

# Build Insane Muscle

## The Natural Way

Natural Pro Bodybuilder CC Matthews

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# Introduction

Have you seen guys in advertisements and magazines showing off their massive, rippling muscles? You simply can't help yourself from wanting the same thing, can you? However, the only thing you can do is to frown on the thought that it is impossible for you to possess what they have.

You may have a body type that makes you believe you could never get huge but it is time to throw that thinking out the window.

This manual will give you the necessary tools to get yourself massive and ripped and help you do it in the right way. There is no better feeling than looking in the mirror and seeing that your muscles have grown. To see yourself with bigger arms and a more developed chest is a feeling that is hard to explain unless you experience it.

## **Nutrition secrets that Only the Best Bodybuilders Know**

Inside you're going to learn about the kinds of foods that you can eat to really help you get amazing musculature. You will not only learn about the foods that help, but you also learn about the foods that are going to hurt you when you're trying to build up.

## **The Real Deal on Supplements**

Supplements can be important to your plan and you're going to learn how to use them and which ones you should look for. When it comes to gaining weight in muscle, taking the proper supplements can really give you an added boost.

## **The Tricks to Fast Muscle Gain**

When you do in the gym has a lot to do with your results. It's time to figure out when to lift, how much to lift and how often to do it. Too many people try and start a plan without the proper knowledge and end up doing a lot of work for nothing.

If you have the right plan in place and get the most out of your workouts then soon the mirror will reward you with muscles that you didn't think were possible on your body.

### **The Worst Things You Can Do when trying to Bulk Up**

On top of learning what to do, this manual will also point out what not to do. It doesn't make any sense to go through all the motions, work so hard and spent so much time simply to derail your plans with some of the more common mistakes that are made by people who want to gain mass.

### **Anabolic Hormones- Building up the Natural Way**

Anabolic hormones are an important part of the process when it comes to having good workouts and developing shirt-busting muscles. You are going to read about the ways that you can naturally increase these amazing hormones in your system and what they can do for you.

### **Why Recovery is so important to Relentless Muscle Growth**

Also so important is the recovery of your muscles when it comes to building up your body. It is a part of the plan that is misunderstood and overlooked, but you are soon going to know how to best assist your body to recover and see the incredible results that you are looking for.

So now sit back and have a good read. When you are done you will have everything you need to get huge, and you will also have the motivation you need to do it.

You are going to have the right plan to get yourself to the point where you are turning heads and feeling great about the way you look and feel.

# Chapter 1- Nutrition Secrets that Only the Best Bodybuilders Know

## Make Sure that You Eat Enough- Sounds Easy, Right?

So, you probably know that it is pretty important to have the right nutrition program in order to really build muscle fast and gain strength. It is so very true. Whoever said that we are what we eat was being totally literal. That's exactly what you are. Some of what you put into your body comes out in different ways, but the food you eat is exactly what you are made of! Be careful when you eat... you are building yourself!

Thinking of it this way definitely helps. When you start getting into the mindset that you are not eating because you are hungry, which you might be if you are using a demanding training program, then you start finding it easier to put the right things in your body.

### How often to eat a Meal

So to go with another old saying; three squares a day. Three square meals is a good idea. It's a good idea as a start. Now try doubling that and you are closer to where you want to be. You might be thinking that you now have to eat a mountain of food but this is not the case. You have to eat more than someone who is not working out, but don't go overboard.

The general idea is that you don't want to wait more than three hours between meals. It's hard, of course with work and busy schedules. Get over it. Yes, you read that right. There is no excuse. Nobody has a job that doesn't give them an opportunity to go to the bathroom every few hours. If you can do that, you can get some nutrition into you.

Again, you don't have to have a full sit-down meal every three hours. There are foods you can prepare ahead of time that can be convenient. You can put a piece of chicken in a whole wheat wrap with some vegetables and bring it to work. Make a few, and you can have the meals that you need to eat throughout the work day.

### **How Celebrities do It**

Did you ever wonder why celebrities seem to be so successful when it comes to losing weight or bulking up? Is it because they have personal trainers? That's partly true. You can only work out so much to get success. The big difference is having a personal chef. It's like a failsafe against cheating or eating the wrong thing.

When you have somebody on the payroll whose job it is to make sure you bulk up, or tone up then that person will take the time to carefully plan out your meals by content and time. Since most people don't have the money for that, you are going to have to be your own personal chef and plan things out.

**Now you are thinking that this is going to be tough. Yes, it will.**

It really helps to plan ahead not only the meals, but the cooking. If you have someone else to do this with you that will help. Also start thinking about cooking some things in bulk and freezing them so you don't have to spend too much time every day. Also, eating healthy is not as tough as it sounds. Many healthy foods for building muscle don't require a lot of preparation.

# Eating the Right Mix of Foods to Gain Muscle

The main thing is what these meals should contain. That's why the 'three squares' idea is not that far off. If you can incorporate different kinds of fuel into each meal then you will see better results. You will want to get some good protein in at every meal. Protein is second to water in terms of being the most plentiful thing in your body. It is important to get enough of it.

## Alright, Exactly How Much Should You Have?

If you want to get an idea of what you need to be consuming, start with the proteins. For instance, if you weighed about 180 pounds, you should be eating about 1 to 1.5 grams of protein per pound on a daily basis. That works out to somewhere between 180 grams and 270 grams of protein per day.

When it comes to carbohydrates, you should be taking in about 2.5 grams per pound for your weight. For our 180 pound imaginary test subject, this works out to 450 grams.

When it comes to fats, you should look to consume about a quarter of a gram per pound of body weight. This translates into 45 grams per day.

Notice the ratios here. There are more carbohydrate grams than anything else. You may hear of diets that extol the virtues of proteins and have you eating steaks and bacon all day or some crazy stuff like that. They don't work. Carbohydrates provide energy, and they increase the insulin levels in your body which increases the amount of human growth hormone. They can't be overlooked.

You can easily calculate what you should be taking in for your body weight. Wow, not only does building muscle include a special diet, but math too? Yes, it is going to take some work. Don't worry though; the benefits will make it worth it.

### **What kind of Protein, Carbohydrates and Fat Matters Too**

It is not enough to simply get the right ratio in order to build up your muscles. When it comes to Fats, stay away from the ones like the fatty parts of red meats or any kind of trans fats like you see in junk food. Forget about butter and margarine, sorry they taste good but that's the bad stuff.

The good kinds of fats will be found in nuts, olive oil, and canola oil or even in things like avocados. Just remember the daily amounts; they are not that high.

The fats will usually take care of themselves, so you don't really have to look much to get fat into your diet. You do need them but the amount is so little, you do not have to worry much about it. It might seem like you want to consume more calories to gain muscle but too much bad fats won't help. They just build flab. Just make sure you get the right kind of fats.

For carbohydrates, try to stick with whole grain carbs, fruits and vegetables and potatoes. Sometimes the potatoes get a bad rap but they shouldn't. The problem is usually what you put on them. Just don't overdo it. Eating all of these foods in moderation and trying to get some variety is important. That way you will get more vitamins and nutrients that are required for more muscle mass.

## **A Few Additional Tips about Eating**

One of the best things that you can do is get a little bit of everything going into every meal you eat. You might find it hard at first, but before you know it you will get use to certain meals and as you get healthier you will find that your body craves this good food even more. Many foods that will help you increase muscle mass also are better taken together as it makes them more effective. If you eat complex carbs with dairy or protein it will help with the absorption of nutrients.

### **The After-Workout Meal**

This deserves a special mention because it might be the most important meal of all. After you lift weights, your muscles need nutrition the most to rebuild themselves. This is the time when you should be taking in lots of good proteins and carbs.

### **The Importance of Hydration**

Drink lots of water. If you didn't know it, you are made up mostly of water, and if you don't get enough you don't have energy. That means tough workouts with less benefit. What you don't need, your body will take care of. If you are doing a workout regime (which of course you will be after you read this manual) then you are likely sweating a lot and you need to increase your intake of water. Do not only drink when you are thirsty. Drink some water before a workout to prevent yourself from getting dehydrated during the workout.

### **Fine-Tuning the Diet**

Try to get the simple carbs that you need in the morning. You should be getting your simple carbs from fruits. Then they will contain fructose, which your body will absorb a little more slowly. If you consume simple carbs like refined sugar, soda or beer (yes, sorry but its true) then you might get a spike in energy for a short while but soon after you will feel your energy drop substantially. You have to try to stay away from these.

Increase the Protein a little in your last meal of the day and reduce the carbohydrates. The main benefit of the protein is that the body uses it to build back the muscle tissue after a workout and when you are sleeping. You don't need as much carbohydrate because this is primarily used for energy and you don't need as much when you are sleeping.

Eat when you wake up in the morning. Some people don't like to eat right away but this is a mistake. You are keeping your metabolism going at a good steady rate and if you are going to be going to work out and build muscle you need to get things moving. Getting some food in you in the morning will also help you to feel fewer cravings during the day. These cravings are often sated with the kinds of foods that you don't want to eat.

Think of the food that you put in your body as fuel for your muscles. This keep you thinking about how to eat right and before long you will find that your muscles are growing like you want them to.

Also, if you are a little on the thin side, up the carbohydrate intake a little; it will help you to bulk up fast and you don't have to worry about the extra flab as much.

## Chapter 2- The Real Deal on Supplements

### So Do You Really Need Supplements?

Well, to answer the question of whether you need supplements or not with a simple yes or no answer is difficult. Do you really need larger muscles and greater strength? Ok, maybe you can answer it with a yes. Different opinions exist about whether or not supplements are needed for a diet to build muscle mass.

It seems that the people who do the studies are likely measuring those folks that are sitting in a chair all day long can get enough from regular food to keep them alive. They probably can. The next time you see some pencil-necked little guy with a pocket protector, ask him if he takes any kind of workout supplement. Now go up to some guy with a big set of pipes and a bulging chest. Ask him if he takes supplements.

Chances are you already know the answer to both questions.

The truth of the matter is that as was mentioned in the previous chapter, it does take a lot of time to put together a meal plan and food that keep you going all day long. With six meals or so each day, it's hard to arrange it each and every day. Supplements are good not only because they are formulated to help you in your quest for bigger muscles, but also because they can be convenient.

Not everybody has a lot to spend on supplements, and if you went out and bought every kind you could find you would have a full cupboard and an empty wallet in no time. You need to choose carefully what you want.

You can save some money if you buy larger quantities. In order to do this you have to be serious about your workout plan. Don't be one of those people that

go out and buys a 10lb. jug of whey protein and has it sit under the sink for a few years.

You should also be concerned about bogus brands that claim ridiculous things like 10% increase in muscle mass over the course of a week and things like that. Those types of gains are just not possible when it comes to muscle, and there are people out there that just want your money.

Go with reputable brands and you will get what you are looking for. There are supplements out there that are formulated scientifically and can help you to increase certain amounts of nutrients that your body can effectively use to increase muscle tissue.

## What Specifically to Look for in Supplements

There are certainly a wide variety of supplements available on the market that can help you to achieve your muscle building goals. It would be impossible to go out and get all of them, or at least not very wise. Here you will learn which ones you want to start with and you can make an informed decision based on your goals.

### **Whey Protein**

This is one of the first ones that you'll want to start with. One good thing about whey protein is that it is assimilated by the body fairly quickly. This makes it a convenient supplement for consumption after a workout as it gets the proteins necessary for rebuilding muscle into your body quickly.

This is one protein that should be on just about everybody's list. It is completely safe to consume, and very handy to keep some nearby at all times. It's the kind of thing that you could bring to work and use, especially if you're able to fit in a midday workout.

### **Creatine**

This is the most popular of all the supplements sold on the market today. There's good reason why so many people have turned to creatine. The short version of why this is so effective is the decades in the reformulation of adenosine triphosphate. This ATP is what gives muscles their power so taking creatine before a workout will allow you to have a more complete workout and supply greater energy to your muscles.

### **Glutamine**

Also one of the more popular supplements, Glutamine it is effective in the building up of proteins. This would be a good choice for somebody who wants to increase muscle mass. Like the first two supplements mentioned, it provides excellent fuel for muscle building.

Glutamine also has a beneficial side effect in that it has been shown to increase the effectiveness of the immune system. In an indirect way, this can also benefit your weight training program. If you've ever tried to go and lift weights at the gym when you're feeling sick you will know that your energy levels are far lower and it's very hard to get an effective workout.

### **Weight Gainer**

This is not a specific single product, but rather a grouping of products that are formulated to help you gain weight when building muscle. Many people who are ectomorphic or naturally skinny will choose a weight gainer as the supplement of choice.

Because they are not all the same, you have to do a little bit more homework when it comes to choosing one. Using an effective weight gainer will often be the best choice for somebody starting out as a provide somebody with a number of different proteins. There are few things that you will want to look for in a weight gainer:

- Whey Protein
- Egg White
- Casein
- Turkey or Chicken
- Soy Protein

This is not an exhaustive list, and some weight gainers will include the proteins listed above. It is better to have more than less. One thing to watch out for with weight gainers is the carbohydrate level. It is good to have some but occasionally they contain many sugars. Just keep track of how much sugar you are getting so that you can keep your ratios in line when it comes to proteins, carbohydrates and fats.

## Some Additional Thoughts on Supplements

### Human Growth Hormone

Human growth hormone is something that naturally occurs in the body.

There are a number of supplements on the market that claim to increase the levels of HGH in the body. Some actually do, and some don't. Generally, having increased levels of HGH in the body is a good thing. It will allow you to grow muscles effectively and it seems to slow the aging process as well.

### Protein Bars

There is definitely a place in this world for protein bars. The problem here is that there are good ones and bad ones. The bad ones in this case are the ones that are more or less just a chocolate bar. If you read the ingredients (which you should always do) you'll see that many of them contain things that you don't really want to be consuming. One way that you can usually tell right away is whether it tastes good or not. Generally the ones that are beneficial don't taste so great. Sorry, but eating for maximum muscle gains isn't always tasty.

### **Multi Vitamins**

It's never a bad idea to make sure that your body is getting all the essential nutrients and vitamins that it needs. For the average couch potato or chair pilot multi vitamins are not nearly as necessary. Like so many things, it is possible to get too much of a good thing when it comes to vitamins so don't go overboard with them.

### **Caffeine**

Caffeine has actually been shown to increase energy levels if taken before a workout. It might not be a bad idea to have a black coffee about an hour before a workout to increase your energy level. This is also something that should be approached with caution as too much caffeine can affect your sleep. Sleep is very important when it comes to weight training as your body needs a chance to recover.

### **Herbals**

Many people swear by a number of herbal supplements like ginseng or ginkgo biloba for increased energy and alertness. For the most part studies are pretty inconclusive about how much effect these things have on the body and you'll notice that when you read the container that will generally state that there are no therapeutic claims for the product.

The bottom line here is that supplements can definitely improve your results. The caution is that there are many bogus ones out there on the market and many of them don't just do anything at all but can even cause other problems. If you start with the ones outlined earlier you will be giving yourself an edge when it comes to creating muscle mass. There's no need to break the bank when it comes to supplements; a few good ones are more than sufficient to help you reach your goals.

## Chapter 3- Foods that are Sabotaging Your Muscle Gain will Surprise You!

### Food can be Your Friend or Your Foe

When it comes to eating the right foods in order to gain muscle mass and develop a good muscular physique, some of the things listed here will not come as much of a surprise. There are few however that you might be a little shocked to see on the list. Below are some things that you'll definitely want to avoid:

#### Candy

All right, so you probably knew this one. Maybe it is that some people just don't want to believe that they shouldn't eat candy when they're trying to improve their physique. Many people will convince themselves that eating a chocolate bar before a workout will give them more energy and give them better results. The sooner you leave this thought behind the better off you'll be.

Pretty much every kind of candy is high in refined sugar. Not only does this kind of simple carbohydrate get assimilated quickly and turned straight into fat but also wreaks havoc on your blood sugar levels. You will probably feel more energy right after you eat some candy, but you'll soon crash and it will probably be before the end of your workout.

If you absolutely can't stand it and you need the taste of something sweet the best thing to go for is a piece of fruit. You shouldn't have too much but it's not nearly as bad as something was a lot of refined sugar. You can also have small amounts of dark chocolate but again, moderation is the key.

### **Alcohol**

There's a reason why people have a saying about a beer gut. You probably didn't know that alcohol is second only to pure animal fat when it comes to caloric content. It doesn't matter if it's called light beer, and do not try to tell yourself that drinking hard alcohol with diet soda is a much better answer.

Alcohol not only has empty calories that will do no good, but it also dehydrates you and has the ability to really make you feel like crap the next morning. You've probably heard that a single glass of wine a day is actually a good thing. It might be, but when you are seriously training it is probably better just to stay away from it completely.

### **Refined White Flour**

Things like white bread, bagels and rice cakes might seem like they aren't too bad for you when it comes to your diet. There are actually much worse than you might think. These kinds of foods fall under the category of simple carbohydrates and while they don't really taste sweet, the effect that they have on the body is pretty much the same as sugar.

Your body digests these things very quickly and easily and as a result and just like sugar they act as empty calories and do nothing but increase the flab content. It can seem that a piece of white bread and a piece of brown bread are just about the same but in many cases they are not. Whole grain breads can be a good thing when they are not consumed in large quantities and they are an effective way to get your carbohydrates.

# Foods that will Really Derail Your Diet

## Fried Foods

Almost anything that is fried is a bad idea. The reason for the word almost is that there are ways that you can fry things that are still OK. If you were to take a small amount of extra virgin olive oil and fry a piece of boneless chicken breast in it, which would actually be a pretty good choice.

The kind of fried foods that you want to stay away from are ones that are deep fried and particularly those ones that are battered and deep fried. As you can imagine, probably the absolute worst thing that you can eat is something that has animal fat, is breaded and then as a bunch of frying oil embedded in the breading.

## Fruit Juices

This one might catch you by surprise. You can have a small amount of fruit juice, but make it a very small amount. It is actually much better to take your fruits in solid form as it will make you feel more satisfied. One of the easiest and quickest ways to get a bunch of bad calories into your system is to do it with drinks. In 30 seconds you can get more calories this way than just about anything else.

## Diet Drinks

It might seem like drinking diet soda that advertises zero calories is something that will not hurt you. The verdict is still out on this one to a certain extent that it is widely accepted that artificial sweeteners cause problems with insulin levels in the body. Until more complete studies are done it is probably best just to stay away from diet drinks.

While it's not that certain whether they cause problems or not one thing is sure: they will not do you any good. If you're thirsty, drink water or low-fat milk and you'll be much better off. As far as regular soda goes, it is full of sugar and should be avoided at all costs.

### **Breakfast Cereals**

It is important to note that not all cereals are bad. Some of them are actually very good for you. If you read the labels carefully you can choose which ones will help you with your diet and which ones will really derail your diet. Anything that is called 'frosted' is probably not a good idea. This is where breakfast cereals go bad; many include high sugar content and that's not good.

You need to find ones that have high-fiber content without the sugar. They sure won't taste as good when you lift up your shirt to show off a six pack, you'll be happy that you stuck to the ones that deliver good carbohydrates to your system.

### **Fat-Free Snacks**

This is another one that might surprise people. When you see a label like 'fat-free' it makes it sound like it's going to be some kind of health food. Most fat-free snacks are loaded with sugar and that's why they don't taste so bad. A cup of refined white sugar is a fat-free snack; it doesn't mean you should eat it.

# Chapter 4- Breaking through Your Body Type- You CAN Change it

## The Different Body Types

The three different body types are ectomorphic, mesomorphic and endomorphic. In the simplest terms, someone who is ectomorphic is generally very thin by nature. Someone who is mesomorphic has a fairly muscular stature and usually has very good posture. People who are endomorphic tend to be a little heavier and rounder. They usually carry more body fat than the other two types.

If you are naturally mesomorphic, you have a bit of an advantage. It will not be too difficult to gain muscle mass, or to reduce body fat in order to both develop and show off a muscular physique. You probably know somebody that seems to look fairly strong and fit without having to do much in terms of resistance training or diet.

If your body is endomorphic naturally, you probably have some difficulty getting rid of that last bit of fat around the belly. Endomorphs don't usually have trouble gaining muscle mass; the issue is usually more about having it show through when they get a little pudgy.

In order for an endomorph to develop a muscular physique, it is important to adjust the diet accordingly. It is crucial not to eat too much in the way of fats, and especially important to stay away from bad fats. The carbohydrate part of the ratio should probably stay about the same, but keeping the protein level up and a specially ensuring that protein is consumed at every meal will help an endomorph to see greater success.

### **Which Category are you in?**

The truth is that most people don't fall solidly into one category. You'll see people from time to time who are completely endomorphic or ectomorphic for instance, but the vast majority of us have a body that is a combination.

How you plan your diet and work out regime depends on how far into one category you're leaning. It is a little more straightforward for somebody who is completely mesomorphic, but they are a minority.

Diet is very important, and now you know how to eat for your particular body type. The next section is dedicated to the ectomorph, as there is a little more involved for them to change their body type. If somebody has an endomorphic body type, part of the key is to include a strong cardiovascular component to their workout.

Running, cycling and swimming are all excellent exercises to reduce body fat. The best plan of all is to use all of them and even include other good cardiovascular exercises like rowing. Cross training in this way provides more of a challenge for the body, and you will see greater results in terms of body fat reduction.

Whatever category you fall into, you should be aware that it is not a life sentence. By taking advantage of the advice that you find here you can change your body type. You may be encouraged to know that many people have fought against a particular body type and one; Arnold Schwarzenegger actually had a very ectomorphic body when he was younger.

Now you are feeling a little more motivated, aren't you?

## Hope for the Ectomorph

Everybody has a particular body type. This is something that you are born with and while genetics play a large role in what you look like there are things that you can do no matter what type of body you have to gain muscle mass and develop a muscular physique.

As mentioned there are three basic body types: Ectomorphic, mesomorphic and endomorphic. For now, the focus will be on people that have an ectomorphic body type.

An ectomorph is generally tall and thin. The physique is characterized by smaller bones and there is not as much muscle mass naturally as you would find in the other two types. The ribs are closer together than in the other body types and ectomorphs will find it more difficult to gain weight.

Ectomorphs do not usually have as much strength, but they often make excellent endurance athletes partially due to the low body weight.

If you have an ectomorphic body, do not despair. One of the things that many people find so difficult is reducing body fat in order to let their muscles show. This is not something that an ectomorph will generally have to worry about.

As mentioned previously, diet is very important when it comes to developing physique. This is very true for an ectomorph, and people with this body type must adjust their diet in order to experience weight gain.

### **The Ratios**

If you have this body type, you'll find that you have a high rate of metabolism and that most of what you eat will get burned off very easily. It is very important for an ectomorph to consume enough calories to build muscle. It is also important to tweak the ratios that were mentioned earlier to make weight gain easier.

It might seem that increasing the fat intake is the best way to go but actually what you want to do is increase the carbohydrate intake instead. The goal is not too simply increase body mass; it is to increase muscle mass. Taking in more fats will likely only lead to excess body fat.

*Increasing the carbohydrates will allow for greater muscle development.*

### **Sleep is Important**

It's important for anyone doing weight training to get enough sleep so that the muscles have a chance to rebuild. This is true for an ectomorph, but if you have this body type you should also be careful not to get too much sleep.

While sleeping, your body will continue to burn off calories so maintaining the correct balance is especially important for people with this body type.

### **In the Weight Room**

Resistance training is always essential to building muscle mass. For the ectomorph, certain changes must be made in order to see the desired results. The amount lifted should be closer to the maximum than would be suggested for the other body types.

The ectomorph should also allow three days rest between working out muscle groups in the same part of the body. This will help to add size to the muscles and is necessary because a weight closer to the maximum is being used.

# Chapter 5- The tricks to Fast Muscle Gain

## Work Smart and Work Hard

Now that you know what to eat and what not to eat to fuel your workout, it is time to hit the gym. There is simply no way to gain muscle mass without having an effective workout routine.

There is a reason they call it a workout; it is work and it is hard. Doing a good workout is not only tiring but it also takes time. Therefore, you really want to get the most out of your time in the gym, and there are a number of things that you can do to develop larger muscles faster.

### What Kind of Exercises to Do

First of all, if you're a beginner in the gym there are a number of effective lifts that you can do for maximum muscle mass increase. Here is a short list of things that you will want to use when you get started:

Biceps- Barbell Curls and incline curls

Triceps- Bench press and skull crushers (lying triceps extension)

Chest- Incline press with free weights

Back- Chin-ups and rows

Shoulders- Military press (machine or free weights)

Legs- Squats, deadlifts and donkey calf raises (toes on a platform and extend them)

You will eventually put a few more things into your routine that these are some of the best ones for gaining muscle fast. They target the larger muscle groups and if you do these ones consistently you'll find that your muscles start getting bigger very quickly.

### **Find Your Maximum**

One thing that you will want to do before too long is to figure out what your maximum lift is for any of the exercises mentioned above. Some people make the mistake of trying this on their first visit to the gym. This is not a good idea.

If you attempt your maximum lift on your first trip to the gym you are simply asking for an injury. At the very least your muscles will be too sore to return for quite some time. It is a much better idea to start off easy just for a little while. Make sure you don't take it easy for too long though. All you want to do is get yourself ready for that maximum lift.

The reason for figuring out a maximum lift is that many of the techniques that you will use are based on a measurement that uses the most that you can lift. Using your maximum lift weight is not something you will do every time you work out. It is also a number that will change over time as you become bigger and stronger.

**Work out according to the guidelines in this manual and that will happen for you quickly.**

### **Form is Important- Do Not Cheat**

No matter what the exercise you're doing in the gym, it is important not to cheat. Cheating in this case is talking about using other body parts or swinging a weight in order to complete the exercise. This happens often with exercises like curls. When you do this you are only cheating yourself.

You need to isolate the muscle that you are working on and the only way to do this is to use the best form possible when you are lifting.

## Some Things to Try in the Gym

There are plenty of different techniques that you can use that vary the number of repetitions and the percentage of your maximum that you're using in order to really blast your muscles and get the best possible work out to increase muscle mass.

### **Incremental Increases**

This method involves using the most that you can lift in an eight repetition set. This will usually be somewhere of around 80% of your maximum lift. Each time you work out, reduce the number of repetitions in your set by one and increase the weight by about 5%. After you have gone through about three or four workouts, then try lifting the weight from the second workout with the eight repetitions that you're using in the beginning.

Now, you will be lifting 5% more than you were in the beginning. If you keep using this method you will see quick increases in your strength.

### **Ramping up your Reps To Burst Through A Plateau**

To do this, figure out the most that you can lift in two repetitions. This will be somewhere in the neighbourhood of 95% of your one lift maximum. Increase the number of sets that you would normally do to five or six. Chances are that you will not be able to finish your five or six sets. The idea is that you keep trying in each subsequent work out to do five or six sets at this weight with two-repetitions each. You then increase the repetitions until you can do five or six sets of four. This is a good method for getting off a plateau when you feel like you're having trouble increasing the weight you are lifting.

### **Reducing Sets**

One way to really push your muscles to the limit is to do three sets using the maximum weight you can do for six repetitions. After that reduce the weight by 30 or 40% and try to do two more sets of six repetitions using this weight. Even though you're using a smaller weight you're still pushing your muscles to

their maximum and this will increase the benefit. Before too long you will find that you can increase the weight of your initial sets.

### **Partial Lifts**

This is one of the few exercises that actually uses more than your maximum lift. Try going with 20% more than your maximum and doing the regular number of sets. The technique is to lift the weight all the way up, and then lower it only about one 3<sup>rd</sup> of the way down.

Lift the weight back up and repeat for the full number of repetitions. Eventually allow the weight to go further down in subsequent workouts. This way, eventually you'll be able to lift the greater weight through all of your sets and repetitions. You might need a spotter for this one.

### **Shorter Intervals**

This method is a little simpler than most. Do you workout as you normally would, only allow less time in between each set. You will notice that after a couple of sets it is more difficult to lift the weight. It is hard for your muscles to do this and you'll then get more benefit out of each set.

## **Additional Workout Methods for Greater Muscle Mass**

Now you already have a few good methods that will really help to increase muscle mass as quickly as possible by blasting your muscles and pushing them to their limits. That is how you increase muscle size and strength and if you use these methods diligently you are going to be very happy with your results. The mirror will tell you so.

You should always be looking for ways to continue to push your muscles and in fact shock them to make yourself stronger. What you're actually doing when you're lifting weights is breaking down the muscle and the increase in size and strength that you get is from the rebuilding of the muscle.

Even with the techniques already listed you may find that you hit a plateau. When you do there are few more things that you can try:

### **Reduced Reps with Greater Weight**

For this one, do your first set of six repetitions with about 80% of your maximum lift weight. For your next set, reduce the number of repetitions by one and increase the weight to about 85% of your maximum lift weight. Keep going until you find that you cannot do any more. This allows your muscles to get warmed up and then increasing the weight will maximize the load you're putting on your muscles.

### **One Rep Sets**

This is an extreme one. In this case, you will be lifting your maximum weight. Simply, all you do is lift your maximum weight once (which, by definition is all that you can lift) and rest for a few minutes. Then do it again.

You will probably be able to do about seven or eight of these one repetition sets. This is one method that really helps to increase the amount that you can lift. If you do this over a few workouts you'll soon find that your maximum lift is not nearly as hard. At this point try your maximum lift again and you'll find that it has increased.

While all of these methods will be effective to help you gain muscle mass very quickly, any one of them used alone may not be as effective as they can be if you switch them up a little bit. Many of them require a few workouts, so after you have gone through a method try using another one.

Some of the methods will also work well when used together. For instance, try using the shorter intervals method while using reducing sets or one rep sets and you will find that you get even more benefit.

Something that these different techniques will do is to keep you interested. If you really want to be effective, bring a piece of paper and keep track of what you're doing in the gym.

This will help to keep you motivated, especially when you look back at how your maximum weight is increasing.

Sometimes it is hard to tell from week to week as the increases are cumulative. Writing them down will show you how much progress you have made and it will keep you going. It would also help to write down some goals and it will really make you feel good when you meet them.

# Chapter 6- The Worst Things You Can Do when trying to Bulk Up

## Things That Go Wrong In the Gym

So now you have a bellyful of motivation, the right diet going and a workout plan that is bound to see you with muscles bulging out of your shirt in no time. That's great, but you should be aware that there are few things that can really cause you to have a setback and slow down your progress.

### Overtraining

There is a point where continuing to work out more will simply not get you any further ahead. There is a maximum that the human body can take, and if you push your muscles so hard that they have difficulty repairing themselves in time for the next workout than you really won't be seeing the kind of progress that you want to.

One of the things that you really need to do is allow a few days in between working out muscles of the same group to give them a chance to recover. It is not really that advantageous if you are working out six or seven days a week, so just make sure there is enough time between rotating the muscle groups that you are working out. This is part of the reason why it is so important that you write down what you're doing and make a schedule.

It is actually not a bad idea to throw in a couple of days off every once in awhile. Your body can use this time for recovery and don't worry, you won't lose everything you've gained in that time. It may actually help you to stay motivated if you don't push yourself so hard that your body is always sore, and at the same time you're not getting the gains that you could be with sufficient rest.

### **Under training**

Alright, now this one might be a little bit more obvious than the over training but it bears mentioning any way. Now, this isn't referring to completely giving up on your workouts. That will definitely mean that your muscles start to go back to the way they weren't before you started working out and before too long everything that you have done was all for nothing.

This is talking about not pushing yourself as hard as you can. If the goal is to produce maximum muscle mass, then you need to keep trying to push the limits of your strength. Also, just like training too often is not good training too infrequently isn't good either. If you can only set aside one day a week to do weight training you're probably going to find that you're not going to get the most out of your workout regime.

If you can only go once a week, you would have to work out just about all of the muscle groups at the same time. This is much tougher than going more regularly and having a workout that is a reasonable length. It also means that while your body is trying to repair all those different muscle groups at the same time it just simply doesn't have enough nutrients to do it. This way you will be doing training that doesn't do you much good.

## **More Ways to Fall Short of Your Goals**

There are a number of different ways that you can fall short of your goals when it comes to working out and building up your muscle mass. Some of these occur in the gym and some of them are things that happen outside the gym.

### **Keeping the Same Routine**

There were a number of techniques mentioned earlier to allow you to push your muscles and your body further and further in order to improve your physique. If you don't take advantage of these techniques, you are bound to hit a plateau. It's not a maybe, it is definite.

If you start working out and are using the same weights in the same frequency it will not be long before you hit a point where no further gains are realized. You have to increase the weight that you're lifting and you have to keep changing up your routine.

### **Not Listening to Advice**

Whether its pride or something else that keeps you from listening to the experts, if you shut them out it can be the biggest mistake that you make. There is some advice that you should not take so be careful especially when you're reading something on the Internet or in some kind of sales magazine. Ads that promise ridiculous weight gains are usually just schemes.

### **Paying too much Attention to the Next Guy**

Whatever you do, don't let pride get in the way of achieving your goals. Do not be concerned if you have to move onto a machine that someone else has just used and you need to move the weight and from a higher weight to a lower weight.

Everybody has different strength levels and will be using different techniques so the weight that you are using really doesn't matter to anyone except you.

If you look around when you're in the gym and you see that everyone else is bigger than you don't be discouraged by it. Look at it as an opportunity; if they can do it you can do it. If you see a bunch of big, muscular guys in your gym, take it as a message that you're probably in the right place because they have obviously been successful there.

There will always be someone around who has progressed further than you have. You just can't measure yourself against other people. You have to measure your success personally, and you have to feel good about gains that you have made.

# Many Things Can Derail Your Plans

There is a wide variety of things that can throw you off. Some of them are obvious like motivational problems but there are others that you might not consider right away.

## **Getting Distracted**

This can happen in a number of different ways. It might be something outside the gym, whether it is a relationship or a video game, there are things that can get your attention and cause your workouts to fall off. Try to balance your health goals with other things in your life.

You can't give up your whole life, and nobody expects you to but if you want to improve your physique, you simply have to set aside the time to work out and plan your eating.

## **Getting Distracted #2**

This kind of getting distracted refers to things that are going on in the gym that can cause your workout to get off track. There are a number of things that can get your attention when you're in the gym; often there are people there that seem to want to strike up a conversation and this can throw off the timing of your intervals.

There might be a cute fitness instructor that distracts you. Hey, it can be hard to avoid but try and remember why you're there.

## **Doing it Alone**

One thing that really helps a lot of people when it comes to working out is having a buddy around. It's really good if you have someone at the same gym that can spot for you and encourage you but if you don't know anybody there or you don't really feel comfortable doing this there are other ways to get around this.

Online there are plenty of forums and groups comprised of people that have the same interests that you do. You can go on and talk to people about their experiences and yours and compare notes about things they do to be successful.

They can often give you good advice about avoiding things that can get you off track but it is also very valuable to have somebody give you encouragement and this helps you to stay motivated. It adds a certain amount of accountability when you actually talk to somebody about what you've been doing.

### **The All or Nothing Syndrome**

There are times when you can get discouraged because you haven't been able to stick to either your workout program or your diet. It's human nature that often when people fail in some regard they get discouraged and quit. Understand that it happens and it's OK. Particularly when it comes to the diet, it's difficult to only eat the right foods 24 hours a day seven days a week.

# Chapter 7- The Real Truth about the 'Pump'

## Learn to Understand the Pump

Basically the pump is the effect of having the muscles engorged with blood. It causes your muscles to seem larger than they actually are. This actually is described as a good feeling by many weightlifters and lots of people think that this is the measure of success when you're working out; if you get a good pump you're getting a good workout. If you don't, then you're probably not. Here's the answer:

### So is it Essential?

Debate rages on about whether you actually need to have a good pump going in order to see results. Many sources say that in order to be in a good anabolic state you need to have the muscles filled with this blood in order to provide them nutrients. A little more on anabolism later but for now understand that it is a state where you are building up tissue. The opposite would be a catabolic state where tissues are being broken down.

Obviously, a catabolic state is a bad situation for somebody trying to increase muscle mass. It means that the muscles are being used for energy and if that's the case you are doing the opposite of what you want to accomplish.

It's the kind of thing that is very difficult to determine. There are going to be days when you go into the gym and find that no matter what you do, no matter how hard to push yourself you simply cannot achieve the pump. On occasions like this some people say that it is probably better just to cut the workout short and move on to the next day.

There is simply no evidence to support this theory.

If you're not able to achieve a pump, some would say that it might be an indication that your body is not ready for a workout. It can be a number of different reasons for this including a lack of hydration, not enough recovery time or insufficient nutrients in the body to fuel a workout. None of this is really proven, so just stick with it.

If you consistently have trouble getting into this state try to make sure that you are sticking to your diet the best that you can. It is often the reason why you're not able to get to that state where the muscles fill with blood. The intensity of the workout may also be a question when it comes to getting into this state. If you think that you can probably push yourself a little harder, then you should. When you push yourself hard that is when you'll see the greatest gains in terms of muscle mass.

If you end up in a situation where you're not achieving a pump, it doesn't mean that you should simply stop or give up. Simply stick to what you're doing and you will get this to happen eventually.

## How the Pump Can Help

So now you know that a pump is not absolutely essential to building muscle. The truth is that the pump is actually more of an indicator than it is a necessary state for increasing muscle mass. One thing is true: if you're surfing the couch there is absolutely no way that you're going to achieve the pump.

The only way that you're going to get your body into this state is to be in the gym and giving your muscles a really good workout. Now this doesn't mean that you should expect that the first time you go into the gym you're going to be all fired up and feel like Mr. Universe. It takes a while for the body to get used to heavy weight training and you have to be patient and give it a chance to be able to do that.

### **What it Feels Like**

When you get there you'll definitely know it. Many people describe the feeling has euphoric and it has even been said that a good pump is better than sex. That may be questionable, but you get the idea. It probably has to do with the fact that there are also endorphins in the body that are present when you're working out and make you feel good.

Something else that shouldn't be discounted is the psychological effect of the pump. Because the muscles are engorged with blood they will seem bigger and in many cases firmer. When you see and feel your body in the state that can often be a strong motivator.

Many people will actually go and work out before they're going out to a club or some kind of function specifically in order to get the pump and make the muscles feel larger. There's nothing wrong with this, and in fact it can act as a significant motivator. Anything that keeps you on track is a good thing so take advantage of the feeling and the effects and you will be more likely to see continued success.

### **Don't be Fooled by the Pump**

The pump definitely has its benefits but you should not be fooled into thinking either that a pump is necessary for increasing muscle mass or that it is an indicator that you're increasing muscle mass. It is actually easier to achieve a pump if you're using slightly lower weights with an increased number of repetitions. If your goal is to increase muscle mass as much as you can you will actually be working closer to your maximum weight and you might not experience as much of this sensation as someone else who is looking more towards muscular endurance or a maintenance routine. The bottom line is that you understand it for what it is; it's a good feeling it makes you look good. If you're working out and you get a good pump enjoy it. Just don't feel discouraged if you're not getting a good pump. It doesn't mean that you're not making gains. Gains are made by using the right program and sticking to it. Do not stop your workout if you're not getting a pump.

## Chapter 8- Anabolic Hormones- Building up the Natural Way

### Understanding Anabolic Hormones and How They Help

There's a lot of misinformation and misunderstanding in the bodybuilding world of anabolic hormones. The use of illegal anabolic steroid hormones have caused this to be something that many people are reluctant to even talk about.

One thing that you have to understand is that anabolic hormones are naturally occurring in the body and when they are produced by the body there are actually very beneficial and necessary to increasing muscle mass. The ones that you are probably familiar with are testosterone and human growth hormone.

To put it fairly simply, hormones are chemical messengers in the body that are produced by certain organs in order to produce varying results. You've probably heard the term hormone used in a number of different situations in relation to the body. Teenagers that are experiencing rapid growth or even acne are said to be feeling the effects of hormones. You'll also hear that pregnant women who are experiencing certain effects of the pregnancy are feeling the effects of hormones. These are all true; there are a number of different hormones that act on the body in different ways.

#### **Illegal Steroids**

You probably know just from watching the news that illegal steroid use in sports and particularly when it comes to weight lifting has become rampant. If the question is that they assist in the development of muscle, the answer is that they can and they do.

The caveat is that they generally cause more problems than they solve. You may have heard the term ‘roid rage’. It is more than just a saying. People who are taking certain steroids will experience moods that are not natural to them and in many cases they can lead to violent behaviour.

The whole idea behind working out and building up your muscle is to feel good and for many people to have others admire you. It’s great if you have big muscles, but if you’re angry on most occasions you will not be admired much and any of the positive effects will be outweighed by the negative ones.

These are just the effects that happen in the short term. Over the long term, fooling with the body’s natural chemistry can cause problems with the reproductive system. It is simply not worth messing with the family jewels. Nothing can be worth that.

## So How to Get your Anabolic Hormones Working?

So if you’re not going to increase your anabolic hormone levels by taking injections or pills or something like that, the question remains whether there are ways to increase anabolic hormone levels in a natural way. That good news is that there are.

### Testosterone

Testosterone is naturally produced by the body and everybody has it. Women even have a certain amount of testosterone, believe it or not. If you remember being a teenager and experiencing not only a growth spurt but increasing strength you’ll understand the effect that testosterone can have on the body. It can be very effective when it comes to a bodybuilding plan.

One of the easiest ways to increase testosterone levels in the body is actually to lift weights. Convenient, isn't it? The body is an amazing machine, and it does many things that we don't even understand. In this case the body seems to sense that the muscles are under a heavy load and it produces more testosterone.

The good news here is that the more you work out, the more testosterone the body will create and the greater the results will be from your workouts. Also good news is the fact that the exercises most likely to increase testosterone levels are those that use weights that are 80% or higher in relation to your maximum lift weight.

That means that the very programs that you'll be using for maximum muscle mass is the same as what you would want to try and create testosterone in the body.

### **Human Growth Hormone**

Human growth hormone is also an effective anabolic hormone when it comes to building muscle mass. It is also one that can be found illegally but again there's good news. It is created by the body naturally and there are ways to increase its levels in a natural way.

Human growth hormone not only influences the building of muscle but is also affects fat reduction in the body. This can give you that 'ripped' look. It increases the levels of fatty acids and glucose and the blood that means that you have more fuel for your workout and the fat will get burned off faster and easier when it is present in your system.

Naturally produced HGH also has positive effects on the joints and causes the slowing of aging in the body.

The most effective way to increase the amounts of human growth hormone in your system is actually to make sure that you're getting a good supply of both protein and carbohydrates both before and after your workout. Again, it's pretty convenient because this is part of the plan when it comes to building maximum muscle mass.

The best way to increase the amounts of these hormones in your body is to stick to the program as it has been outlined. If you are consistent in staying with both your workout program and your nutrition program this will see the greatest increase of anabolic hormones in the body and as a result you will keep these levels up and see even greater gains.

# Chapter 9- Why Recovery is so important to Relentless Muscle Growth

## The Need for Recovery

The importance of recovery when it comes to building muscle mass simply cannot be overstated. The process of increasing muscle size is the combination of two things.

First of all intensive workouts are required to break down the muscle tissue. It might seem odd that lifting weights is actually damaging muscle but in effect that exactly what is happening.

It is during the recovery time that the muscles are built back up by the body and when they are, they end up being bigger and stronger.

As you have read, there are a number of things that you need to do in order to achieve the maximum results; you need to make sure that you maintain a good diet, you have to mitigate factors that will prevent you from staying motivated and you also have to put in some serious work at the gym.

Recovery is crucially important to building muscle mass and the good thing about it is it is easiest part of the plan.

### **Things that you Need to do to Improve Recovery**

The process of recovery is more than simply resting between workouts, although this is a big part of recovery. There are things that you need to in order to keep your body in a state where you can rebuild muscle.

### **Stretching**

This is something that is often overlooked when it comes to weight lifting. Many people think that stretching only benefits your flexibility. It does, but there is a lot more to it than that. If you stretch well before and after a workout you'll find that you experience less muscle soreness. This will make your workouts easier. Even on days that you're not working out, it is helpful to do some stretching.

### **Keep Moving**

On days that you're not working out certain muscle groups, is still good to go through some light movements. You'll find that this helps with muscles that are stiff. Even light contraction of muscles will help stimulate blood flow in those areas. When skeletal muscles contract it forces blood to move through the arteries and veins. This will help the muscles to recover as they are getting the necessary nutrients.

### **Sleep is Key to Recovery**

As you probably know, sleep is the period when the body recovers the most. It is essential to get that we get seven or eight hours of quality sleep every night. This shouldn't be too hard as you'll find that when you're working out your sleep patterns will often improve. Try to maintain a good schedule and go to sleep at the same time every day. Avoid any kind of caffeine later in the day and give yourself time before you go to bed to do something relaxing.

### **Diet for Recovery**

To get the muscles to recover properly you need to maintain a diet that feeds them. Protein and carbohydrates are the most important factors and not only do you need to get enough of them, but it is important to take them at the right time. Knowing that the period when you sleep is when your experience the most recovery, try to make sure that you get enough protein in your last meal of the day to fuel the recovery.

# The Dangers of Not Having Good Recovery

Recovery is the time when your muscles are being built back up by the body and oddly when you're not working out, this is when your muscles actually experience their growth.

## What Happens When you don't Recover

If you don't allow for the necessary amount of time and get the proper nutrients for recovery you can really be sabotaging your efforts. Instead of finding your body in an anabolic state, you'll actually be in a catabolic state. If you go to work out in your muscles have not fully recovered, not only will you find that you are not able to build muscle mass but often you can lose ground that you have already gained. Catabolism is the situation where nutrients are being taken from tissue for fuel. This means that the very muscles you're trying to build up are actually being used as fuel.

## How long does it take to recover?

Previously it was often held that muscles to about two or three days to recover and then could be trained again. Recent studies have shown that the recovery time is actually longer than this and can be as long as four to seven days. It is been shown that people who train a similar muscle group every four to seven days as opposed to two or three will actually receive the same results and in some cases better results.

Recovery time depends a lot on the type of training that you're doing. Aerobic workouts and light weight workouts in order to tone allow for shorter periods of recovery. If your goal is to increase muscle mass as much as possible then your muscles need a longer recovery time as they have been broken down more substantially.

It is important to realize that people who are starting a weight training program can actually realize gains with shorter periods in between workouts. This would seem a little counter intuitive but it's true. Often after a period of about three or four months you will find that you hit a plateau.

It is then that many people make the mistake of trying to work out more often to improve their results. You'll usually find the opposite effect and in fact after this amount of time you want to back off your workouts. Realize that you're not backing off the intensity of workouts, simply the frequency.

### **Time Spent in the Gym**

Another common mistake is that people often spend too much time in the gym. In order to achieve maximum muscle growth, the most effective plan is to have shorter, more intense workouts. This is where the availability of nutrients comes in. If you work out for too long, the available nutrients to those muscles is diminished and you will not see the same kind of results.

Take recovery seriously. The most effective weight training plan to increase size actually calls for a certain amount of restraint. This can actually make things easier for you in the long-term, knowing that you have to spend less time and less effort to achieve more satisfying results.

## Conclusion

Now that you have read all of the information given in this guide, you have the necessary tools to gain muscle mass the natural way.

You really need to look at nutrition. In order for you to have an effective muscle building plan, you have got to provide those muscles with fuel that will give you energy and allow them to rebuild. As time goes on you'll start to read labels and gain more and more understanding of what you are putting your body. In time you'll become more familiar both with the foods and the supplements that will help give you an edge to provide you with the ability to get massive in less time.

You now have the knowledge of what you need to put into your body, and the things that can take away from your results. You can work out all you want, but if you're not eating the right foods and getting the proper nutrients to your muscles then you will be doing a lot of work for nothing. Understand that your body is a machine and needs proper fuel to run. If it doesn't get it, it simply won't be efficient.

The foods that help you and the foods they hurt you aren't necessarily obvious, so stick to what is outlined in this guide and never stop learning about what will help you reach your goals.

Whatever your body type, you can put to work everything you have learned here to get the kind of body that you want. If you were born with a body that tends to be ectomorphic, you simply need to adjust the plan a little bit in order to get the desired results. Knowing is half the battle; putting the knowledge to work will give you results that will surprise you.

There are things that you can do in the gym that will increase your effectiveness while you're there. By using different training techniques, switching them up and combining them you will be challenging your muscles and because you are you'll see incredible growth. These tricks have been tried and tested by people who know....so use them.

You have now learned the truth about what the pump really is and how it affects muscle growth. When you start to feel the pump, you should enjoy the feeling but at the same time you should not be discouraged if you go into the gym and you're not feeling the regular pump that you sometimes do. The most important thing is to stay on track.

You now have knowledge of anabolic hormones and their effect on the body. You also know how to increase their levels, and the good news is that things that you are doing to increase muscle mass are the very things that will help you to increase the levels of anabolic hormones in your body that are beneficial.

You also learn about the importance of recovery and how to speed recovery in the body. All the things mentioned above will not be effective less you also incorporate this into your plan.

Now you have all the tools you need, so all you have to do to achieve that amazing muscular body that you dream of is to put them to work for you. It is not only important to work hard at it but to also do it the right way.

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