

Fitness Photoshoot

Prep Guide

Dial in the Basics

1-2 Weeks Out

✓ Finalize Your Outfit Choices

- Bring 2–3 outfits: Solid colors (black, white, greys, deep tones).
- Avoid logos, loud patterns, or baggy clothing—they distract from your physique.
- Opt for form-fitting gear: compression shirts, shorts, sports bras, tank tops.

✓ Grooming

- Men: If shaving body hair, do it at least 2–3 days before the shoot to avoid irritation.
- Women: Waxing? Give it 3–4 days to settle.
- Consider light self-tanning or bronzer if it enhances muscle definition—but test first!

✓ Pose Practice

- Spend 5–10 minutes a day in front of the mirror practicing poses.
- Focus on posture, flexing without tension, and learning your angles.
- Pro tip: Watch fitness competitors or Instagram fitness influencers for inspiration.



Final Prep

48 Hours Out

✓ Nutrition

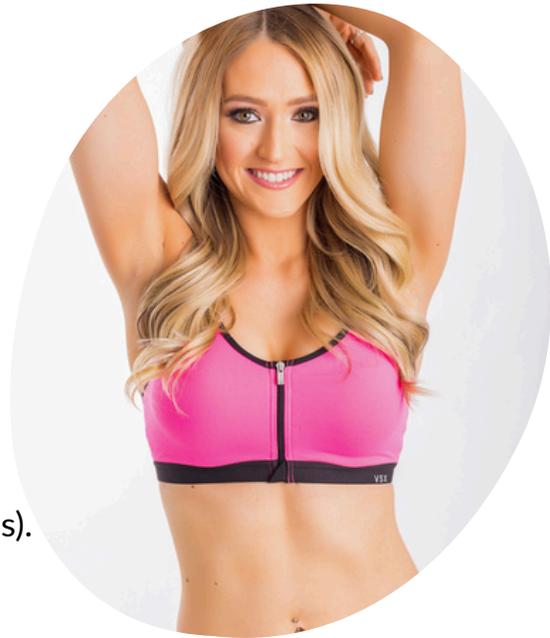
- Stick to clean meals: lean proteins, simple carbs (rice, oats), and healthy fats.
- Slightly increase carb intake—this fills out your muscles for a fuller look.
- Avoid salty, greasy, or bloating foods (processed foods, dairy, sodas).

✓ Water & Hydration

- Drink water steadily but reduce slightly 12–18 hours before your shoot to reduce water retention.
- Avoid cutting water drastically—this can backfire.
- Start moisturizing a few days before the shoot for smooth, photo-ready skin.

✓ Sleep

- Aim for a full night's sleep two days in a row before shoot day. You'll look more rested, and your body will be less inflamed.



Bring the Energy

Photoshoot Day

✓ Get a Light Pump

- Do 5–10 minutes of bodyweight exercises or bring resistance bands.
- Focus on chest, arms, shoulders, and back (depending on your look).
- No full workouts—just enough to get blood flowing and muscles full.



Photoshoot day, cont.

✓ Grooming Touch-Ups

- Bring lotion or a little coconut oil for subtle shine and muscle definition.
- Pack a towel or wipes to manage sweat during the shoot.

✓ Snacks + Water

- Have a banana or rice cake 30–60 minutes before your shoot.
- Bring water, but sip only as needed.

✓ Attitude Is Everything

- You don't need to be competition-lean to look amazing.
- Confidence, good posture, and a relaxed smile go further than 10 extra workouts.

What to Bring

- ✓ 2–3 outfit options
- ✓ Water bottle
- ✓ Healthy snack
- ✓ Resistance bands (optional)
- ✓ Towel or wipes
- ✓ Deodorant
- ✓ Coconut oil/lotion
- ✓ Positive energy and confidence

Extra Pro Tips

- Posing tip: Keep your core tight in every pose—it improves form instantly.
- Back-up plan: Always bring an extra outfit and deodorant, just in case.

A final word from your photographer

You've put in the work. **Now it's time to showcase it.**

My job is to capture your best angles and bring out the fire you've built in the gym.

Come in confident, and we'll create powerful, magazine-quality images together.

Let's make this shoot unforgettable.

