

Bodybuilder Photos: Easy!

Say Cheese! Bodybuilder's regularly sit for professional photographs, but it's not purely for sake of vanity. Bodybuilder photos can be invaluable tools for assessing results and tracking progress.

Many trainers take bodybuilder photos to see if a diet or weight-training program is really working. By comparing photos, the trainer and athlete are able to see if there has been any progression, or where problem areas may lie.

It's not hard to take professional quality bodybuilder photos; just follow these tips from the pros:

Prepare

The camera needs to capture muscle and nothing else.

- * Remove all body hair by shaving, waxing or trimming. A smooth, sleek effect is essential, so any body hair has to go.
- * Food can make the stomach protrude or appear distended, so nothing should be eaten before the photography session.
- * A quick but intense workout right before picture time will get the blood circulating and increase muscle volume.
- * Highlight muscle curves and sinew with baby or cooking oil. A thin application of oil over the arms, legs and torso will give the body a polished look.

Pose

Bodybuilding photos are meant to show the athlete at his or her very best, so the choice of pose is extremely important.

- * The stomach must be sucked in by deeply inhaling the breath.
- * Standing with the spine straight, or curved slightly backward, will create a trimmer look.
- * The arms, chest, legs and stomach muscles must be held tensely to show off all of that hard work.
- * Encourage the athlete to do all of these simultaneously, and to hold a smile. The result will be a more natural, even graceful photograph.

Equipment

Digital cameras are wonderful choices for those who like to do a lot of editing.

- * Digital photography allows the photos to be uploaded directly to the computer, where they can be carefully edited with software like Adobe Photoshop.
- * Slight imperfections like red-eye can be removed, and lighting errors can easily be corrected.
- * Using a tripod to steady the camera will reduce the chances of having blurry images.

Lighting

- * Proper contrast and shadowing are essential for a great picture.
- * Lighting from above will produce shadows on the bottom parts of the muscle
- * Lights coming from the bottom will highlight the lower abs and make chest muscles look slimmer.
- * Avoid using a flash for bodybuilding photos, as this can ruin the natural lighting contrasts.

For progress analysis, competitions or simply to flaunt those muscles, a great bodybuilder photo makes all the difference. Follow these basic rules for intelligent and interesting results.