



MASS IN A FLASH

12 WEEKS TO A BIGGER AND STRONGER YOU

ALAIN GONZALEZ

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TABLE OF CONTENTS

SECTION 1

Preparing to Grow Page 4

SECTION 2

Eat Your Way Big Page 5

SECTION 3

Performance Based Training Page 7

SECTION 4

M.I.A.F. Preparing to Train Page 9

SECTION 5

Mass In a Flash Workout Page 10

SECTION 6

Workout Index Page 13

PREPARING TO GROW

Step 1 – Get a Workout Log



The key to continuous growth is constant progression. Every day that we walk into the gym, we should have one simple goal in mind. That goal is to outperform your last performance. If you are training day in and day out without any clue of your total workload or intensity, your chances of putting enough strain on the given muscle to stimulate new growth is like hitting the lottery. Not to mention your body will adapt to the strain and find no need to get bigger or stronger to handle the workload. This will undoubtedly result in you becoming a victim of the treacherous plateau.

Step 2 - Know Where You're Starting

How can we know how far we've come if we don't know where we started?



1. Step on the Scale and take your weight
2. Calculate your body fat percentage (optional)
3. Take your measurements
4. Snap a "before" picture

EAT YOUR WAY BIG



Calculate Your Maintenance Calories

Bodyweight (in lbs) x 16 = Maintenance Calories

For Example:

170 lbs x 16 = 2,720 Calories per day to maintain your current weight.

Creating a Caloric Surplus

Maintenance Calories + 250 = Daily Caloric Intake

For Example:

2,720 (maintenance calories) + 250 = 2,970 calories per day to build size

Calculating Your Protein Intake

1 x Bodyweight (in lbs) = Grams of Protein per Day

For Example:

1 x 170 lbs = 170 grams of protein per day

Calculating Your Fat Intake

0.3 - 0.5 X Bodweight (in lbs) = Grams of Fat per Day

For Example:

0.5 x 170 lbs = 85 grams of fat per day

Calculating Your Carbohydrate Intake

Step 1: Convert your daily protein into calories. There are 4 calories per gram of protein.

170 (grams of protein) x 4 = 680 calories

Step 2: Convert your daily fats into calories. There are 9 calories per gram of fat.

85 (grams of fat) x 9 = 765 calories

Step 3: Figure out how many daily calories are left over.

2,970 (daily calories) – 680 – 765 = 1,525 Calories left over

Step 4: Convert your calories into grams of carbohydrates. There are 4 calories in each gram of carbohydrates.

1,525 / 4 = 381.25 grams of carbohydrates.

Macronutrient Split Example

382 Carbs
170 Protein
85 Fats

Track Your Macronutrients with [My Fitness Pal](#)**Food for thought**

Before you get the idea that you can attempt to meet your macronutrients for the day consuming pizza and cake, you have to consider your micronutrients (vitamins and minerals). It is very important that we include a good amount of fruits and vegetables in our diet along with hitting about **30-50 grams of fiber per day**.

If you take all of these factors into account, you will soon realize that creating a macronutrient-tracking based diet is a great way to maintain a healthy and well balanced diet without completely blacklisting your favorite foods.

PERFORMANCE BASED TRAINING

Progressive Overload: *This is the gradual increase of stress placed upon the body during exercise training. This component is recognized as a fundamental principle for success in fitness training.*

A common goal for anyone following a fitness training program is to increase strength or muscle size. In order to achieve new results, the muscles need to be challenged, which stimulates the natural adaptive processes of the body, which develops to handle the new demands placed on it. If you fail to challenge the muscle, you will fail to stimulate the adaptive response.

How do we ensure our body is challenged enough to respond with growth?

Simply continue to add more stress to the muscle than the body is used to. Naturally it will attempt to build larger and stronger muscle in hopes to handle the new stress. Like I mentioned before, your main focus when you step foot in the gym should be to outperform your last performance by increasing volume, intensity, or both.

“How can I increase my performance regularly?”

- Increase the amount of repetitions without sacrificing the amount of weight used
- Increase the amount of sets
- Increase the amount of weight used without sacrificing the repetitions or sets

In order to simplify the process of increasing performance, we must track our workouts and bring our previous workout notes with us to the gym in order to ensure we are increasing stimulus.

Things to Keep Track Of...

- The workout performed
- The amount of weight you are working with
- The amount of repetitions performed per set
- The amount of sets performed

Once your training session is over and you have collected all the information needed in your workout log, it is time to add up your workload.

**Example: Bench Press**

Set 1 - 135 x 10 = 1,350 lbs

Set 2 - 135 x 8 = 1,080 lbs

Set 3 - 135 x 8 = 1,080 lbs

Set 4 - 135 x 6 = 810 lbs

Total Workload = 4320 Total lbs

IMPORTANT: Next time you step in the gym and are performing a Flat Bench Press, the main goal is to increase the “Total Workload” by using one of the methods listed above for increased performance.

PREPARING TO TRAIN

Warming up before an intense training session is critical, but not complicated. In the case of this program, the warm up should fit the workout. Because we are weight training, then we must utilize a warm up method that will prepare the body for this specific activity.

Why Warm Up?

Warming up is both muscular and neuromuscular. It elevates the temperature of the muscles and tissues thus making them more flexible (better range of motion) and less susceptible to injury. It is also going to improve the muscular contractile properties and allow you to practice the movement pattern that you are about to train.

How should I warm up?

Go straight to the exercise you are starting off with. Perform this exercise about 3-5 times with an empty bar using a full range of motion. Slowly add weight to the bar in even increments until you are ready to handle the work set.

Note: Once you start to add weight, warm-up reps can be tapered down to save gas for the working sets.

Warm Up Example:

Squats

Empty Bar x 3 x 8 Warm-up Set
135 lbs x 1 x 6 Warm-up Set
145 x 1 x 4 Warm-up Set
155 x 1 x 2 Warm-Up Set
Begin Working Sets

Note: Begin every exercise with an empty bar or lightweight in order to warm up the body for any given movement.

The Proper Role of the Warm-up: *To prepare the body for the working sets, not to interfere with them.*

MASS IN A FLASH WORKOUT

MONTH 1

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Workout (a)	Recovery	Workout (b)	Recovery	Workout (a)	Recovery	Recovery
Workout (a)	Recovery	Workout (b)	Recovery	Workout (a)	Recovery	Recovery
Workout (a)	Recovery	Workout (b)	Recovery	Workout (a)	Recovery	Recovery
Workout (a)	Recovery	Workout (b)	Recovery	Workout (a)	Recovery	Workout (b)

MONTH 2

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Recovery	Workout (a)	Recovery	Workout (b)	Recovery	Workout (a)	Recovery
Workout (a) Deload	Recovery	Workout (b) Deload	Recovery	Workout (a) Deload	Recovery	Workout (b) Deload
Recovery	Workout (c)	Recovery	Workout (d)	Recovery	Workout (c)	Recovery
Workout (d)	Recovery	Workout (c)	Recovery	Workout (d)	Recovery	Workout (c)

MONTH 3

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Recovery	Workout (d)	Recovery	Recovery	Workout (c)	Recovery	Workout (d)
Recovery	Workout (c) Deload	Recovery	Workout (d) Deload	Recovery	Workout (c)	Recovery
Workout (d)	Recovery	Workout (c)	Recovery	Workout (d)	Recovery	Workout (c)
Recovery	Workout (d)	Recovery	Workout (c)	Recovery	Workout (d)	Recovery

WORKOUT INDEX

Workout (a)

Workout	Sets	Reps	Rest
BB Squat	3	5	2-3 Minutes
BB Bench Press	3	5	2-3 Minutes
BW Dips	2	AMAP	60 Seconds
Bent Over Rows	3	6-8	1-2 Minutes
Pull Ups	2	AMAP	1-2 Minutes
Overhead Press	3	6-8	2-3 Minutes

Workout (b)

Workout	Sets	Reps	Rest
Deadlift	3	5	2-3 Minutes
Lat Pull Downs	3	8-10	60 Seconds
BW Chin Ups	2	AMAP	60 Seconds
Incline DB Press	3	6-8	1-2 Minutes
Close Grip Bench	2	10-12	60 Seconds
DB Shoulder Press	3	8-10	60 Seconds

Workout (c)

Workout	Sets	Reps	Rest
BB Squat	5	5	2-3 Minutes
BB Bench Press	4	5	2-3 Minutes
BW Dips	3	AMAP	60 Seconds
Bent Over Rows	4	6-8	1-2 Minutes
Pull Ups	3	AMAP	1-2 Minutes
Overhead Press	4	6-8	2-3 Minutes

Workout (d)

Workout	Sets	Reps	Rest
Deadlift	5	5	2-3 Minutes
Lat Pull Downs	4	8-10	60 Seconds
BW Chin Ups	3	AMAP	60 Seconds
Incline DB Press	4	6-8	1-2 Minutes
Close Grip Bench	3	10-12	60 Seconds
DB Shoulder Press	4	8-10	60 Seconds

M.I.A.F FAQ

(Q) What is a recovery day?

(A) A recovery day is simply a day of rest. I call this a recovery rather than rest because rest implies that you must stay inactive. Recovery is more appropriate because we have purposely taken the day off in order to recover and adapt. Without recovery, there is no growth. Don't feel obligated to remain stationary during your recovery day.

(Q) How should I train during a de-load?

(A) During a de-load, the workout selection remains identical. However, overall intensity will be decreased. Every exercise will be done in an 8-12 rep range while using 50-60% lighter weight. This is essentially a recovery day that requires you to be in the gym. Do not train to muscular failure! Feel free to reduce the volume (number of sets) performed.

(Q) What is AMAP?

(A) AMAP = As Many As Possible

(Q) Should I go over the prescribed rep range if the weight is simply too light?

(A) No. This is a good indication that it is time to increase the weight. Once the weight is increased, focus on achieving the prescribed rep range on all sets without reaching muscular failure.

ABOUT THE AUTHOR



Alain Gonzalez is a personal trainer, mixed martial arts competitor, freelance writer and fitness consultant who has dedicated his life to helping others meet their fitness goals.

His transformation has been featured in articles on websites all over the internet and has given hope to countless hardgainers all over the world.

He is the founder of www.MuscleMonsters.com, a fitness site dedicated to helping skinny guys and gals build muscle and stay lean, and is the author of "[Bony to Brawny](#)" – The skinny guy's secret to explosive muscle gains revealed.