constantly inspired and motivated by the comments I have gotten and get from clients, friends and fans about how I motivate them in the gym each day or how changed their life is since meeting me. It honestly inspires me and for that I am very thankful. Helping people lose weight, make positive changes in their lives and feel better about themselves brings me so much joy. I love when I can help someone fit into an old pair of jeans, quit drinking or smoking, gain self-confidence, score a pull-up, do a competition or run a mile for me that time.”

## ON COMPETING

Some people are really competitive in fitness and their OK, we can still be fit without competing. But for Nicole, the challenge is an exciting focus. “It was a challenge. I enjoy working out and pushing my body, but the fun is possible can be. Right now keeping my self in my driving force behind the competition.”

Nicole was the pro and at the 2007 NPC Team Universe in both Muscle and Figure divisions where she won both Overall titles. A few days had never been achieved before. From there, she’s fit and competitive never with top titles won, including the 2008 IFBB Figure Olympia and the 2010 and 2011 IFBB Figure International.

“Both of those shows are two of the most prestigious in the world. It is so hard to be on one of these stages, let alone win there both. The feelings are incredible. Aspiration you set a goal to reach and then you have to work and give everything you have, and have it pay off, make it all worthwhile. I love this sport, working out, eating clean and living a healthy lifestyle and inspire you to reach the things something you love to do in a different arena.”

When you take a risk in life—what ever it may be—you open yourself up to what will be. Nicole is no different, she fit on stage, being through the tough times, and needs the support of her friends, boyfriend first to get her through the tough times. Nicole believes that a positive support system is so important. “I would not be able to do what I do if the people around me were negative toward my goals.” Who is going to fuel your dreams, people around you go and stand out for their negative ones will inspire you.

That'll be your sister, your best friend, your best or even your best friend—be what you have to help in and it that's your body and your life. When you set goals for yourself, be your best and know how important it is for you to reach your goals and they'll be more inclined to support and motivate you along the way. Nicole's family will cook for you, make a family getaway, make sure you're not too busy drinking or not going out, and her clients will come join her to a coffee or pop in on a weekend. It's that type of support that helps you goals.

“I am so thankful for this because on days when I am feeling out

that my best, I say random, “GOOD MORNING BEAUTIFUL!” and it's my brightest smile and gives me that extra push I need.” says Nicole.

Realistic is realistic all forms. From injuries to negative feedback and personal feelings of self doubt, Nicole has experienced it all. “When I have days where I am feeling less than my best, I think of all the people who love me in their connections. How can they look up to someone who doesn't practice what they preach or someone who just gives up? It's normal to have bad days, but I just don't dwell on the negative. I know that I can change the next 10 minutes and the next day. I try to be optimistic and love the things that I can't change.” It's her positive attitude and optimism that has and will continue to carry Nicole through her fitness career and life goals.

## NICOLE'S MOST NOTABLE ACHIEVEMENTS

- 2007: NPC Team Universe Fitness and Figure  
National Overall Champion (earned Pro Status)
- 2009: IFBB Europe Orlando Pro Figure Champion
- 2009: IFBB New York Pro Figure Champion
- 2009: IFBB Figure Olympia Champion
- 2010: IFBB Figure International Champion
- 2011: IFBB Figure International Champion
- 2011: IFBB St. Louis Pro Figure Champion

## ON TRAINING AND GOALS

Setting goals in fitness goes beyond the fun track to reaching them. Plan to succeed and then execute. There's no goal that a one size fits all setting can really be applied to any part of your life, including in the gym. For Nicole, once she's achieved her goal, she immediately has another lined up to replace from training.

So the training she enjoys, she's enjoying that. Nicole's never once that someone goal was to win the St. Louis Pro (it's very important). There are Nicole can now show that goal off has been and move on to the next fitness goal. When she used Working forward, Nicole has managed to win back the 2011 IFBB Figure Olympia title and with the way things are going, you'll see her next goal. We'll be there to support her along the way, and will even be up there and seeing the winner Nicole on in Vegas at the 2011 Olympia. Stay tuned to Fitness magazine for complete Olympia event coverage in September and year-end.

Nicole suggests that you be specific with your plan of attack. “Encourage yourself with a positive support system and don't let anyone tell you that you can't do what you have set out. When it is a change of your life or your destiny has yourself, stay consistent and focused on the opportunities that will be.”

In terms of training, Nicole practices to incorporate many different styles. “I don't like to do the same thing all the time.” She weights train five days per week, incorporate various types one to two times per week for balance, flexibility and education, and her job began classes.

“CrossFit is a new challenge for me. It is great for endurance, core strength, agility as well as strength, balance, speed and flexibility.” Nicole has it. Nicole loves the challenge that CrossFit brings to the table and would be interested in seeing CrossFit's full-on if the women competing in Figure.

## NICOLE'S CHAMPIONSHIP WORKOUT

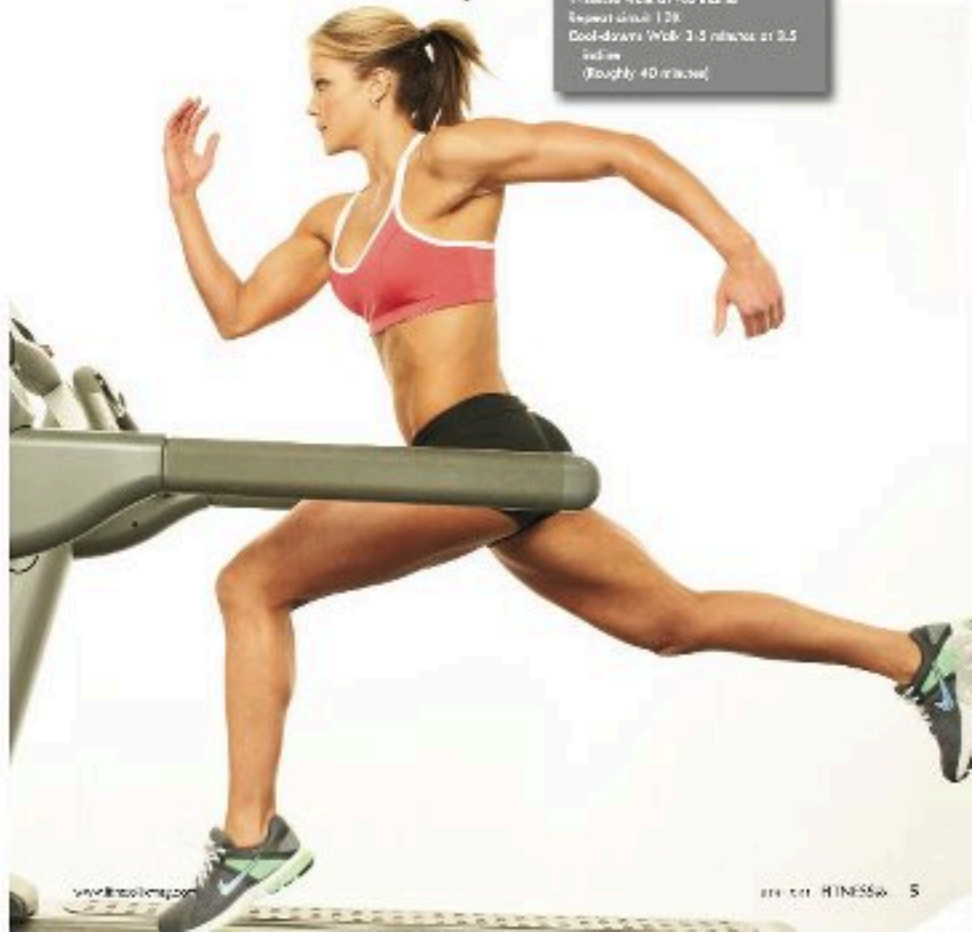
When it comes to Nicole's own strength training routine, she really does like some workout ideas. “Every my routine starts with lower pressing free weights, machines, bands, plyometrics, etc. I also include mobility techniques such as hipopeners, deep squats, glute sets, etc. and stretching as well.”

As a personal trainer and the best IFBB competitor in the world, Nicole knows the benefits of strength training. “Through training and building lean muscle help burn more body fat. My program will lift heavy, do cardio—build strength and lean muscle. I split my days up into single body parts. This allows me to focus on one or two particular muscle groups per day and take them with higher volume.” If you're looking for a challenge, want to improve, shape your physique, or just want to try something new—this workout is definitely for you.

## CARDIO PROGRAM FOR CONTEST SEASON

Cardio begins at 45 minutes, six days a week, and increases to 90 minutes on full contest days a week. “I use a lot of running and sprinting HIIT workouts one by one too.”

Example of one of my HIIT cardio workouts on the treadmill:  
Warm-up: Walk 3.5 minutes at 4.0 mph  
Interval Jog 6.0 mph  
1-minute sprint 9.0-12.0 mph  
1-minute walk at 4.0 mph  
Repeat 4x at 1:20  
Cool-down: Walk 3.5 minutes at 3.5 mph  
(roughly 40 minutes)



#### Day 1: Shoulders

- 3x10 Dumbbell shoulder presses
- 3x10-15 One-arm cable lateral raises
- 3x15 Upright barbell rows
- 3x15 Plate front raises
- 3x10-15 Rear delt flies on the pec deck

#### Day 2: Chest and Arms

- 3x15 of each in a row (tri-set)  
Dumbbell incline chest press  
Standing dumbbell alternating curl  
Skull-crushers with the EZ-bar

- 3x15 in a row (tri-set)  
Standing cable flys  
Cable straight bar curls  
Cable rope pushdowns

- 3x15 in a row (tri-set)  
Push-ups to failure  
Ez-bar spider curls  
Bench mileage dips with feet on balance ball

#### Day 3: Legs

- 3x1 mixture box jumps with 30-second rest
- 3x15 Step-ups onto a bench holding 15-pound dumbbells
- 3x15 One-legged leg presses
- 3x20 Switch split jumps on each leg with 30-second rest
- 3x20 Leg extensions
- 3x15 Prone hamstring curl
- 3x15 Stiff-legged deadlifts

#### Day 4: Back

- 3x10 Wide-grip pull-ups, assisted
- 3x15 Seated close-grip cable rows
- 3x15 High-lat pulldowns on Hammer strength machine
- 3x15 Inverse-grip barbell rows
- 3x15 Pullovers on cable with straight bar

#### Day 5: Light Shoulder Circuit

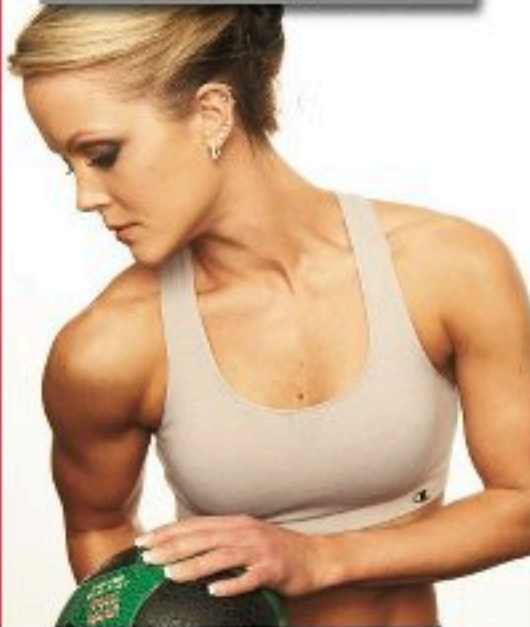
- 4x20 giant set  
Seated military press  
Upright barbell row  
Double-arm later raise with dumbbells  
Standing rear-delt dumbbell flys

#### NICOLE'S DAILY SUPPLEMENTS:

- Max-RE Super Joint Guard—glucosamine for my joints
- Max-RE Triple Omega 3-6-9
- Max-RE Hardcore L-Glutamine—for muscle recovery
- Max-RE BCNA 2000
- Max-RE Kinase Amino Up Gummy
- Max-RE CLA Energy
- Max-RE Super Omega Power
- Max-RE Super Biotin Power
- Vitamin C

#### NICOLE'S NUTRITION PLAN:

- |  |   |
|--|---|
| Meal 1: 1/2 cup oat bran<br>2 egg whites                     | Meal 4: 2 oz. of 1 tuna<br>1/2 cup brown rice<br>1 cup veggies              |
| Meal 2: 4 oz. mixed oil tuna<br>15 almonds<br>1 cup veggies  | Meal 3: 2 oz. cod<br>Large salad with balsamic vinegar<br>1 oz. avocado     |
| Meal 5: 2 oz. chicken<br>4 oz. sweet potato<br>1 cup veggies | Meal 6: 4 egg whites or 1.5 oz. of Max-RE Ultra Whey<br>Whey Protein Powder |



#### REVERSE-GRIP BARBELL ROWS

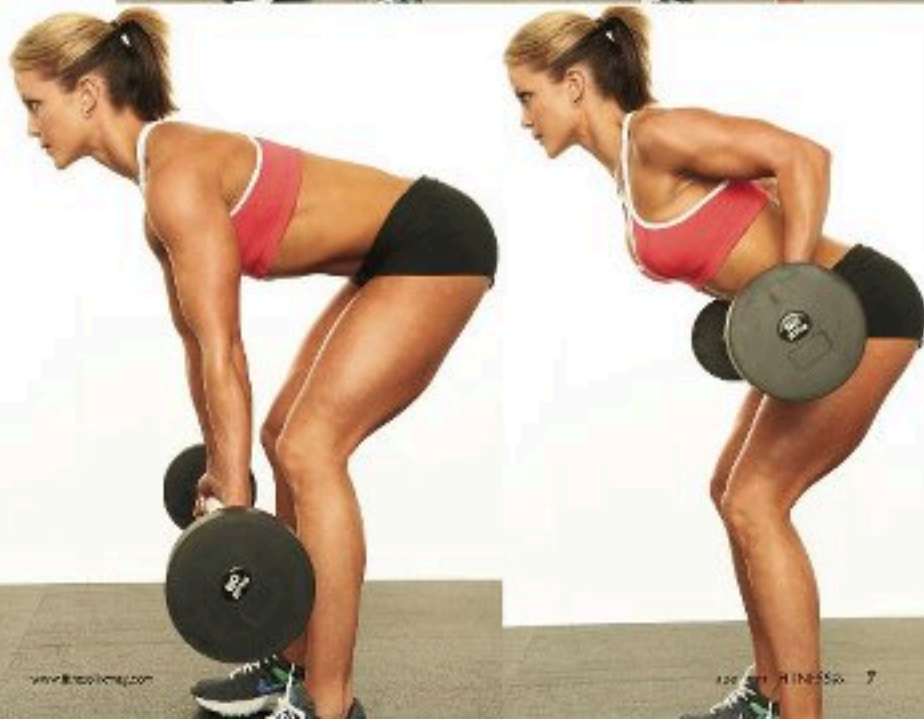
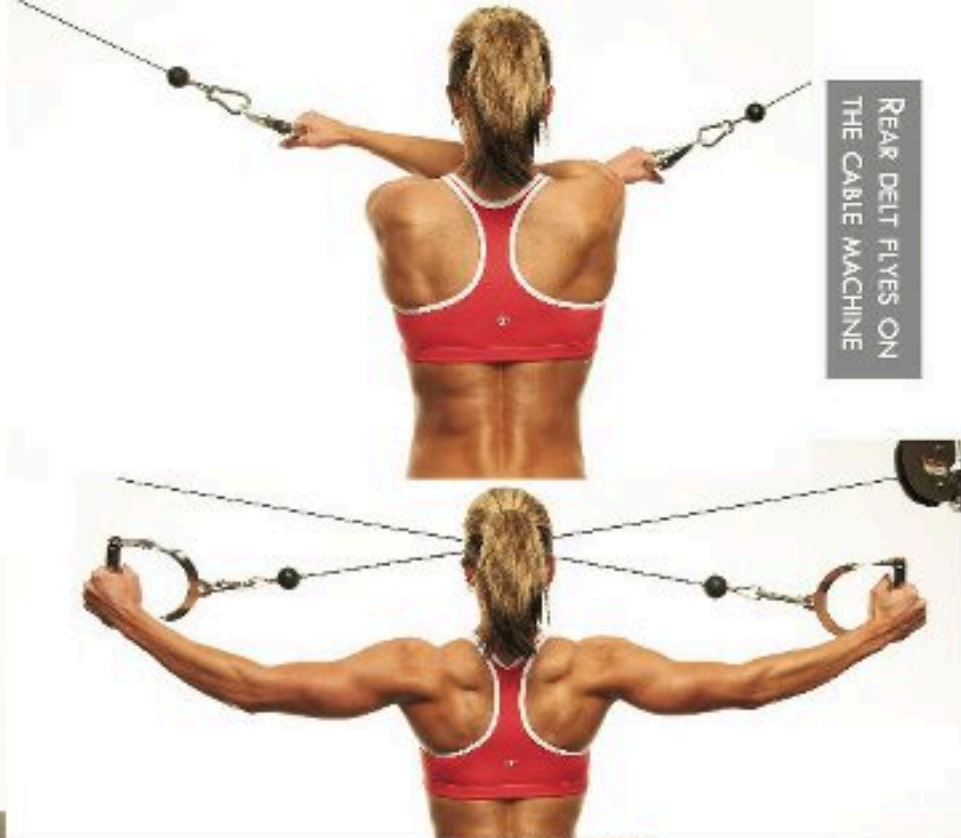




PLATE FRONT RAISES



REAR DELT FLYES ON THE CABLE MACHINE

