GAINING ENTRY INTO THE IFBB PROFESSIONAL LEAGUE ISN'T EASY.

What you see onstage — and in the typical MUSCLES ALL ACCESS photo shoot — is the final product. It’s not simply the culmination of 52 weeks of constant training and eating. It’s a feat of work that takes years to develop. So what you see on that stage, and in these pages, is the result of what you usually don't see: every workout, every set, every split training, team gatherings, and rest. With that in mind, we've teamed up with Real Training Series to bring you a no-holds-barred view of what every pro has been doing one of the most successful in the world.

Real Training

Nicole Wilkins Lee

The reigning Figure Olympia winner gets real in the mezcal

Thursday, March 11, 2010:
Venice, California

Nicole Wilkins Lee, the reigning Figure Olympia winner, was photographed in Venice, California. She is shown doing a set of lat pulldowns at the Gold's Gym Venice, a popular gym that also serves as a training ground for many top competitors in the sport. Her dedication to fitness and hard work is evident in her muscular physique and fit, toned body. The gym is well-equipped with various cardio and strength training equipment, and Nicole's focus and determination are apparent as she works through her routine, pushing herself to achieve her goals. Her story is a testament to the power of坚持 and determination in pursuing one's dreams, and her example serves as an inspiration to others in the fitness community.
11:05 a.m. —
I'm Not Finished With That

I don't like switching once I start with something. So if I need to let somebody know I'm not done, that's what I'll do.