



To maintain my current size and support my training, I eat five meals per day, each with an average of 50 grams of protein, 60 grams of carbs, and 20 grams of fat. By the time I add intra-workout carbohydrates and the occasional snack, my total caloric intake per day is in the neighborhood of 3,500 calories.



🍊🍊🍊 VISIT OUR SHOP 🍊🍊🍊

How much does your average Pro make? - Bodybuilding Forums

THE EDGE (HEALTH)

Stacking Up

Ever wonder how you measure up against the average American Joe? As a weight-training and fitness enthusiast, some of these stats may be a bit surprising...and pathetic.

Age (yrs.)	20s	30s	40s	50s	60s
Weight (lbs.)	168	179	182	185	184
Sit-ups (1 min.)	40	36	31	26	20
Push-ups (1 min.)	33	27	21	15	15
Bench Press (lbs.) (one time)	180	158	143	128	116

69% Percentage of men who consider themselves "physically fit"

13% Percentage who actually are fit

\$874 Amount spent on vitamins and supplements annually

45% Percentage of men who use their fitness equipment as a place to hang their clothes

52 Beats per minute of a fit man's resting heart rate

2.87 Hours per week of exercise

1.1 lbs. Amount of fat gained each year

1 Average number of pull-ups

77 yrs. Average life expectancy

23 Age when the average guy is in the best shape of his life

12:17 Average time to run a mile

1 Pounds of muscle the average sedentary guy loses each year

5'9.2" The average American male height

40" Size of the average guy's chest (inhaled)
This is also the bodypart men spend the most time trying to develop

17.6% Average bodyfat

13" Size of the average guy's biceps (flexed)

34" Average waist size

5.08 The average penis length in inches, according to *The Journal of Urology*
The *International Journal of Impotence Research* finds it slightly longer at 5.35 inches.

Sex Stats

- ▶ The average **sex session** lasts 3-10 minutes.
- ▶ The average **hard porn-viewer** watches 12 minutes.
- ▶ The average **male orgasm** lasts six seconds.
- ▶ Number of men who would **rather work out than have sex**: 1 in 7

Just curious as to what the bare minimum would be in terms of years training and AAS to be able to even have a slight chance of going for an IFBB pro card. I. E 6 yrs training, 1 yrs blasting and cruising at 1000mg test, 800mg deca etc then contest prep 250mg test 750mg tren 500mg mast etc. or if HGH & slin would be necessary.

How Much Money Do Pro Bodybuilders Make a Year?



Page couldn't load • Instagram. Something went wrong. There's an issue and the page could not be loaded. Reload page. 162 likes, 15 comments - coachbarbs on October 15, 2021: "What do you do when the 150lb DBs aren't Heavy enough?"

2023 IFBB PRO Card Winners - IFBB PRO



#1 hi guys What do you think! How Much Does an IFBB pro earns! with all the contracts with big companies, endorsing their products and doing 1 or 2 shows each year, and winning it. For Example lets consider the TOP-15 Olympia contenders, they have to be their country`s best and then win a qualifier each year.

IFBB Elite Pro Bodybuilding series - \$100,000 in prize money up for grabs

The poster features five muscular bodybuilders in various poses, set against a dark background with golden light effects. A large, stylized shield with a longhorn horn across its top contains the event title. Below the shield, the date and location are listed, followed by the venue name and address. Logos for IFBB, IFBB Elite Pro, and IFBB Physique America are at the bottom.

**THE NIGHT
OF CHAMPIONS
PRO**

"THE RETURN OF THE MYTHICAL IFBB NIGHT OF CHAMPIONS"

July 17th 2021

BOCA RATÓN, UNITED STATES OF AMERICA

Embassy Suites by Hilton, Boca Ratón - 661 NW 53rd street, Boca Ratón, FL 33487

ARTWORK BY URIEL ART PHOTO

IFBB
ELITE PRO

IFBB
PHYSIQUE
AMERICA

If they get endorsements for lucrative supplements, they can have an additional income of around \$100,000 to \$200,000 per year. If they join in international bodybuilding competitions, they can win \$300,000 to \$400,000. Professionals who are not as popular as Schwarzenegger and Ferrigno usually receive an annual income of \$75,000 to \$100,000. "

Estimated minimum to get IFBB Pro status : r/bodybuilding - Reddit



By Graham Thurgood November 20, 2023 Curious about the cash flow of IFBB pros? Get ready to delve into the dollars. Discover the factors that influence their earnings, from prize money structures to sponsorship deals. Uncover the financial benefits of competing in IFBB Pro League events and explore additional income streams.

Becoming an IFBB Pro: The process, cost, and challenges! - RxMuscle



How much do IFBB pro bodybuilders make? August 20, 2022 by Sandra Hearth Spread the love
Average Earnings The earnings are influenced by location. For example, a pro bodybuilder in New York makes about \$93,000 a year. Pro bodybuilders in California make an average of \$83,000 annually, while in Florida, they earn about \$72,000 a year.

How to Make Money as a Bodybuilder - Iron Magazine



While exact figures are hard to pin down, a competitive IFBB Pro in the UK can expect to make around £28,000 - £35,000 on average per year through a combination of sponsorships, merchandise, and coaching. This can vary wildly as it depends on the traction made through social media following and email list. How Much is Mr Olympia Prize?

For those who are professional bodybuilders, what keeps you up . - Reddit



19. Kai Greene Net Worth: \$1. 6 Million Kai Greene is an American IFBB professional bodybuilder, and most likely a name that even non-bodybuilding fans will know. He's a former Mr. Olympia contestant and has won the Arnold Classic on several occasions.

How Much \$ Do Bodybuilders REALLY Get Paid? - YouTube



Pro bodybuilders in California make an average of \$83,000 annually, while in Florida, they earn about \$72,000 a year. In Nebraska, pro bodybuilders make an average of \$56,000 a year. For top-tier bodybuilders, the earnings are much higher.

How much do IFBB pro bodybuilders make? - Wellbeing Port



In the United States, the average bodybuilder makes \$42,571 per year. This income can come from many sources, including competitions, sponsorships, modeling, and personal training. Below is a more in-depth look at what money can be made in bodybuilding. [Table of Contents](#) [Competitions](#) [Sponsorships](#) [Modeling](#) [Personal Training](#) [FAQ](#) [Competitions](#)

The 20 Richest Bodybuilders in the World - Wealthy Gorilla



In 2006, there were over 40 IFBB professional competitions and the total prize money topped \$1.6 million. IFBB Professional League status is regarded as the elite level federation in professional bodybuilding. In order to become an IFBB Pro, a bodybuilder must first earn their IFBB Pro Card.

How Much Does an IFBB Pro Make? | Oxcloth



1st \$1,500 2nd \$800 3rd \$300 Open Women's Bodybuilding: 1st \$1,500 2nd \$800 3rd \$300

6 Ways to Make Money in the Fitness Industry



Here's a breakdown of approximately what I paid for a local show and a national show:-NPC Card \$100-Spray Tan \$100-Boardshorts \$50-Grooming \$75-NPC Card \$100** I competed in 4 national shows along with a few local shows before earning my IFBB Pro card. The approximate expenses and how to qualify are fairly straightforward, unfortunately there are.

IFBB PRO Anthony Barbera III on Instagram: "What do you do when the .



The prize money from winning big IFBB pro shows around the nation is constantly growing—which is a great sign for the overall success and growth of the sport. However, if you aren't one of the top pros, it is very difficult to make a living these days pursuing your dream of competing full-time.

How much do bodybuilders make & How to make money in bodybuilding



#bodybuilding #jaycutler #arnoldschwarzenegger In this video I attempt to answer the question of how much money pro-bodybuilders make in the IFBB today, specifically from a single.

How Much Does A Bodybuilder Make? - rookieroad



How Much Does A Bodybuilder Make?

Rachel Lerman. December 22, 2023 at 5:00 a. m. EST. They review bodega sandwiches. They host virtual trivia games. They embroider headphone covers. And they get paid. These influencers are part of .

How Much Does an IFBB Pro Make? - What Box Game



How much does a Bodybuilder make? "The average Bodybuilder in the US makes \$42,571. The average bonus for a Bodybuilder is \$274 which represents 1% of their salary, with 100% of people reporting that they receive a bonus each year. Bodybuilders make the most in Washington, DC at \$57,440, averaging total compensation 35% greater than the US .

Professional Bodybuilders Salary - FemaleMuscle. Com



The IFBB and IFBB Elite Pro have allocated \$100,000 in prize money Evolutionofbodybuilding. 8. 4 C. New York. Wednesday, December 27, 2023. Evolutionofbodybuilding. Home. EOB News. All Global Bodybuilding Organization Nabba. EOB News. Jay Cutler shares his latest arm workout. December 25, 2023. EOB News. 2024 Arnold Classic UK Official .

Average income of a top IFBB Pro - Professional Muscle



The truth is, if you're exceptional in your division, you may earn a small percentage of your income through competition prize money, but bodybuilding is not a sport in which you'll automatically earn a living just because you've attained professional status.

Professional bodybuilding - Wikipedia



Country: Argentina City: Buenos Aires Date: December 10, 2023 DIVISION: NAME: COUNTRY:
MEN'S BODYBUILDING OPEN SUPER-HEAVYWEIGHT: Eduardo Enrique Borrero: Argentina:
MEN'S BODYBUILDING MASTERS 40+ MIDDLEWEIGHT

How much do influencers make? How Youtubers, TikTokers make money - The .



Game Questions How Much Does an IFBB Pro Make? Sep 3, 2022 Game If you're wondering how much does an IFBB pro make, you're not alone. Most bodybuilders make just a few thousand dollars a year. But other ventures can help you push your income even higher. As a personal trainer or coach, being an IFBB pro can be an incredible marketing tool.

How Much Do Ifbb Pros Make | The Desired Desk



Not to be nosy, but how much does your average pro make each year? It depends on how many house calls they make. 08-14-2004, 03:32 PM #5. old12132434. View Profile View Forum Posts . Bob Cicherillo - IFBB Pro Bodybuilder IFBB Athletes rep. 08-17-2004, 01:18 PM #15. Natural Science. View Profile View Forum Posts Extreme Powerbuilder

- <https://www.docdroid.com/0FPL6GM/methandrostenolone-structural-formula-pdf>
- <https://publiclab.org/notes/print/43244>
- <https://groups.google.com/g/51muscleman41/c/Uc-ZLLSIo6k>