

★ SPECIAL REPORT ★

**“BREAK THROUGH MUSCLE
BUILDING PLATEAUS &
TRANSFORM YOUR BODY FASTER
THAN EVER”**

**Insider Information Revealed By Muscle
Building Expert**



MUSCLEBUILDINGSECRETS

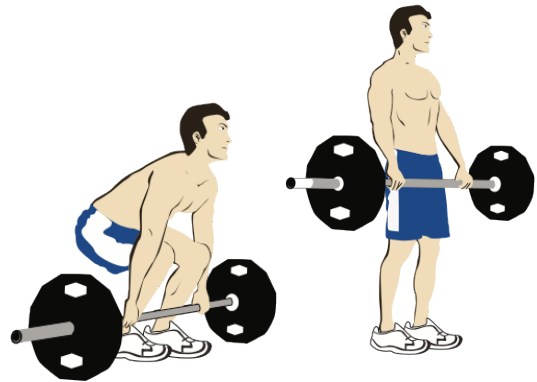
PART 1:

10 MUSCLE BUILDING RULES EVERY GUY MUST KNOW

Work Your Entire Body

Avoid isolation exercises which work very little muscle. A few examples include dumbbell fly's, triceps extensions, and cable movements.

You should focus on exercises that work large amounts of muscle, know as compound movements. Stick to free weights and include exercises like Dead Lifts, Squats, Rows, and Chin-ups in your routine.



Lift Heavy Weights

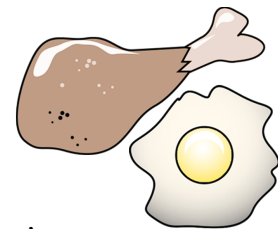
You need to challenge yourself in the gym to build strength and muscle. Each week you should try to add a little more weight to your exercises or complete more reps. A good rule of the thumb is to work within 80% of your 1 rep max. For example, if your one rep max for bench press is 180 pounds, you would use 144 pounds.

Keep your rep range low like 6 to 10. If you can easily crank out more than 10 reps you're not lifting heavy enough.

Eat More

Proper nutrition is often overlooked by a lot of guys who want to gain weight. This is a big mistake you don't want to make. One of the most important components to gaining weight & muscle is eating more calories than you're burning. You can train all day, but if your not eating enough you won't support muscle growth.

Typically, skinny guys are notorious under-eaters. They over estimate their caloric intake, resulting in little to no weight gained.



Q: How do you know how many daily calories you need?

Answer:

Take your current bodyweight and multiply by 18 - 20. This is a good starting point.

Increase Your Protein Intake

Protein plays an important role in repairing and building new muscle. When you strength train you're breaking down muscle tissue with the hope they will repair and grow bigger. But without sufficient protein your missing they key nutrient responsible for building lean muscle and burning fat.

As a guideline you should eat a minimum of 1g protein per pound of body weight. So if you weigh 160 pounds you should be getting at least 160g of protein daily.

Drink Water

Staying hydrated improves your performance & decreases fatigue. A study determined that muscle cells actually grow faster when they're well hydrated.

As general rule of thumb drink at least a gallon of water over the course of your day.

Liquid Calories

It can difficult to consume the amount of calories required to build muscle as whole food meals. Thankfully, protein and meal replacement shakes make a super simple and convenient way to add quality calories to bump up your daily requirements.

Include calorie-dense ingredients in your shakes such as:

Natural Peanut Butter
Ground Flaxseed
Raw Oats
Milk
Spinach
Frozen Fruit
Greek Yogurt

Get Some Sleep

Getting enough sleep each night is essential to building muscle. You produce growth hormone when you sleep, which in turns builds bigger muscles, promotes fat loss, reduces fat storage and supports your immune system.

If you aren't sleeping enough each night, it's going to dramatically impact your progress. Aim for at least eight hours of ever night, nine if you can.

Longer Rest Periods

Because you're lifting heavy weights, rest long enough between sets to regain your strength. Two-to-three minute rest periods between sets works well.

Don't rush it. If you force yourself to perform another set before you've recovered, you'll struggle resulting in slow progress.

You can use a stop watch to make sure you're getting enough rest between sets.

Play Fewer Sports

Often times you must prioritize your activities when your main goal is weight gain. Most endurance sports like basketball will burn loads of calories and hinder your recovery, two things you don't want when bulking up.

Try limiting yourself to low or moderate intensity cardio for 20-to-30 minutes. Two or three cardio sessions per week will keep your heart healthy.

But if you're struggling to gain weight, you might consider backing off your cardio routine and re-assessing.

Be Patient

Building muscle takes time, consistency and hard work. Adopt the mind set that training for size and strength isn't a sprint, but a marathon. Every training session you complete builds upon the previous one. If you hit a plateau and your gains are stalled, eat more, lift heavier, and don't give up!

PART 2:

ACCELERATE YOUR PROGRESS & IMPROVE RECOVERY USING SMART NUTRITION TACTICS

Eat Before You Workout

You can get the most out of your workout if you eat the right foods before hand. Eating before you train ensures you'll properly fuel your workout and maximize your efforts and results.

Here are some of the best foods you can eat within an hour before your workout:

Bananas
Oats
Wholegrain Bread
Fruit Smoothies

Eat 1g Of Protein Per Pound of Target Body Weight

If you currently weight 150 pounds and want to weigh 170 you would eat 170 grams of protein every day. The more consistent your protein intake the better your results will be. Eat lean proteins such as turkey and chicken, as well as tuna, eggs, natural peanut butter, and Whey.

Avoid Sugar Spikers

Foods high in sugar spike your blood sugar quickly causing a crash, slowing down your rate of muscle growth. Avoid foods like biscuits, candy, chips, cookies, doughnuts, ice cream, and soda.

Post Workout Nutrition

Consume a high quality protein such as Whey along with carbohydrates, within 1 - 2 hours after your workout. This will help maximize new muscle growth and help with recovery.

Use the following recipe post workout:

Combine 1 cup of milk, 1 scoop of chocolate whey protein powder, 1 tablespoon of natural peanut butter, 1 tablespoon of ground flaxseed, and 1 banana. Add ice and blend until smooth for a delicious Peanut Butter Banana Shake.

Don't Skimp On Veggies

A high protein diet is very acidic. So you need to eat a wide range of green leafy vegetables that will counter the acidity and help your muscles recovery and perform better. Vegetables are chalk full of powerful nutrients your body needs.

Drink Lots Of Water

A german study determined that muscle cells grow faster when they're well hydrated. Dehydration also leads to fatigue, which will make it much more difficult to power through tough workouts. The more water you drink, the more awake and alert you'll feel. A general rule of thumb: Guzzle at least a gallon of water over the course of a day.

PART 3:

DO YOU NEED SUPPLEMENTS?

This is a topic that is widely debated in the health and fitness community. The anti-supplement camp claims that a person can get all the nutrients they need by eating a wide variety of healthy foods. They suggest eating at least 5 servings of fruits and vegetables daily including enough dairy, lean protein and whole grains as well. In their minds the big supplement manufacturers are just out to get your money.

The pro-supplement camp, however, believes it would be impractical to consume the amount of food needed to build muscle and improve overall health, without the use of supplements like protein powders.

Make sure you do your research before choosing what supplements might make sense for you.

REMEMBER, SUPPLEMENTS ARE DESIGNED TO SUPPORT A PROPER DIET, NOT REPLACE THE WHOLE FOODS YOU ARE EATING!

Protein

Everyone who works out can benefit from the fast acting amino acids provided by a protein supplement, bar, or shake. Your best bet is a fast-absorbing, high-quality kind like whey protein powder, which is derived from milk.

Pick a product that contains either whey protein isolate or whey protein hydrolysate. Whey protein isolate is a pure form of whey protein, and tastes better than whey protein

concentrates. It usually has all the lactose removed, so this is a good option if you're lactose intolerant or have stomach issues.

Creatine

Creatine is a popular, well researched supplement. Creatine helps reload your muscles after they break down giving you more energy. It pulls H₂O into your muscles and makes them look bigger. The end result from taking a creatine supplement is improved endurance during your workouts, allowing you to hang in for more reps and sets.

There are many forms of creatine on the market, the most common being pure creatine monohydrate. Stick with the monohydrate version, it's the cheapest and most-studied version.

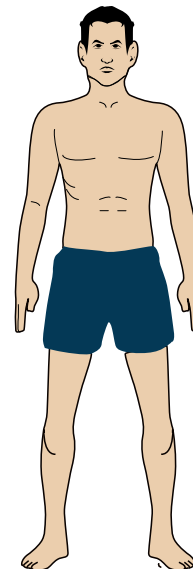
Take 5 grams per day for a few months. A loading phase isn't necessary.

PART 4: **KNOW YOUR BODY TYPE**

Ectomorph Body Type

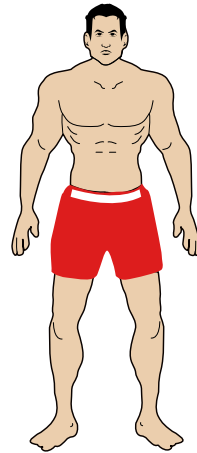
Ectomorphs are commonly referred to as 'hardgainers'. They struggle to pack weight onto their lean bodies simply because they're not predisposed to store muscle, and typically have faster metabolisms. If you're an ectomorph, you'll need to load up on more calories. Protein smoothies with added peanut butter, oats, and milk will help increase calories.

For training go for lower reps and heavy loads. Stick with the big compound exercises and wait at least 48 hours before your next training session.



Mesomorph Body Type

Mesomorphs are the lucky ones. They are athletic with well defined muscles. They add muscle mass with relative ease and require less time to recover from workouts than ectomorphs. Typically Mesomorphs are very strong.



Endomorph Body Type

Endomorphs are typically soft and heavy-set, with slow metabolisms. They easily gain weight, but have problems losing body fat. Most endomorphs would benefit from intense boot camp style workouts with little rest between sets. A good approach for Endomorphs is a high protein diet, while limiting carbs to immediately after your workout.

