

## NEW ZEALAND BODYBUILDER SURVEY

### Training (Cardio and Weights) and Weight Differences (Comp v Non-Comp)

#### Introduction by Anne Probert

This paper is part of a series I am progressively releasing to bodybuilders in New Zealand who participated in my national survey concerning competitive bodybuilding. 382 bodybuilders responded to the survey and these papers provide insight into the lives and views of such participants.

**This paper summarises bodybuilder responses in relation to bodybuilding training (hours per week engaged in cardio and weight lifting) as well as differences in body weight between competition and off-season.**

#### Cardio Training

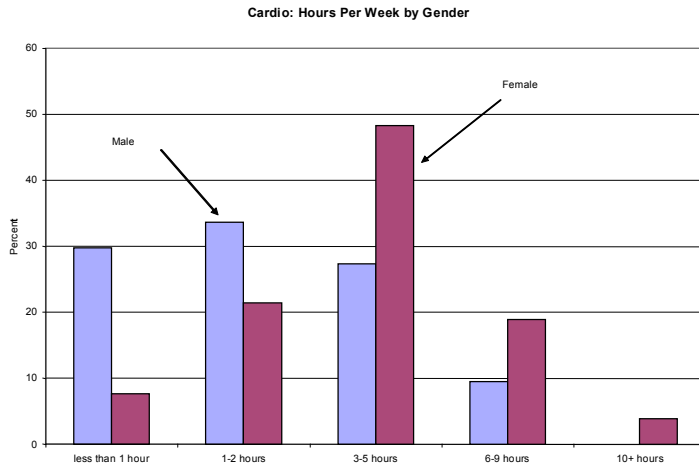
The majority of bodybuilders (41%) who responded to the survey stated they spent 3 - 5 hours per week on cardiovascular activity.

Table One: Cardio: Number of Hours Per Week

<u>Time on Cardio Per Week</u>	<u>Percent</u>
Less than one hour	15.3
1-2 hours	25.7
3-5	41.0
6-9	15.5
10+	2.5
Total	100%

However, further analysis also highlighted that women tended to spend more time doing cardio work than men per week. (Refer to graph below). Almost 34% of men spent 1-2 hours per week on cardio, 27% of men spent 3-5 hours and almost 30% spent less than one hour.

Conversely 48% of women spent 3-5 hours, 21% spent 1-2 hours and almost 19% spent 6-9 hours per week on cardio. Less than 8% of women spent less than 1 hour per week doing cardio.



### Weight Training

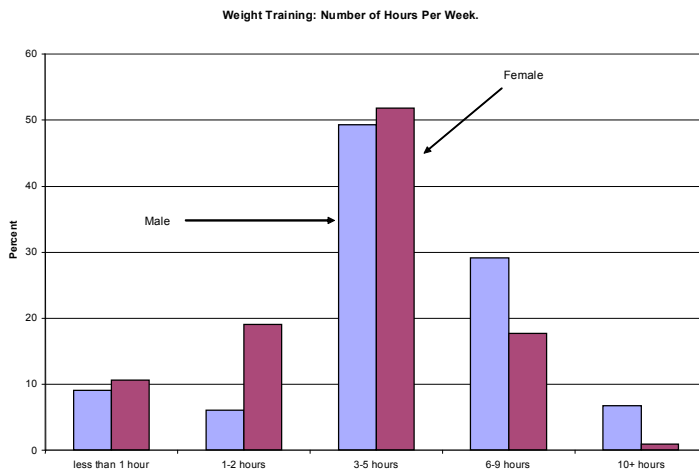
In addition to the cardio regime described above, the majority of survey respondents (50.8 percent) spent a further 3-5 hours per week doing weight training. Refer to Table 2.

Table Two: Weights: Number of Hours Per Week

<u>Time on Weights Per Week</u>	<u>Percent</u>
Less than one hour	10.0
1-2 hours	14.2
3-5	50.8
6-9	21.9
10+	3.1
<b>Total</b>	<b>100%</b>

A more detailed exploration of the results highlighted that men spent more time engaged in weight lifting per week than females.

Although the majority of both men and women spent 3 - 5 hours lifting weights per week, 29% of men spent 6-9 hours and almost 7% spent over 10 hours per week. Conversely 19% of women spent 1-2 hours lifting weights per week, and approx. 18% spend 5-9 hours.



Weight Difference Between Competition and Off-Season.

The majority of respondents (43.2 percent) to the survey indicated their off-season weight tended to be 5-9 kgs heavier than competition time. Refer to Table 3.

Table Three: Weight Difference: "Off Season" Verses "Competition"

<u>Weight Difference</u>	<u>Percent</u>
Lighter than My Comp. weight	0.8
The same	1.3
1-4 kgs heavier than my comp weight	23.3
5-9 kg's heavier	43.2
10 – 14 kgs heavier	23.6
15- 19 kgs heavier	2.4
20 kgs or more heavier	2.4
N/A – haven't competed yet or too long ago	3.0
Total	100

Analysis by gender indicated a significant difference was found whereby the difference between competition and off-season weight was greater for males than females.

Although 36% of the male bodybuilders stated that their non-competition weight was 5-9 kgs heavier, a significant proportion (35%) stated their off-season weight was 10-14 kgs heavier.

With respect to women, 47.3% of respondents to the survey stated their non-competition weight was 5-9 kgs heavier, however a reasonable proportion (29%) stayed within 1-4 kgs of their competition weight in the off-season. 17% of female respondents stated they tended to be 10-14 kgs heavier off-season.

**Gender Comparison: Weight Difference Between "Off-Season" and "Competition"**

