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**IFBB PRO WOMEN'S
BODY BUILDER**
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PHOTOS
GLEN YOUNG

WOMENS

BODYBUILDING

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MUSCULARITY FEMININITY & *Sensuality*



As I sit here today in the 21st century - I think back to where female bodybuilding originated from and how far it has come. It's been a revolution in progress. The development of the female body is changing our culture's views of what is attractive, sexy, and feminine about a woman's body.

So, what truly is considered the perfect look for a female body?

So, what truly is considered the perfect look for a female body? We will get into that, but first let's look at where the image and acceptance originated from. The image I remember growing up was the Playboy and Victoria's Secret's model look - I feel this is where it all began for women to express their bodies! This look was a very similar build to Barbie, a slim, slender, and slightly curvy appearance in all the right places. I feel that this look paved the way to what's been accepted and highly marketable for the overall image of a woman.



AS WE KNOW, MUSCLE WAS NOT ACCEPTED ON A FEMALE BODY...CONSIDERED NOT SEXY [BACK IN THE 70s]

Having this image growing up also caused a lot of girls and women to form serious body dysmorphia issues and eating disorders to maintain that type of physique. Moving into the 1970s, more women started to find themselves in the gym, changing the image of what once was. Unfortunately, the minute muscles were shown on a woman, so many people were quick to judge - that's not what a woman is supposed to look like; muscles make you look manly; you don't want to look like that; that's gross and too much; why would you? As we know, muscle was not accepted on a female body and considered not sexy back in this era.

Muscularity is having developed muscle which, in today's world, has become more acceptable. Women

love the way they look and the way they feel. The industry has grown so much to allowing women to feel amazing in their own bodies. I feel it has become more accepted all around the world. To have muscles as a female shows how much women love their new

It's about creating mature muscle and density growth within a physique while maintaining a well-balanced shape.

bodies and new way of life. I use this analysis a lot - line a group of people up along a wall - fit, skinny, overweight, tall, short, athletic this all doesn't matter. When we remove the layers of skin, we all have the same anatomy underneath, whether most

want to hear this or not. It's what we choose to do with our bodies to make it more pronounced, healthier and visible. It all comes down to healthy dietary habits and techniques of training.

Everyone is entitled to their own opinion and way of living in today's world. If we didn't have different interest or hobbies, this world would be a boring place - everyone looking the same, liking the same thing, same color, same car, same food.

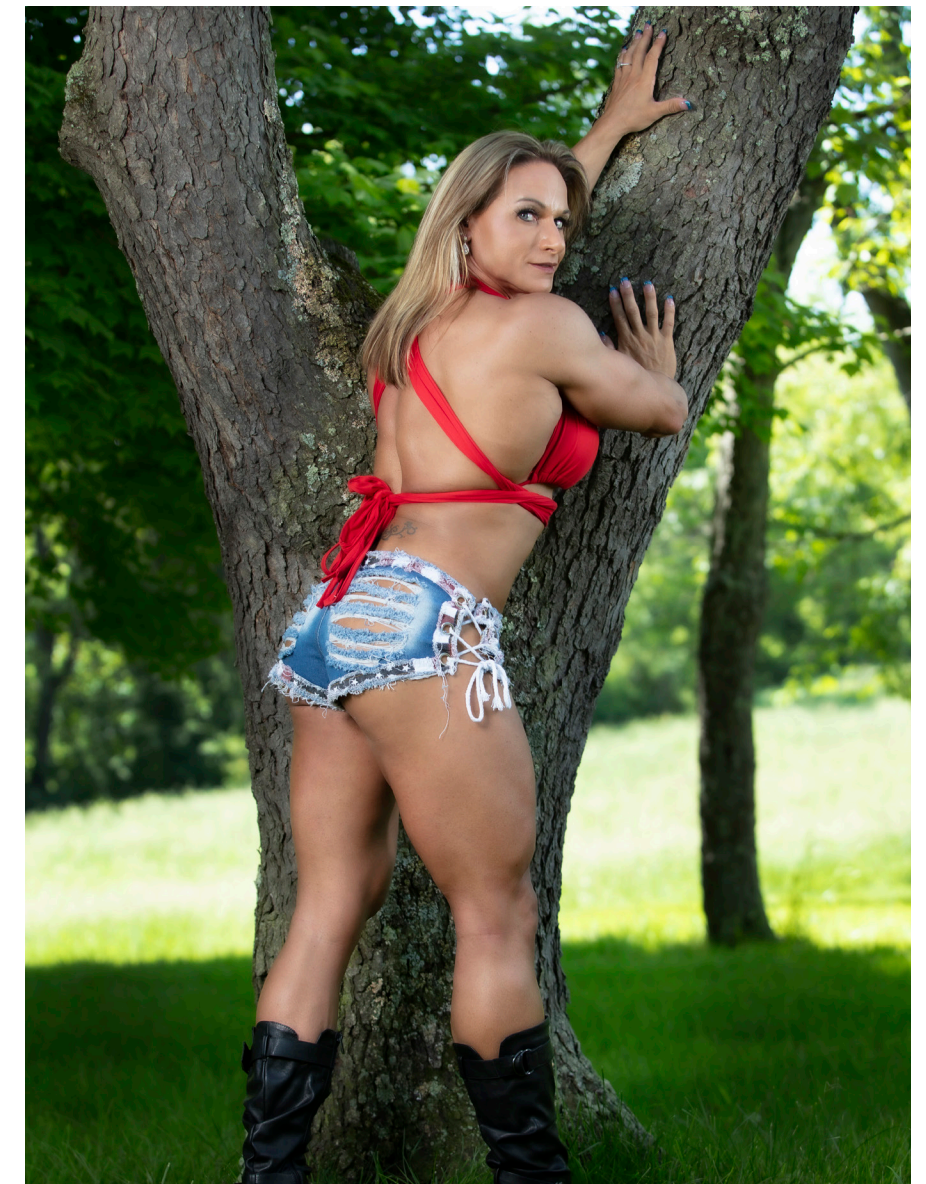
Muscularity in women's bodybuilding is very important and can be done in a safe and effective way to create longevity and good health for any athlete!

Muscularity is also what helps shape the women's bodybuilding division. Although this isn't a contest about how big you can get, it's about creating mature muscle and density growth within a physique while maintaining a well-balanced shape and overall look.

It's the density that one can build that separates women's bodybuilding from all other divisions. These women can make their muscle bellies pop in the gym and on stage during competition by keeping them full and dense while still bringing in strong conditioning. Women bodybuilders are the only women in this sport that hold the amount of muscle they do. Please keep in mind that genetics do play a huge role in how muscular you can get and how far you can go safely and effectively!



MUSCULARITY IN WOMEN'S BODYBUILDING IS VERY IMPORTANT



While muscularity is just one key factor that makes up women's bodybuilding, another strong attribute is femininity of the athlete – having qualities or attributes regarding the characteristic of a woman. To me, femininity is everything and extremely important in the female bodybuilding category! We are representing that strong is beautiful all around the world. In the category of “female bodybuilding or Women's Bodybuilding” it's very important to stick to the roots from the legendary female bodybuilders that paved the way for us.

Being feminine is keeping the beauty in the face and body – attaining nice round, beautiful muscles with strong density and conditioning. Aka “having nice lines and flow” Although many do take it too far and end up “crossing the line” as I call it. This can happen due to misused information, bad coaching and pushing supplementation a little too far instead of asking questions and doing research.

There are some important things women should ultimately stay away from to keep their feminine appearance. Many girls don't understand that once you cross that line you can't come back – meaning you will have side effects that will cause a not so feminine appearance. Being feminine but still attaining muscularity is a much better approach to the world of female bodybuilding. Going back to the saying “bigger isn't always better.”

Do what you can with what you have and be sure to ask questions and make smart choices! Muscularity and femininity are two very important traits of a female bodybuilder, but now comes the hot topic of sensuality. Sensuality is the enjoyment, expression, or pursuit



of physical, especially sexual pleasure. This is a huge factor of this sport. Having muscle is one thing and staying feminine is another, but sensuality tops them all! Being able to go from beast mode in the gym to putting on sexy lingerie for a photo shoot or an evening gown for a formal dinner is most important! You can be one bad ass bitch but sexy as hell at the same time – this is something

I strive to teach the future generations. This can be tastefully done in a way where you represent yourself and the sport in a professional manner. You don't need to walk around with a hard ass demeanor if you are a woman bodybuilder. Just be you, and don't try to imitate or be someone else to fit in! Be yourself, believe in yourself, and be proud of the physique you have worked hard to create. You are your own canvas and you're in control of the details of your own painting! Have a strong vision of the image you want to bring to the stage for women's bodybuilding, as well as

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life after bodybuilding.

Most important, create your own image – motivate, inspire, and encourage others to follow in your path. Ladies, this is much more doable, attainable and a much safer route to follow with these three topics. You can still have the muscle you want and remain very feminine and sexy. The future of female bodybuilding is as easy as this blueprint. Be the total package; from muscular to feminine to sexy! With nice lines, great shape and v taper, a strong stage presentation, you will show the world the true meaning of women's bodybuilding!

ALSO: “WE ARE ALL LIMITED BY OUR GENETICS, BUT UNTIL YOU PUSH YOURSELF HARD ENOUGH, YOU NEVER KNOW FOR SURE WHAT YOUR LIMITS ARE.” SUCCESS IN BODYBUILDING, SHE SAYS, IS A COMBINATION OF BOTH HARD WORK AND GENETICS. YOU CAN'T CHANGE YOUR GENETICS, BUT YOU ARE IN CONTROL OF HOW HARD YOU TRY.

