



THE SECRETS TO QUALITY
MUSCLE MASS & STRENGTH GAINS

CHECKLIST

POWER

MASS

BLUEPRINT

Power Mass Blueprint

Checklist

Bulking up, as in bodybuilding, is often seen as synonymous with lifting weights. And for most people that's where the equation ends. As long as they lift weights, they believe they'll get jacked.

However, there's much more than just weightlifting when it comes to bodybuilding essentials. In fact, it's an entire series of components including nutrition, supplementation, and training. Then come rest and recovery, along with lifestyle changes that will help you gain muscle and keep it that way. This checklist will run you through the simple tips and techniques to achieve your dream body.

Chapter 1: The Mindset of a Champion

Mental toughness is a trait required for success in any field. It's what gives your goals resilience, gets you over adversity and lets you follow through with what you set out to do in the first place.

What separates the successful from others is not only their dedication or motivation but also their mindset. So it's not only your physical competency that will set you apart but also mental attitude towards getting to your goals.

Here's what you need to look for in the mindset of a champion:

- Unwavering dedication
- Fight distraction
- Finish what you started
- Build positive mental habits
- Push yourself beyond normal limits

Chapter 2: Workout Routines for Increasing Muscle Mass

The way you work out to gain muscle will, of course, determine the outcome of your efforts. That's why it's so important to find a routine that caters to your body the best. And for that, you need to consider a few things first.

While the general idea is to lift heavy weights for building muscles, you need to start off by strengthening muscle first. If you're new to all this you may want to engage in some strength and endurance moves before you tackle the weights. Some important considerations when doing so include the following:

- Choice of exercises
- Number of sets
- Resistance
- Rest between sets

Chapter 3: Power Building Lifestyle

Bodybuilding or building muscle mass doesn't mean that you have to lead a life of deprivation. You need to keep a balance in your life so that all your efforts in building strength or muscle mass are not lost. If your lifestyle is in accordance with the muscle building regime you are following, then you're golden.

Once you attain your muscle building goals, you also have to maintain them or get better. If you thought getting to the goals was hard, you'd be surprised to know that maintaining your gains is even harder. You need to alter your lifestyle according to your muscle building routine so that you can create a balance and keep your gains.

- Mix your workouts
- Adequate sleep
- Schedule regular recovery time
- Hydration

Chapter 4: Diet for Increasing Muscle Mass

Diet is perhaps that component of your muscle building program which will make achieving your goals so much easier when planned correctly.

You know that you can work out all that you want, but if you eat the wrong foods, you won't get the results. Here are some tips on how to eat right when you want to increase your muscle mass.

- Eat at home
- Plenty of protein
- Snack often
- Best foods to bulk up

Chapter 5: Supplementation for Muscle Mass

If you're aiming for building muscle mass, you're probably familiar with a number of supplements to enhance results. However, you have to remember that "supplements" are meant to supplement your diet and not replace it.

Importance of Supplements for Body Building

The right supplements can be extremely important for body building. These are compounds that aren't naturally present in your body or aren't present in sufficient amounts which makes it essential to take them from the outside. The following may help you gain more muscle with the right diet and exercise program:

- Creatine
- Beta Alanine
- BCCAs
- HMB

Chapter 6: Cardio for Muscle Building

A study was published in the *Journal of Applied Physiology* which touched on this topic. The study included a group performing 10 weeks of intense training along with cardio.

It was found that cardio burnt more fat as compared to only weightlifting. The downside was that cardio also reduced the strength gains. There are also other studies to prove that cardio does cut down the muscle gain when integrated with resistance training.

Importance of Cardio in Muscle Building

So cardio becomes a controversial topic when trying to bulk up. The question remains does cardio counter muscle gain? Well, it certainly can if you do it wrong. But it's not all that bad if you know how to do it properly.

When you work out to gain muscle, think of cardio as conditioning. It's the means through which you can improve your heart health. A healthy heart means better blood flow to the muscles which further means a sufficient supply of oxygen and nutrients to the musculature. But it's important that you do cardio without losing any muscle.

Chapter 7: Tracking Progress

When you start an intense training program and you've got the supplements and diet plan ready, you need to work towards keeping track of your progress too.

Some people have set a time frame for themselves in which they have to reach a certain "gains goal". To reach this goal in the set time span, you need to track your progress.

Here are a few ways in which you can track your progress and make changes in your muscle gain routine along the way.

- Keep a journal
- Weighing scale
- Body fat composition
- Measurements
- Take pictures

Chapter 8: Best Fitness Apps to Measure Progress

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- Nike training club
- Garmin fit
- JEFIT workout tracker
- Fitness pal
- IMuscle
- Workout trainer