

E BOOK

How to Guide
BUILDING LEAN
MUSCLE MASS

BUILD SIZE - INCREASE STRENGTH - BUILD LEAN MUSCLES

Contents

Building a frame work Pg.7

Fundamentals Sections Pg.9

Fundamentals Pg. 10

Laying and building a strong foundation with fitness Pg. 15

Aligning your workout Routine with your goals Pg.18

Simple Muscle Building Model (SMB) Pg.22

Developing a program Pg.29

Workout Section Pg.34

The Main Factor for Building Muscles Pg. 35

The Most effective Workouts for specific targeted Muscle groups Pg.41

Different Training Exercises Methods and Routines Pg. 68

Workout Routines Pg.91

Leg Day Pg.104

Refuel Pg.110

Refueling your body Pg.111

Macros & micro nutrients Pg.121

Supplementation Pg.124

Meal preparation Pg.126

Recover/Sleep Section pg.133

Rest and recovery overall Pg.134

The importance of sleep Pg.135

Rest & Recovery in between sets and workouts Pg.137

“It doesn’t matter where you start, it only matters where you finish”

This book is about how you can build lean muscle mass. It is a good thing you bought this book. You made a great investment in yourself and your health. Before you start working out make sure you have your why figured out. Why do you want to build lean muscle mass? What are the reasons? Knowing your why helps you keep your persistence even when things get hard and maybe you start losing your motivation. Read learn and build.

Think of the feeling of success when you continuously knock down your goals and accomplish what you want. That will help you because you have a long process ahead of you. Remember to take small actionable steps and slowly but surely you will reach your destination. Building muscle takes time and slowly builds muscle on top of muscle.

The Free 21- Page Report

If you read the 21-Page Report, you would have read a basic summary of building lean muscle mass. You would have read a basic understanding of the 4 components that you need to understand and apply in a process to be successful at building and growing muscles. The report was meant to give you an overview to lead you to reading this e-book. This is so you can learn and inform yourself even more to become successful at building lean muscle mass and reaching your goal. It is Free so download it if you haven't.

The report gave a basic understanding of how you would train and build muscles Through the 4-step process. It explained how you are building and sculpting much more than just your muscles. You are building and sculpting your most important muscle your brain as well as developing yourself overall and benefiting many other aspects of your life. You want to build and develop yourself as many ways as possible in one overall way. This will accomplish much more utilizing time more efficiently and speed growth up giving you a better advantage in the gym and at life. Building Muscles is about improving, enhancing, and perfecting self. Building lean muscle mass improves your looks and health as well..

Overall, View of this book

What you are going to read and learn in this e-book is an overall comprehensive view of the bigger overall picture of how to build lean muscle mass. Which will break down the 4 main components that you must do in systematic order to build lean muscle mass. The e-book will go into detail and is broken down into sections so you can understand with confidence what you need to do to apply and build muscles for ultimate growth & results.

As mentioned in the 21-page report Building and growing lean muscle mass develops 3 main aspects. Building muscles develops and strengthens your brain, your body, and your overall self. This e-book is going to mainly focus on how to build strength and muscles in the physical. Focusing on your body and sculpting your physique. Follow the process and get results. There is a workout program that follows this e-book you can get to start now.

The e-book is going to start with the basics of what you need to know and developing a workout program that is going to help lead you to your goal so you can get results as fast as possible. Then the e-book is going to be broken down into sections with each section describing each component building block of building lean solid muscle mass & strength.

Just like building anything strong, solid, and big you must build and develop a strong foundation so when you build up piece by piece, muscle by muscle, inch by inch you will be able to keep the main structure solid and protected. It is good to keep a solid strong

mind & body together as one, protecting the main frame which is your mental and skeletal frame. This is good because it prevents injury from outside forces and keeps the entire whole intact. So, if there is force or impact with outside forces, your muscles can handle the resistance and keep your entire body together as a whole. It is also good to start with a good solid strong foundation because just like building a structure, if outside forces do effect or impact the structure the foundation is still rooted strong keeping the structure intact. The same with your muscles and body, if you ever injure yourself and lose muscles, you can build back muscle because your brains muscle memory will know how to build back faster than the first time you build muscle mass. It is good to know and understand.

the more muscles you have the more protected your overall body frame is. Your muscles protect your organs strengthens your ligaments and tendons to keep your skeleton and muscles tightly packed together and solid to help you stay alive, stay healthy and be able to withstand impact from outside forces. This is how your muscles and strength work.

This e-book is going to help you lay a foundation so you can build a mental frame work and a physical frame work to build solid lean muscles mass and continue to learn and develop so you can get bigger and stronger and stay lean and healthy. It is a good start but not where you are going to finish. The end goal will take time and patients and will reap much reward. Read this and apply the information and buy the workout program if you want. And then get in the gym and start working towards getting results and muscles.

There are three main places you are going to be when building lean muscle mass. The gym, the kitchen, and the bedroom. These places are where you are going to spend your time where you are going to craft and old your physique into your goal where you are going to look good feel good and live good. The e-book is going to help guide you through this process and help lead you to success. You just must follow what is in the e-book.

If you need to keep reading this repeatedly to really imprint it in your mind then do so. This will really solidify your understanding of building lean muscle mass. The e-book repeats a lot of information so you can really grasp the information. It is designed like workout repetitions to really understand the information in this book. Success is the goal.



Building a Frame Work

"It doesn't matter where you start, it matters where you finish!"

Building a framework is very important when it comes to Building Lean muscle mass. When you workout, developing your brain is important to train as you train your physical body. Your mind and brain are important elements that help the muscle building process.

Your brain will get you through the times you do not want to work out but decide to work out anyways. Because it is necessary for muscle growth and your goals. To have a Complete Mind that will help you out in the gym, you must realize and understand that it will take dedication, commitment, consistency, and patients. Patients is a particularly important aspect you need to have when it comes to building lean muscle mass. Why? Because you are not going to get fast results. it takes time effort and a lot of hard work building solid muscle mass. It takes years of consistency and patients to build a good physique. You are not going to have Lean muscle mass in a few months. It takes time.

A mental framework is going to help you understand why you are doing what you are doing. It will help you stay motivated to keep going and stay consistent with your workout program. It will direct you in a path to go down step by step to your end goal of building muscles. Just keep reading and learning about building lean muscle mass, and you will want to go to the gym more and get more comfortable with the gym setting.

This is a formula and process to build lean muscle mass but it is also a formula and process to design, develop and build yourself. That is what you are doing building Lean muscles mass. You are investing in yourself and improving multiple aspects of your self-becoming better and growing. You are improving your health which is the most important thing in the world. You are investing in your future health because staying healthy now will help you out in the future. Which is where you should focus because that is where the winning takes place. Small steps now towards your goals and working patiently for the future goal.

Building lean muscle mass is proof that it does not matter where you start, it only matters where you finish". You can start off skinny and small or you can start off fat and out of shape eating shitty low-grade food every day. You can have no muscles and not know anything about building lean muscle mass. But it does not matter because you can build and grow muscles and get strong quality muscle mass. No one starts off Strong and lean with muscles. You must build develop and constantly invest in yourself & building process.



This is an investment in yourself and future health.

Basic Fundamentals



Fundamentals

Muscle building state and a non-muscle building state

"It doesn't matter where you start, it matters where you finish!"

There are two terms that you must learn. These two terms are Pro muscle building state and anti-muscle building state. When your body is in a pro muscle building state, meaning "to build," you are more likely to build muscle. This is very important to know to build and grow. To keep your muscles in a pro muscle building state you follow the 4-step process in the e-book. You also stay healthy and consume a healthy diet and give your muscles time to recover properly keeping your body healthy and in motion. Conditioning your muscles to continuously grow so they know to constantly be in a state of building growth.

To achieve a pro muscle building state you must eat right, workout, and have the right amount of sleep and recovery for muscle tissue recovery. Consume minimal alcohol and stay hydrated. You want your muscles always ready and healthy to workout and grow. You want everything right to keep your muscles in a state of continuous growth.

An anti-muscle building state means you are not putting your body in a healthy state so your muscles are not able to break down and build muscles. You are not following the 4

fundamental process of building muscles and your muscles are not growing. You could workout and break muscles down and not refuel and damage your muscles. This would keep you out of a muscle building state. Which you want to avoid. You want the opposite.

Excess exercise can damage muscle growth and cause your exercise routine to take steps backwards. When you exercise, you tear muscle fibers, and to increase strength and mass they must build up larger than they were previously. This “rebuilding period” occurs during sleep and the day after. If you do not allow this “rebuilding” to take place, you will be more likely to injure yourself. Intake of the proper amount of nutrients each day is the one of the most important aspects for optimal muscle growth and becoming a healthier you. Consumption in the proper amounts plays a key role in hormone production in the body. You want to keep your body in a positive muscle building state. Look below to see.

Muscle Building State

Working out and not over working muscles

Fueling muscles with proteins and carbohydrates

Giving your muscles enough time and getting enough sleep to recover and rebuild

Non-Muscle Building State

Not taking care of body eating junk food and using drugs and excessive drinking alcohol.

Not getting enough sleep and recovery time to allow muscles to rebuild and grow.

Form and breathing

When beginning working out you must make sure you first know how to have correct form when you workout to build lean muscle mass. Breathing is very important as well. These are two very simple but very important factors of the basics of working out. If you skip out on the basics and perfecting them then you will not build solid good muscles and can injure yourself and slow muscle gains in the gym. These are very easy but you must be patient and practice every fundamental step so when you do begin to lift for muscle and strength you will be able to build fast and quality muscles. Perfecting the fundamentals is the first very important step you cannot build muscles without doing.

Breathing

When it comes to breathing when working out you must do correctly. When doing each rep, you must breathe in and out. When you go down you breathe in. When you go up with the repetition you breathe out and exhale. When you contract your breath in and when you extend your breath out. Very simple. You must build your motor skills when doing this for each individual repetition. You need oxygen to your muscles and body so you can perform your exercise effectively and safely. Do not hold your breath when lifting weights. Especially dealing with heavy weight. You must practice breathing and must make it become natural when you breathe in and out with each repetition. Simple but important.

Form

Each workout you will have different form to safely and effectively perform your workout. Most workouts you must have a straight tight back with an arch to make sure you do not injure your back or other areas of your body. It takes time and practice but you cannot lift heavy weight without understanding and doing this. You should begin with just a bar and very light weight when first beginning to make sure you perfect your form. You cannot skip this step. The fundamentals are the most basic but most important in the beginning.

Squat Form:

When squatting you first want a solid base with your feet. You want your feet wide enough to be able to squat down and up with balance. You also want your feet wide enough to be in line with your hips. You want flat feet when you go up and down. Do not get on your toes. You want a straight back with an arch. Make sure your back is tight. You want your chest popped out and shoulders back. You want the bar to rest on your shoulder blades and hands on the bar but not holding the bar fully. Your hands are there to stabilize the bar and not hold it fully. You want the weight on your shoulder blades. When squatting and going down you want to look up at the ceiling and keep your head up. This will help you get your weight up. Make sure you breath in going down and breath out when you go up. Keep your shoulders back and lean back. You do not want to lean forward. You want to lift with your hips and legs. You do not want to lift with your back. When you go up you bring your hips forward when you stand up. You want feet straight. When squatting makes sure you go all the way down as deep as possible to get the best quality rep you can get. You do not want to stop half way with squatting. Get a full rep.

Bench Form:

When benching you want to lay on the bench with your feet flat on the ground. You want to have your back center on the bench with each side of your shoulders half way off each side equally. You want to be under the bar and get your equal grip on the bar. You want a arch in your back and tight back. You will create a bridge with your body on the bench. Your shoulders neck and head will be on the bench and your tail bone and but will touch the bench with your mid back arched not touching the bench. When you get your grip on the bar you can quickly lift your shoulders up of the bench closer to the bar as the bar is racked to get a quick stretch. Then you breath and lift the bar off the rack. You want to quick pause before you do your set and steady it before you go down. Any time you begin your set and take the bar off the rack you want to make sure you stabilize it and hold it before you begin your set. You want to make sure you set yourself to begin proper breathing and make sure your form is good to go. Then you breath in as you go down and breath out as you go up. You want to stay on the bench and touch your chest as you go down to get a full repetition. Make sure your elbows are out in a 90-degree angle. When you do close grip, your elbows will be more inward. Make sure your wrists are pointed forward and straight with the bar. You do not want your wrists back. Especially with heavy weight. You can injure your wrists and it strengthens your wrists as you keep them straight and forward. If you need to grunt as you get your weight then that is good it can help.

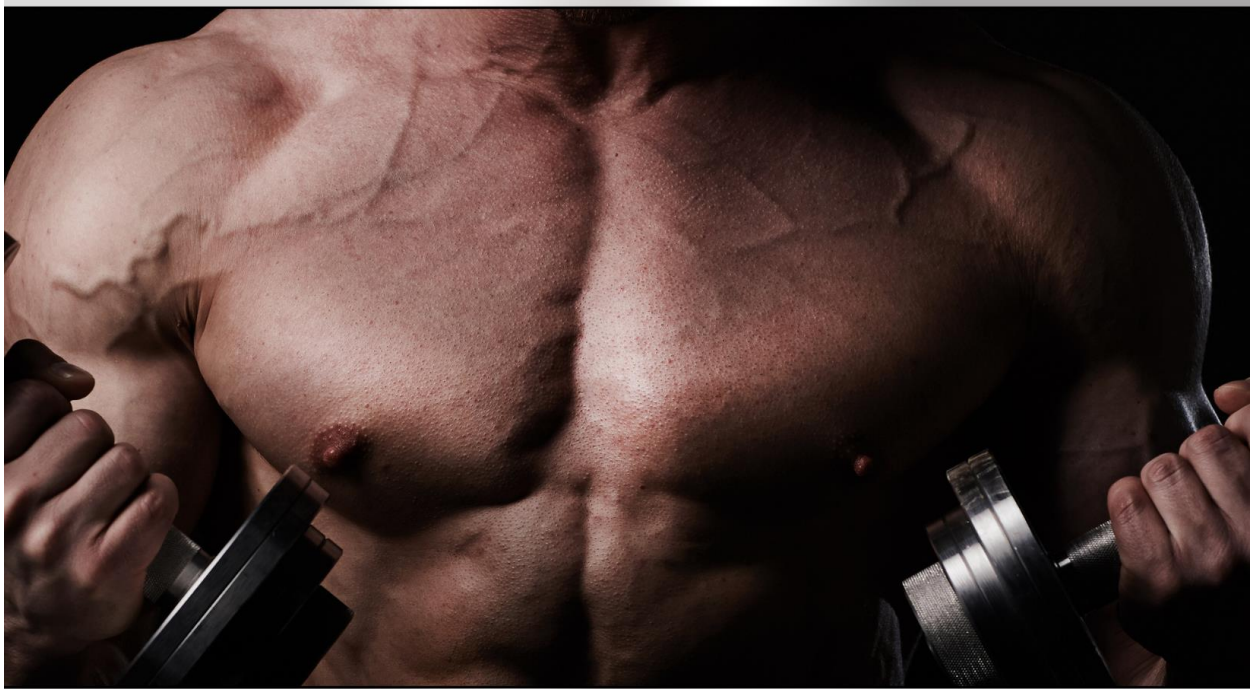
Dead lift Form:

With deadlift it is like squat where you need a stable base for your feet and have your feet in aligned with your hips with feet and knees pointed forward. You want back straight and tight and chest popped out with shoulders back. You want your arms to hang like rope and be loose as you grip the bar. You want your hands inside your shoulder width. The same with squat you want to lean back as you go down and lift with your legs and hips. You do not want to lean forward and lift with your back because you will just injure yourself. Breath in as you go up and breath out as you go down. Make sure the weight hits the ground every repetition. Do not be afraid to slam the weight on the ground.

There are other grips and forms you will do with each workout but these are the three most important workouts and the form that you must know for these workouts. You will see for push downs and pull downs with the cable you will use monkey grip where your thumbs are behind the bar with the rest of your hand. Skull crushers you will have your elbows in with close grip. Romanian dead lifts you go as far down as you can with loose arms and you do lift with your back but you are really stretching your back after a regular squat set to relieve tension from the heavy weight and stretch your back out as well as workout your lower back. Shrugs you have a straight back shoulder back and chest out with your chin down. You will see there are a lot of different workouts with forms but the three most basic and important workouts are bench, squat, and dead lift. You want to have a strong solid steady base. You want a straight tight back and correct form. To easy.



Working out trains you and your Body in multiple different ways like consistency, dedication, patience, persistence, hard work, and working towards a goal. It keeps you in a routine that builds positive momentum that positively trains and develops other areas of your life. Those traits develop you and your body. Which helps develop you overall.



Laying and building a strong foundation with Fitness

"It doesn't matter where you start, it matters where you finish!"

I am glad to see you have taken your health, building muscles and strength seriously. You have made a smart decision in investing in yourself. The hardest part is always getting started and taking the steps towards your goals, and you have done it. You are one decision away from a different life. Reading this e-book is a step in the right direction.

When you start something new, you do not know where to start, you do not know what you are doing and there is a lot of information you must make sense of, and organize it in a simple structure you can understand so you can implement it so it is effective and works. The good news is we are going to help you start small and help guide you with an organized simple structure you can understand. The rest is up to you with consistent discipline, dedication, and hard work and patients building and developing muscles mass.

Remember as you are working towards your goals, you will not see any gains or improvement right away. Do not be discouraged. Working out is a relationship with your body. It takes slow consistent effort and some days may be difficult to get up and go to the gym but you do it anyways. You must be patient. The results will come the more you lift weights workout and go through the process consistently. Just give the results time.

If you think you are going to start going to the gym and get results quick and right away then this program is not for you because building muscles, fitness and health does not

work that way. Just remember keep your eye on the prize and eventually when you do start seeing results and your hard work becomes fruitful, they become addicting. The gains become like a drug. Your dopamine, hormones and seeing results will help you stay motivated. You will be motivated to stay in the gym and stay consistent with the habit of working out. Fitness builds much more than just your health and fitness and your body.

Before you begin building or starting anything, whether it is a home, a relationship, your finances, a business, or building muscles, it is smart to always have a solid foundation so when you build upon that foundation it will be able to support what you are building and if there is anything that damages it from the outside you can build back or get back on the right path of working out. You always start with the foundation and build up and never start with the roof first. You always want a strong framework as well built solid and stable.

The same with building muscles. If you get your foundation sound and solid, you will be able to build muscles faster smarter and cleaner than anyone else. Knowing the right information and the simple basics when your first starting is critical to becoming successful with your overall health development. Just like when building a house, you cannot take short cuts or it will not be stable. If you have a solid foundation, the structure will be fundamentally firm so anytime there is a storm it will keep the structure sound and standing firm. The same with working out, if you have a solid foundation and understanding of the fundamentals you can build upon your understanding and become creative with your workouts and continue to build and improve. You can always learn more when it comes to building muscles, health, and fitness. This e-book is a good start and will help you easily understand the concept of how to build muscles and have optimal health. Health is the bases of everything else in life. Without health you have nothing.

knowing the technical aspects like breathing correctly and having good form is more important than how much weight you can lift. This is especially true as a beginner because you can hurt yourself and waste your time. This will be less efficient in the long run. Once you have correct form and breathing then it can help your progress faster, but you have to get the fundamentals first. For instance, when you go down with the weight you breath in and when you exert energy and push or go up you breath out. Just like starting and building anything it takes patients and time feeding what you are growing to make it fruitful. The same with becoming the healthiest person you can be. The good news is a lot of working out and lifting weights is learning as you go. But if you don't know what you're doing then you will not know what exactly you need to do in order to build muscles.

The great news is you do not have to do everything at once. It is good because you can go at your own pace. The information here is for you to consume and learn. This book is just planting seeds in your mind so you can gradually start working out and as time goes on you become more acquainted and comfortable with working out. It is okay to start off

going to the gym 3 days a week. Then as you get into the routine and your body and mind adapt to the change, then you might go 5 times a week. The hardest part is just getting started. This is why you should not expect yourself to just do everything and know everything right away. When you work out you will learn about your body. What works for it and what does not work for it. You will learn and become more aware of how your body functions, your strengths and weak spots of your body as well. Health is number 1.

Some people have different tolerances. It is a good feeling to have developing a positive relationship with your body and taking good care of it. Take care of your body and it will take care of you. Building lean muscle mass will help you become more health conscious and improve your life span and health span. Improve your health and grow muscle mass.

Think about short term and long-term health when building muscles. You do not want to consume anything that can hurt your health in the long run. You do not want quick gains. You want good healthy solid gains that are going to keep your body sustained and running efficiently for the long term. It is good to be very health conscious and aware of your body's health. You have your body for the rest of your life so you want to take care of it.



Breathing is the most important thing you can do when you work out. controlling and focusing on your breathing can help enhance your reps. Inhale when you go down exhale when you go up. Even grunting is okay and can help you get your weight. Grunting can bring you more power or that extra Umph that you might need to successfully lift the weight and complete your reps and sets. You need oxygen going to your muscles to lift.



Aligning your workout routine with your goals

Setting goals is one of the most important things you can do in life and working out. How do you know where you are going if you do not even know where you are and know where you want to go. Strategically building a map of where you want to go will help your goals.

Starting a strong solid foundation When starting you need to know where you are right now physically and where you want to go. When starting out you need to know your goals. Short term goals, mid-range, and long-term goals. what you can measure you can better. Stay Smart Goals.

Specific

Measurable

Achievable

Relevant

Time Frame

When setting your goals you want to make sure they are specific so you can encode the message to your brain and tell your brain exactly what you want. It is always good to write goals down because you get to see your goal in your head. This will help your goals out.

Make sure you can organize your goals and write them down so you can measure your progress. It is good to have big long-term goals and then break them down into smaller actionable short-term goals. When you break your goals down into actionable smaller steps and take care of the smaller things, the big things will follow and you will accomplish the big long-term goals. Make sure your goals are aligned with your workout program. Your workout program is critical to success and you cannot have and follow a program without having goals and knowing your end results. The result is the most important.

Example short term Goal: Increase my bench press by 5 pounds 1 week from now on date - 05/15/xxxx Goal: increase my squat by 10 pounds 1 week from now on date- 05/15/xxxx etc... Mid-range goals Cutting 25 pounds by the end of May/xxxx spring time to lean out and cut the dead weight for summer time. I will lose 1 inch off waist. total of 3 months to accomplish this. etc... Long term. By the end of the year, I'll have a 18 inch arms increase my strength and weight on bench press by 50 pounds and reach 200 pounds. On squats I will increase my weight by 50 pounds and reach 300 pounds. I will weigh 200 pounds total. etc... Knowing your aim is important so you can direct focus and energy.

By year 5 I am going to look like this that and this. I am going to have all these weights I am going to weigh this much. It is good to first imagine and envision 5 years from now what you will look like and where you want to be. Then work backwards and forward from 5 years to now. Focusing on your future and being able to craft your own future is good to develop. It doesn't matter where you start it only matters where you finish. Factual.

With knowing your goals, you will also know your workout routine. Weekly, monthly, seasonal, and yearly. You will notice when you start working out everything is about a routine and consistently implementing your routine on a daily basis. You will also notice even your diet is set by routine. When you eat, how much you eat and what you eat. When working out or creating a workout routine you want to know what your weekly workout schedule is. What time you are working out. The exact workouts and the rest days. You also want to pre plan your meals in advance as well, like we previously mentioned. You will notice it takes a lot more than you think when it comes to working out and building muscles. Although it is very simple and a very simple concept, there is a lot you must do to be successful in building lean muscle mass. Building lean muscle mass is a lifestyle and a constant work in progress. Slow results build fast results. Focus on finish. The finish is the most important place to focus on. It matters where you finish only.

You will notice it takes a lot of hard work and dedication. It takes patients. Most people want results now or as quick as possible but getting muscular and lean muscles takes a lot of time and patience. When starting your workout plan usually it is best to do two muscle groups a day. We have a workout program as well that can help start you off in the right direction. You should use it. It is another good product for you to start building.

When you do have two different muscle groups you do one main Muscle group and one secondary muscle group. You can also do muscle groups that complement each other on the same day. Now you do not have to. This all depends on your goals and how you structure your workout routine. Chest and triceps, and legs and back, or back and chest, or chest and arms. Sometimes on Wednesdays it would be all secondary muscle groups or a rest day. There are a million different workouts and you can find the ones you like best. You can do trial and error and experiment what works best for you and your body.

Here is an example

Monday Chest, Triceps

Tuesday Legs, Back

Wednesday Arms or Rest Day

Thursday Back and Shoulders

Friday Chest, legs

Saturday Rest

Sunday rest

When your first starting off. 3-4 times a week is a good start with Wednesday as your rest day in between the week. It is good to start gradually and work your way up. Your muscles are not going to be able to handle high intensity right away. Be prepared to be very sore. Remember you can still workout even if you're sore. That is how you condition your muscles not to be sore by pushing through it and working your muscles continuously to be able to tear and rebuild to get stronger and bigger. Your muscles will adapt. You must push through the pain to build lean muscle mass. Soreness is part of the building process.

So, think where are you now and what are your goals? The best way to start is to start now.

Another example is

Monday. Legs

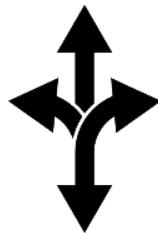
Tuesday chest

Wednesday break

Thursday back

Friday shoulders

You can design your workouts how you want. You can make it simple or complex. It depends on your goals and what you're building for. This one is very basic and simple. You only have four days you're working out instead of five days. You can always change up your workouts from month-to-month season to season. Even weekly make small adjustments to your workouts here and there. SO, Monday you can have legs on that day for 4-8 weeks and then switch Mondays and Friday's workout if you wanted to. You would design and structure this as you design your overall workout program and workouts.



Laying and building a strong foundation plus, perfecting the fundamentals and basics is more important than anything else. When you first start, focus more on form than weight and just getting to the gym. It is good to just get in the motion and stay in motion!



Simple Muscle Building Model (SMB) or 1W3R process

The simple muscle building model is simple. You cannot build muscles without knowing and implementing these 3 factors that are the basis of building muscles. When you Perfect this model and do it correctly you will get improvement and results and feel healthier than ever. When you are healthy you have more energy and have a better life and can continue to get healthier and healthier. The same the opposite way. Staying unhealthy and going that way can make you more and more unhealthy. It is what you are doing now that will make you healthier and healthier into the future building lean solid muscle mass.

This is a process you must consistently do over time to build and pack on muscle mass. Repeating this process in order will get you results. Look below to really begin learning about the 4 fundamental components of building lean muscle mass. Now is the time you learn exactly what you need to do. You need to know how you break down this process so you can be as efficient as possible doing this process. Your goal should be to be as effective at building muscles reaching optimal health. As well as growing muscles and becoming strong, lean, and healthy as you possibly can. Below shows you the process.

Three Step Process to building lean muscles and strength

Workout



Refuel



Recover



Break down – Replenish – Repair

Simple process

You might be asking is it really that simple? Yes, it is that simple. There are more complex things to know about building lean muscle mass but really it simplifies to these 3 factors or ingredients. Workout, Refuel, Recover, and then repeat the process the next day. When done consistently and patiently you will begin to get progress. Remember Rome was not built in a day. We will go into more detail about how to implement this simple but essential strategy and process to working out, building lean muscle mass, and staying healthy. We will go into detail because you must know not all workouts are the same. The way you work out determines the outcome of the way you build muscles. Like doing reps with heavy weight but a low number of reps helps with strength, and high reps and low weight helps you get ripped. There is more explanation about this later in the E-book.

There is a difference between what you eat and how you diet as well. Eating chicken after you work out is different than eating cheeseburgers from your favorite fast-food restaurant. You will not feel as good or get quality results. The same with recovery. If you are not giving your muscles enough time to recover you can hurt yourself and be out of the gym for a long time and you will not be getting any result if you are not in the gym. I am just illustrating to you that when it comes down to it building muscle and strength it is simple, but there is a lot to know about when it comes to health and fitness. The more you know the better you can equip yourself and make well informed intelligent decisions. Working out is simple, gaining muscle is simple. it is a simple concept when you break it down. There is a lot of things you need to know and it can get complicated the more you do research but the basic comes down to 3 things and repeating them consistently over time. Slowly work towards the goal and build muscle inch by inch and you will get results.

Workout and break the muscles down. Tear the muscles fibers and give them tension so they know that the current amount of muscle is not enough. Eating and refueling your body to give your muscles the nutrients it needs to repair its self and build more muscles. Rest and recovery so your muscles can have time to rebuild and grow bigger and stronger. Repeat the cycle continuously and repetitively with persistence and patients and you will slowly get more muscle mass. That is, it. The more you read the more you will learn how.



Workout

Simple routine done consistently and putting the hard sweat and effort in the gym slowly but surely you will get results. Remember when you work out you are tearing your muscle fibers and putting resistance and force on them so your body says, hey we need to refuel and make these bigger and stronger to survive in our circumstance and surroundings.



Refuel

Refuel with protein like chicken vegetables and potatoes and rice. You will find out you will be eating a lot of the same food every day. You will see sometimes it can get boring eating the same thing day after day but for best results I recommend it. Although you can find very healthy and great tasting foods and implement them in your diet. The focus is to build muscles. Refueling your body with the right amount of nutrients and the right nutrients to rebuild is the number one focus. You can't build muscles without repairing.



Recover

Recovery is very important both in between sets and workouts and quality of sleep. Without recovery you cannot build muscles. The better-quality time you have of recovery time the more quality your muscles will rebuild. With out time to repair you it's difficult to build.

Repeat

The last thing you must do is repeat the cycle continuously and fall in love with the process of hitting the gym and building solid and quality muscle mass. Remember consistent dedication and hard work will get you closer to your destination. Stay motivated and continuously better yourself and spend your time wisely. So, let us recapitulate the building lean muscle mass process. Just keep reading and you will learn how to build.

The Three Fundamentals of Building Lean Muscle Mass: Building lean muscle mass is not just about working out and eating right or working out and getting enough rest and recovery. It is about doing all three in the right order. You cannot skip any core fundamentals to maximize your muscle growth potential. The three core fundamentals of building lean muscle mass are exercise, diet, and rest and recovery. Confused? Do not worry! Follow along as we explain these fundamentals in detail, explaining why they are important and how they work together to help build lean solid muscle mass in full detail.

The First Fundamental: Exercise The first core fundamental of building lean muscle mass is exercise. Resistance training is essential for building muscle because it breaks down your existing muscle fibers so they can rebuild stronger and more substantial. When you lift weights, you are tearing small muscle fibers. Your body then repairs those fibers when

you are resting and recovering, making them thicker and stronger in the process. Doing the right kind of exercise to target specific muscle groups to maximize muscle growth is essential. Compound exercises like squats, deadlifts, and bench presses are great for targeting multiple muscle groups simultaneously. This is the first step of building muscles.

The Second Fundamental: Diet The second core fundamental of building lean muscle mass is diet. Diet is crucial for building lean muscle mass because it provides the fuel your body needs to rebuild and grow muscle fibers. The food you eat should be rich in: Protein Carbohydrates and Healthy fats. Chicken is the best food source for protein you can eat.

Protein is essential for muscle growth, providing the building blocks your body needs to repair muscle tissue. Carbohydrates are necessary for energy so that you can power through your workouts. And healthy fats are essential for hormone production, which plays a significant role in muscle growth What you refuel with can help gains or loses.

The Third Fundamental: Rest and Recovery The third core fundamental of building lean muscle mass is rest and recovery. When you are working out, you are breaking down your muscles. When you eat, you are giving your body the nutrients it needs to rebuild those muscles. Make sure you are getting enough sleep and taking at least 2-3 rest days per week to allow your body to recover. You need to focus on giving your muscles the time they need to repair and build themselves. Timing plays a role in the process and you need down time so your body can repair. You increase your risk of injury and overtraining without proper rest and recovery. Rest and recovery are essential because they give your body time to do just that. Resting and recovering allows your muscles time to repair and grow. You need to take rest and recovery serious even in between sets and workouts.

Summarizing the Three Fundamental Components, the three core fundamentals of building lean muscle mass are exercise, diet, rest, and recovery. These fundamentals work together in a specific order: exercise breaks down your muscles, diet fuels them, and rest and recovery allow them time to rebuild and grow stronger. Remember, you cannot skip these steps to maximize your muscle growth potential. So, ensure you are working out, eating right, and recovering properly. Very important process that will be Repeated again.

If you are following that process, all you have left to do is watch your muscles grow. In the book you will find muscle building can be complex with all the information out there. It can be extremely overwhelming when you are first starting and doing research trying to find out how to build lean muscle mass. But really building muscle mass comes down to this simple easy-to-understand formula. We are going to repeat a lot of information multiple times. It is good so you can remember and get the most out of the book. You now just got the over view break down of the 3 core fundamentals. Now we are going to go into detail with each section. Pay attention and learn so you can get results in the gym.

Before we begin to break down each section we are going to break down building and designing a workout program so you can understand the bigger picture down to the smaller picture of how the entire process works. We have a workout program you can buy that will help you get right in the gym so you can start immediately building muscles.

“It doesn’t matter where you start, it only matters where you finish”. Workout, Refuel Rest & Recover, Repeat That is it. Workout – Diet – Rest – Repeat. Workout, Refuel, Recover and Repeat. “it doesn’t matter where you start, it only matters where you finish”.

Workout, Refuel, Rest & Recover, Repeat

Workout, Refuel, Rest & Recover, Repeat

Workout, Refuel, Rest & Recover, Repeat

Workout, Refuel, Rest & Recover, Repeat

Workout, Refuel, Rest & Recover, Repeat

Workout, Refuel, Rest & Recover, Repeat



Health tips

Having more muscle on you helps you lose fat faster and keeps fat off easier. More fat you have on you, the less testosterone and energy you have. Testosterone helps increase strength. The more strength you have the more muscles mass you can grow and build.

Developing a program

Overall building a workout program: Goes from bigger picture down to the smallest

The Reason you are training

Vision and goal you are working towards

Strategy you develop around your end goal and Workout program /workouts

What components design a single workout

Sets

Reps

(Each repetition matters)

Diet summary: How you are going to structure your diet around your goal and workouts

What you are going to eat

When you are going to eat

How much you are going to eat

Frequency of meals

Recovery: How your workout program looks, will determine the rest time and length in between sets and reps and workouts. This will also determine your sleep and rest & recovery schedule.

Everything Revolves around the main Goal

The Reason you are Training

The reason you are training will develop and fill in the rest of your workout goals, strategy workouts, sets and reps. You could workout for a sport and train to build strength and athleticism. Depending on the sport, will determine your workouts and what kind of workouts you do. You will need to train and build muscles in different ways and for different reasons. You will need to focus on different muscle groups and exercises to specifically train for the specific reason and position which will help you the best possible way. Athletes mainly focus on leg muscle groups to help improve athleticism and skills.

The same with body building and building muscles and strength. A body builder is going to have a different workout program then a strong man who just wants to get as big and strong as possible. The reason you are training will determine everything else in program.

The reason you are training, say you need to develop explosive strength because you play football or hockey and need to be strong and athletic, because they are contact sports that are very physical. You would develop a workout revolved around those reasons. Another example is if you are a strong man competitor who just wants to get big, strong and increase your dead lift. You are going to eat big and do more squats dead lifts and lift incredibly heavy. If you are a body builder and need to focus on sculpting your physique than you are going to do a high number of reps and light weight workouts focusing on tone and getting ripped. Calisthenics are a big part of building muscle mass and strength.

Your Vision and goals

Before you begin working out you need to know your goal and vision of where you want to end up and look like. Having vision is important because it will help you develop a strategy so you can structure your workout program around your goal. It will help you see far in advance of what you need to do so you can build and work towards your goal and the end prize. The goal you have is important to know so you can develop a process.

You need to be able to see the vision and goal. If you can see what the end goal is on how you want to look then that will then determine your workout program and strategy for you. The vision helps keep your tunnel vision so you can continuously work towards the goal and stay focused. It helps you strategically develop a process to accomplish your goal.

Workout Program

Building a workout program, you are going to structure and design your program depending on your goal and what you are training for. You must train and develop your brain as well in the workout program. This e-book is not going to go into detail about training the brain but briefly explain how you incorporate it into your workout and develop a workout around training your brain and body together. Just like our workout program you can buy. We have other products that will build off this e-book and the concepts you are reading now. They go into detail but are exclusive and very informative.

The workout program will decide the kinds of workouts you are going to add into your program. Each workout is a piece that is going to help develop the whole. The workout and muscle groups you focus on and how you do your workouts all are a part of the whole program. Barbell Bench press effects your muscles differently than dumbbell bench press. If you are an athlete you are going to do a workout like clean and jerks. If you are a body builder with a goal to just build strength and muscle mass and not athletic strength then you are going to do standing barbell press, but slowly and more concentrated. You Would also do regular reps. Any workout program you do will have regular reps in the program.

Your workout program can change the workouts monthly, seasonally, and yearly all depending on your goal. For an example the workout program you can buy after reading the e-book if you have not purchased it already has a main goal of getting big and strong first and then leaning out and cutting excess dead weight you gain from getting big and building strength. First half of the program the workouts are structured to build strength to support your frame and strengthen your body so you can lift heavy weight and build muscles and get big. The second part of the workout program is designed to make you leaner and more shredded. This is to tone your muscles and give you more definition to look as lean as possible. Everything changes depending on the workout structure. Grow.

A workout program is going to determine what workouts you do and when you do them. It is going to determine whether you are going to rotate certain workouts in or out of your program at certain times. For instance, you may do a certain workout in the beginning of the program and then evolve the workout to make it harder as the workout program evolves. A workout program is going to decide how you do your sets and reps and what kind of sets and reps you are going to do. Each rep and set are the main building blocks.

Sets

You will see in the e-book different kinds of sets you can do for your workouts. Some sets are more effective for different reasons and will get different results. A regular set helps with slow concentrated reps. You do one workout and then take a break where a circuit set is going to increase your heart rate and has multiple workouts in one giant set. Circuit sets focus on cardio and are fast paced where a regular set is more focused on one single workout or muscle group and then you rest. Drop sets train you differently preparing you for different goals. Every set is important to do fully and correctly just like repetitions.

Reps

Every rep matters. Reps are the main part and the smallest part of building lean muscle mass. You will see in the e-book different kinds of reps you do in your sets that will develop your body differently and strengthen your mind and body. How many reps you do will be determined by your goals and your workout program as well. What each rep does is adds weight, force and resistance to your muscles tearing them and breaking them down. This trains your brain as well strengthening your brain building tolerance and being able to handle different kinds of stress and resistance. The book will mention multiple times, different reps you can do and how they affect muscle growth. Slow concentrated reps focus on building muscle and strength. The same with power reps or explosive reps but they are faster and train your muscles for quickness and a more impactful movement.

Break down developing a workout program from top to bottom and work your way up from bottom to top. Developing the workout, you must see the bigger picture where you want to end up and be as you work out with time. The reps and sets in each workout are the main factors that build muscles and develop the kind of strength you need. Get reps.

Diet

Your diet is the supporting element of building muscles. Your diet refuels your muscles properly so your muscles can rebuild correctly and effectively. If you do not have a proper diet that complements your workout goals and kind of workouts you are doing then you will not get the results you want. Everything needs to be in order in the process. If you are lifting heavy and really doing intense workouts you need a lot of energy to do the workouts you are doing and you need energy to replenish and repair your muscles after a workout. Without diet your muscles will not repair and recover. You need this step.

You will learn in the e-book when the best time to eat. You will learn what you need to eat and how much you need to eat to be effective and get results. You are what you eat. Eating fast food and junk food will refuel your muscles but not with quality and you will not have good energy. You need to consume the right nutrients to help support muscle growth. Nutrients help your muscles repair and regrow bigger and stronger.

Recovery

Rest and recovery are also a supporting factor in building lean muscle mass. It is also a factor you must take into effect to complete the process. Without enough time for your muscles to rest and rebuild then you are only going to damage your muscles and waste time and not get any gains or results. Over working your muscles does more damage than good. Your brain also rebuilds and stores the memory and recovers during sleep and recovery. Although you can work out and do physical activity with very minimal sleep, It is not recommended if you do not have to. Not sleeping for a long period of time can damage your brain and health. Recovery is like the pause time your body must recover recuperate and build the energy and strength to get even bigger and stronger. Quality sleep is good as well. Being drunk and sleeping is not quality sleep and will not give you the best possible results of building muscles. With no time to recover you do not grow.

Now the rest of the book.

The rest of the book is going to break down each main component into sections and go into greater detail and well informing you so you can be the most successful at building lean muscle mass as possible. The e-book is going to go through each step of the process to help successfully guide you so you can begin to get in the gym and start building muscles. First, we are going to go into depth with the first step and this is how to workout.

.

Workout Section



The Main Factor for Building Muscles

Force, Resistance, Weight, and Strain

The reason you workout is to add weight and force to your muscles so you can break down and tear your muscles so when you refuel and recover, they build back bigger and stronger. There are multiple ways you can add force and resistance to your muscles and on different levels or weights. When you are in the gym working out you are not building muscles, you are adding as much strain and weight as possible so you can get as much tear as possible so you can refuel and recover and give your muscles the time to rebuild.

How you introduce the force, weight and resistance depends on your program and your sets and reps you choose in your specific workouts. Adding different kinds of force and resistance with different weight levels works and develops your muscles in different ways.

The reason for this is because the way you workout and add force weight and resistance to your muscles tells your brain and body that the current strength you have is not enough to survive in the surroundings and we need to build more muscles, and strength This certain way because the outside force is forcing the brain and body muscles to constantly grow and develop. What you are doing when working out is training yourself to survive.

This is why you will see when you read further. How you structure your workouts effects the way your muscles both break down and grow back with strength. There are multiple factors that effect your muscles development which include Using different sets and reps, the number of reps and sets you do and the amount of weight you use in combination.

You are training your body telling your muscles we need to build strength. We need to get bigger. That shows on a fundamental level that there is safety and a better chance at survival with size and strength. When working out, your body and muscles are being trained to strengthen your body so you can withstand resistance and outside force to survive and thrive. It strengthens and toughens your body making you able to handle different stressors and force in the surroundings. This trains your body making you able to continuously handle and add more stress, strengthening you further. This is important.

Force and weight and ripping your muscles which breaks them down is the first step in the process of building muscles and strength. The many ways you workout and add weight, stress, resistance, and force trains your muscles to develop and grow back in a specific way because it is a defense mechanism for your body to survive and stay alive.

You will read in the e-book and when you workout for a long period of time you will understand the more you workout to build strength and muscles, that your muscles will eventually build up a tolerance to the added force and resistance you are introducing to

it. So, that is why you must continuously add more weight and add different methods of introducing resistance and force to your muscles. This is so they can continuously build strength and size. The more tolerance your muscles build up to the force weight and resistance the less they grow. This does not mean have a million different workouts. You must have the same workouts for a certain length of time and do them consistently over time to build muscles. It is the repetition and consistency over time that builds the muscles. You will see as you read further that you must change your workouts to add change to constantly shock and introduce different ways to attack your muscles. Muscle plateaus is where your muscles build up tolerance to your workouts and they slow growth. You will learn how to avoid muscle plateaus as you read. This is for long term.

Here is an example. For four months you consistently do the same workouts building muscles and strength. On the fifth month add and subtract workouts or change how you do those workouts, reps and sets to keep your muscles constantly shocked forcing different levels of growth. The next month you go back to the original workout and you do the same workout until winter comes along. Now you are changing your workout up and focusing on strength and size, opposed to the spring and summer where you were focused on getting lean and ripped. So, you want to have the same workouts consistently to build muscles and strength through repetitions. But for long periods of time, you want to either change your workouts in small ways or change the entire workout up to constantly force muscle growth and development avoiding plateaus and avoiding slowing muscle growth in your workouts. The continuous constant and consistent repetitive process and uncomfortable pain of breaking down and tearing your muscles is good because it trains your brain and body resistance of force and repairs itself by building back even stronger. Force, resistance and weight plus reps and sets equals break down.

Here is a summary on How you change workouts, sets, and reps to break down and develop your muscles differently to build and grow muscles. Changing your reps say from regular reps to burnout reps. Another way is changing your sets from doing one set and then take a break and then you change and do pyramid sets. This is where you start heavy and go until you burnout and progressively do lighter weight and more reps immediately after each set until burnout. Then that completes one set. Another way is you can change workouts, say you're doing regular barbell curls and then dumbbell curls after, and you do this for four months. Month five, six and seven you change the bicep workouts to barbell curls and cable curls combo. This works your muscles out in a different way adding force to your muscles changing it up so your muscles must readapt and learn how to strengthen its self from the outside force because it is breaking your muscles down in a new way. This builds muscle memory for your brain and muscles so when you consistently

show force and resistance to your muscles in that way, they will know they need to tear, break down and build back stronger and faster to survive. Below explains in further detail.

Muscle Shock and Plateaus

So, you just read that when you work out using the same workout routine consistently over time your muscles build and grow which is a good thing. Because consistent repetitive force and resistance the same way breaking your muscles down so you can refuel your muscles and recover is how you build lean muscle mass. Because just doing a workout once or twice with no routine is not going to do anything to help you build muscles. Not having a routine on a consistent bases adding force and resistance to your muscles is not going to build muscle mass. You must break your muscles down consistently over time doing the same workout to build muscles. You must do this day by day, week by week, month by month, season by season, year by year to build muscles.

When you continually perform the same exercises with the same weights and repetitions, your muscles will become stronger and build. Benefits of Muscle Shock "Shocking" your muscles is often used in fitness to describe the practice of introducing variety and intensity into your workout. Muscle shock can help you stimulate muscle growth and prevent plateaus. This practice can be very beneficial, as your muscles can adapt and build a tolerance to the weight resistance and force, they are exposed to during a long period of time with no alterations or variations in the workout. So, over a long period of time they build up a tolerance. This can prevent you from getting the results you want.

By "shocking" your muscles introducing and adding new exercises, sets and reps and how you do them you will be promoting continued muscle growth and strength development.

Your muscles eventually adapt and build a tolerance to the workouts, weights, force, and stress on the muscles which lead your muscles plateau and slow muscle growth and gains. This happens if you do the same workouts for say an entire year and do it year by year not changing the workouts, sets, and reps. Adding a variety into your workouts is beneficial when you are thinking about the long term in relation to your workouts.

For an example: If you do regular bench press barbell curls and cable push downs 3 sets of 10 reps on Tuesday every Tuesday and you stay around the same weight eventually you are going to build muscles. This is good. But if you do it for 2 years and do not push yourself to grow and increase the weight, you are not going to get stronger. Your muscles will build up a tolerance and stay the same because there is not any added force or resistance to them. Your muscles build up enough strength to be able to handle the current force and resistance every Tuesday same workout same sets and reps. So, there

is no growth. Of course, you would focus on other muscle groups other days but this is just a small example to help you have a better understanding. Keep reading more.

The way to really improve muscle growth and avoid muscle plateaus is have a variety in your workouts and either subtly change the workouts on a small level or change the workouts overall which will really shock your muscles. Like we said you need consistency and doing the same thing over and over which builds your muscles. But you need to introduce different ways to attack your muscles. Here is an example of how you would change your workouts up to shock muscles. Example: Tuesday you're doing bench press barbell curls and cable push downs. You're doing regular sets and 3 sets of 10 reps. Every week you strive to go up in weight by at least five pounds. Always go for more if you can.

The difference is you only do this for 2 months. On the third month you keep barbell bench press but add dumbbell press afterwards. You change the sets from regular sets to a superset so right after you do barbell bench press you immediately go and do dumbbell curls. You still have the same reps. You do this for 3 sets and then do dumbbell presses. Then afterwards you do barbell curls and pushups. Do you see how just from 2 months you alter your workouts and change how your workouts are structured to add different ways of force and resistance. Your muscles need consistent workouts to build muscles, but you need to change your workout program over time and add or subtract reps and sets strategically to better challenge your muscles. With no challenge there is no growth.

You do that for say 3 months. That is a total of 5 months. You started small and simple and you gradually built up more and more resistance and added some complexity to your workout. Now you do not always have to add complexity to your workouts. Simple workouts work and work very well. But you changed the resistance level and force.

The next 3 months maybe you go back down to simplify the workout and doing the regular workout again. It depends on your strategy because maybe you are training yourself to start with a workout and then add more weight force and resistance and then go back down and then add more again over a long period training yourself through the way your workouts are structured and formulated. This can help you with say sports and endurance adding persistence where you must gradually work up towards something and it gets harder and harder and then slow down to recuperate and then you build back up continuously going at it. This is how working out trains your brain and body in repetitions.

Another example of a workout program is starting simple with light weight and with a lot of reps not focusing on heavy weight and just trying to get ripped. Say Wednesday back and biceps. You do bend over rows, pull downs, barbell curls and preacher curls. Your

sets look like 3 sets of each light weight 15 to 20 reps each. You do regular sets regular reps. You do this for 3 months and now on the next 3 months you change the day from Wednesday to Thursday and Thursday's workout will be on Wednesday. You add some workouts in like sitting cable rows and Lat pull down because you want to expand your wing span and widen out your top part of your physique. These are very basic examples. A mainstream example that would help you understand is during the approach of fall and winter season people get bigger and focus on building size and strength and during the end of winter and approach of spring and summer seasons you change your workouts and diet to get leaner and more shredded for the summer time to lose the winter weight and look good. Your goals can be for looks or for physical reasons or both. It all depends.

Each rep, set and workout have a specific reason that builds the overall goal and vision you are working towards. It could be short term health or long-term health it could be for a sport or just looks. So, think of how each piece builds the bigger puzzle and effects the result. They all have a role and each repetition, set and workout are important for results.

You need to continue to challenge your muscles with more force and resistance and in different ways. That is why at least every week you should strive to go up in weight at least five pounds for every workout. You may not get the weight but you are training your brain and body to constantly push for more growth increasing gains. Always go for more.

Progressive overload is one of the best strategies for building muscle. Gradually increase the resistance or weight you use in your exercises over time. This added stress forces your muscles to adapt and grow. You will want to not only change your exercises but also your repetition range and weight. You must always train your muscles to be able to resist weight and force in different ways to be better prepared so your muscles can grow back stronger. Training your muscles in different ways trains them to be able to resist that multiple different and specific forces and weight going against it which better builds, trains and develops your muscles. This is why adding multiple kinds of workout is good.

When you plateau, you can tell because your workouts could begin to get boring and you are just doing the motion. When you plateau, it is because your muscles have built tolerance to your normal workouts. This is why changing your workouts every season or few months and always trying to push further is key to avoiding plateaus and constantly shocking your muscles forcing them to grow adding more weight force and resistance.

Your muscles are being attacked and broken down in a different way and are forced to build muscle memory to build back bigger and stronger. Think of it that way, just adding force or attacking your muscles one way one dimensionally will get results but the growth will flatten out eventually and results will flatten out. Hitting your muscles in different angles when doing different workouts, changing the weight level from light to heavy,

changing the reps and sets and changing how long you do a workout all have an effect and challenge your muscles differently. This does not mean do every workout you can. Or the more workouts you do the more growth you have. You do not have to change a lot to a workout. You can do the same 4 workouts for 6 or 7 months and get results only changing a few small things in the workout like maybe 1 month you do drop sets and change the days around. Just a simple change like this can help shock your muscles for more growth. It introduces variety to your muscles so there is diversified force and rest.

The same goes with diet when you read the refueling section. Just like the same consistent workouts. You also must eat consistently as well. Eating chicken every day will help build muscles greatly. That is not complicated just a simple consistent chicken and carbs will help build muscles. The same with your workouts. Working out and building muscles can get very plain and repetitive but you can always add some flavor that would make it taste better. You can always make a plain chicken be better tasting. It would be more calories.

The main thing with muscle plateaus and slowing growth is a long-term factor you must keep in mind. When you are thinking in a 5-year span of time. If you are doing the same boring routine with no extra weight force or changes your muscles will build up such a tolerance that when you work out you will just be working out to stay at your current level of strength and muscles. You are not challenging your muscles enough to grow further. That is how you build muscle mass. You challenge your muscles more and more.

You will learn how every rep set and workout matters. Every small detail matters in building muscles. Just like we mentioned it is an easy simple process when you understand the big picture and the 4 main components of building lean solid muscle mass. Breaking it down into detail you will understand just how you do your repetition can enhance your workout even more giving you better gains and results. The timing you will learn is very important as well and can also enhance muscle growth. There are multiple factors that can help build and support each main fundamental component of building lean muscle mass. Continue reading to learn more and make this information stick better.



The more muscle you have the easier it is to lose and keep off weight and fat. The more fat you have the less testosterone you have, the easier it is to gain fat. the more testosterone you have the easier it is to keep fat off you. Testosterone gives you energy and helps you increase strength. Testosterone is the best thing for your health and life.



The Most Effective Workouts for Specific Targeted Muscle Groups

When you work out and begin your workout program, you are going to have a mixture of full body workouts, isolated muscle group workouts, free weight workouts, machine workouts, weight training and calisthenic workouts. This will help add double effect to your workouts and build massive muscles. This section is about isolating and targeting specific muscle groups at a time to direct concentrated attention and focus to concentrate energy, effort, and force to break down your muscles and force a deeper rip to build back your muscles bigger and stronger. You need pain to get more gain. You will get sore.

Certain ways you work out are good for certain reasons and develop your muscles and muscle strength in different ways as well as how your muscles look and appear. Quick explosive reps help with athleticism and training your muscles to react fast and have a powerful impact or punch. This way does not focus on building the physique of your muscles as much as its focus is more on movement. This section we are talking about building strength and muscles to be strong and look good and be healthy. Body building and working out this way still helps athleticism, movement, motion, and functionality because it helps build muscular strength in specific areas and supports athletic abilities.

This section is focusing on slow concentrated reps. These reps you will really feel the burn and get the most out of the rep. When you are ending the slow rep with whatever muscle you are working on, you pinch, squeeze or flex at the end of each rep and this will add even more of a deeper tear and really work the muscle out. The slower the rep the better overall workout you will get. The more your muscles will build and grow when you refuel them and recover. When doing your sets and reps you want to develop a rhythm and pace to your workouts, your sets, and each individual reps. This is for regular reps. There are other kind of reps where you do not have a rhythm to train your muscles differently and get a better rep focusing on raw strength. Those are pause reps which you will read more.

Every week you dedicate one day Targeting a specific muscle group or two muscle groups per day, minus rest days. When working out two muscle groups in one day you have a primary muscle group and a secondary muscle group. An example would be chest and arm day. Chest would be your primary workout and arms would be secondary workout enhancing the burn and muscle tear. This is because you use your arms and workout your arms when you work out your chest or pectoral muscle. So, this enhances the effect and is a good complimentary muscle group in your workout that goes good with chest day.

So, every day you spend time breaking down a specific muscle group lifting weights working out. This does not mean other muscle groups will not get a workout in as well. Because when your muscle is being worked out, multiple muscle groups are being used at the same time. You are just directing the focus and concentrated tears to a specific area of that specific muscle or muscle group. This intense focus, focuses as much weight and force in one area applying as much energy as possible to get the most tear ripping and break down for the best chance of muscle gain when you refuel and recover in time.

A good example would be on leg day and squats. When your barbell Squat, your main concentration is your leg muscle groups but you use your entire body including your back hips, shoulders, and arms. The main purpose of targeting a specific muscle group each day is to spend as much energy as possible and as much force, weight, and resistance as you can in a certain time with consistent repetition and sets consistently with different weights breaking your muscles down as much as possible to be able to rebuild muscles.

This is the most effective and efficient way of building lean muscle mass and growing muscles. Your body is a machine and developing each part with concentrated effort each day with a specific body part gets you more results and builds the entire body overall. Spending time on each muscle in the muscle group is important and will develop your overall physique better making you look more ripped and muscular concentrating and focusing even more on each muscle in the muscle group. This gives you an even better advantage and workout. When targeting and directing a lot of energy and force in one area at once you accomplish more and become more effective and get results a lot faster.

Not only working out each muscle in the muscle group but working out a specific muscle on different parts of the muscle. As well as working out that specific muscle at different angles and in different ways will develop and design your muscles even better giving you a well-defined look. This enhances your gains and results even further breaking your muscles down in different ways introducing directed energy strain force and resistance towards specific areas of your muscles making it so you can develop specific sections in your specific part of your muscles. If you want to get ripped then you must focus on detailed specific sections of your muscles and focus workouts on the smaller muscles.

This will build and grow your muscles well and help you design your physique in detail. An example is your chest muscle which you will see if you keep reading. When working out a muscle at different angles in different ways in specific areas of that muscle you are developing each section making each section stronger which develops the entire whole muscle. When targeting each specific area, they work together improving the whole body.

It is like a machine. A machine has different parts that all do their part and do their specific function. Each function gets the entire machine working smoothly and efficiently. The same with your body as an organism and each organ and each different system in your body. Just like your muscles and each muscle group. When you train each specific category or section it benefits the entire body. When you stay healthy and take care of each section of your body making sure it consumes the right fuel and stays in motion to stay healthy, your entire body works more efficiently and smooth. Take care of health.



Concentrated targeting your leg muscle groups

You will see in this book we mention a lot how legs are the most important muscle group to workout. Concentrating on working out your legs helps build the entire body. There are leg workouts that workout every leg muscle at once like squats. Squats workout your overall leg muscles. There are other workouts that target and concentrate specific muscles in your leg muscle group like leg extensions which workout your Quadricep muscle. Leg curls specifically workout your hamstrings. Calf raises and jumping, works out your calf muscles. Calf workouts are not important workouts unless you are an athlete.

You will notice most workouts start with the big muscle groups overall first, like squatting which target all the muscles in your body but more specifically the muscles in your legs. Then you target the specific muscles in that muscle group. One reason you do this is because it takes the most energy in the beginning of the workout, working on the major muscle or overall muscle group and exhausts less energy working on the smaller muscles as the workout goes on. This normally is a good way to structure your workout program.

You want to use most of the energy on the major workouts like squat first. Because that will give you a better workout overall and you are using all your muscles. So, when you do work on the secondary muscle groups, they will get a better workout in because you used them in the major workout. And you use them again specifically targeting them in the secondary workouts. After you squat and exhaust most of your energy in the beginning of the workout you would do workouts like leg extension to specifically target your quadricep's and then do leg curls to specifically target your hamstrings, and so on.



Squats and Dead lifts focus on overall body strength

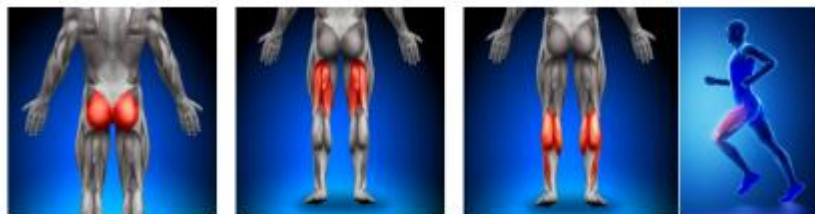
Leg extension



Leg Curls



Focus and target each muscle in the muscle Group





Concentrated Targeting of your Pectoralis muscles

Concentrated Targeting of your chest muscles will make your upper body look good. There are different workouts that work out your chest in different ways creating an overall well-rounded look and strength when you combine these workouts together. When concentrated targeting your chest muscles or pecs you will start the same way as you do with legs on leg day. You start with the major muscle group first or the entire muscle over all to exert the most energy in the beginning of the workout so you can get the most out of the workout. This is how most workouts are structured but not every.

Then you go down and break down concentrating targeting each specific muscle or area of the muscle even further. Start with your chest overall then you can specifically work on your upper chest and lower chest and then work on the inner chest or outer chest with wide grip. But this also helps you lift heavier weight then if you flipped it and did it the reverse. If you did the secondary small muscle first, you would use up energy and not be able to get heavier weight. You would exhaust your muscles and not get as good a workout on your major muscles or overall. You can workout different areas of your chest on different days if you do it twice a week. It all depends on your goals and how you structure your workouts. You can do regular bench on Mondays and Friday do inner chest.

You can do the reverse or opposite if you want to focus specifically on the secondary minor muscle groups but it would make it a lot harder. An example would be skull crusher combos when you first triceps curl the bar to your forehead several times focusing first on your triceps giving them a better workout, then right away pressing the bar close grip several times. Those mainly focus on specific areas like your triceps and inner chest.

Different workouts work on your muscles in different ways. This creates force and resistance differently on your muscles creating a dynamic way of targeting your muscles. This gives your muscles the best possible workout. Also, different workouts target your muscles at different angles which will pop out certain parts of your muscles more than others areas. Working on your smaller muscle groups help you look more ripped. You can devote specific days to just work on your smaller muscles to increase definition in tone.

Calisthenics add an extra effect complimenting weight training. Doing pushups every day or during workout helps with body weight and movement strength doubling the effect of your workouts. If you really want to target your chest and get a big ripped and strong lean chest then the best thing you can do is target your pecs at different angles. You Would do a combination of different workouts and workout types to target your muscles in different ways and with different angles with different weights both light weight and heavy weight. Creating multiple ways of resistance and force on your muscles and enhancing muscle growth more than your average workout. Pushups, pull ups and dips are great workouts.



Doing free weights and calisthenics both enhances your workout and strength doubling the effect if you did them separately.

Doing calisthenics will really add definition and tone to your body helping you look shredded and helping your muscles build overall enhancing your muscles with multiple strengths and ability. When working out you want to learn as many ways as possible how you can strengthen your body and keep it healthy. Calisthenics should be in your workout.



Doing dips before your workout or during in between sets really helps your chest and arm muscles out. Dips help like decline bench. It works mainly on the lower part of your chest muscle and triceps muscles. These are a great workout that really helps build definition.



Concentrating on specific areas in your targeted muscles

Bench press

When you are doing flat bench press you are targeting the center of each pec and mainly your triceps. This works on the center of your chest elevation up and down wise. This improves both incline and decline bench press. Bench press is a primary muscle workout.



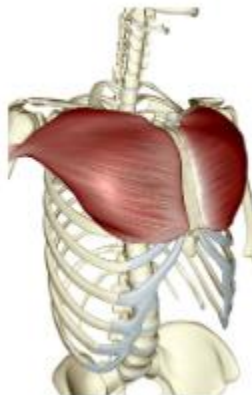
Incline Bench Press

This targets specifically your upper pec muscles and your shoulder muscles. You can do shoulder day with chest to complement each muscle group and get a good upper body workout. You could also do them on separate days to space out the resting days and give those specific muscles a less intense workout overall. But it will work your muscles out more over the week being able to specifically target each muscle with more energy each workout. Giving your muscles extra workout throughout the week. You could work shoulders and chest on Monday's and then Thursday work on shoulders and back. You could have chest on Mondays and Thursdays as well. It depends on what muscle group you want to enhance and build the most to design your body and muscles your way. You could just do one muscle group a day if you want. If you're just starting this would be fine.



Decline bench press

Decline bench focuses on your lower pec muscles and works on your arms at a different angle as well. This is a good example of working out your muscles in different ways in different specific areas building the whole muscle. This also helps with your overall strength. This would be good to do in rotation or before or after with dip workouts.



Regular grip bench press

When you are bench pressing with regular grip you are mainly targeting the center of each pec and the entire chest muscle including your arms but mainly triceps. You are also targeting your entire chest and upper body when bench pressing. This includes back and shoulder muscles. Regular grip is usually the first grip you use when working out or wide.

Wide grip bench press

Wide grip bench really spreads your chest out making your chest look bigger overall and push your shoulders back more or at least appears to look that way. This creates more real estate with your chest. Wide grip mainly works out your outside chest and your arms. this works out your biceps more than close grip bench. Wide grip is harder than regular.

Close grip bench press

Close grip bench works on mainly your triceps and your inner chest. The more you work on different angles in your muscles the more ripped and shredded you will look overall. This is especially true with close grip which enhances your inner chest making your chest look more defined. This will make you look bigger and more muscular as well. Close grip you want to make sure your wrists are straight. Like most bench grip, take your time because close grip is harder than regular grip as well which you will get use to in time.

You will see wide grip regular grip and close grip work on your chest length wise and incline bench, flat bench and decline bench work on your chest going up and down. Using barbell, dumbbell free weights work on your muscles differently than calisthenics. For an example push-ups and dips give your body weight strength and helps give your muscles definition. Adding all of these together would really chisel out your chest muscles good.



Dumbbell presses

These help your arms work with balance and going in rhythm with each other and creates an even deeper tear in your muscles because your muscles must focus on keeping the weights steady and holding the weights. This works on your muscles differently than barbell bench. When using dumbbell's, you want to squeeze and pinch at the end of each rep and go slow and you will get an amazing workout quality this way. Using dumbbells work your muscles more for multiple reasons. One reason is it takes extra strength keeping the weight steady and takes concentration keeping the weights moving together with each other at the same pace. Free weights in general takes more effort and strength handling and holding up then a machine and even a barbell. Another reason is it gives you a better and full stretch going down focusing on each arm's individual strength which fully develops the chest muscles. This makes the rep harder because your repetition is deeper.

High Cable Chest Fly's

Low Incline Cable Chest Fly's



Cable Chest Fly's

Concentrated workouts at different angles and elevation

See how we went from the overall pec muscle doing bench and now we are isolating each section of the chest working the chest out from different angles. Working on smaller areas of the chest will increase the overall strength and look of the chest. When the cable is higher like on the upper picture to the left it works on your chest in a different angle as the picture on the upper right. This is like adding the finishing touch and working on the detail of your muscle. Enhancing each small area increases and enhances the full muscle.



Dumbbell fly's

Dumbbell fly's are good because it is a free weight and free weights work your muscles more because you must concentrate on holding the weight up keeping it steady and balanced and there is a constant force on your muscles. When doing a fly rep always squeeze and pinch your muscles at the end of each rep to add an added enhanced stress and burn to your muscles to tear it down even further. Your muscles are constantly working when using free weights. Make sure your feet are steady and give a good base when doing dumbbell fly's so you do not drop the weight. This will help you steady the weight for your reps to increase quality of each repetition. You want quality repetitions every repetition. Remember reps are the foundation of the entire workout so don't cheat.



Machine fly's

Machine cable fly's work on your muscles differently creating different stress, force, and resistance to your muscles than cable fly's and dumbbell fly's. You do not have to do all of these in one workout. You can choose one or two of these for each workout. You can choose one or two for a certain time say a few months and then switch your workout up and add and subtract workouts in your program to give fresh new workouts to continue building your muscles in different ways. These have less resistance and force than dumbbell fly's because there is not constant strain on the muscle. Machines are good for

after free weights. You can also use them in a superset with free weights. They are good to enhance your workout and build up on top of the main workouts in your program



Concentrated Targeting of your Arm Muscles

Your Arms muscle group overall

When you have your workout for the day, most of the time your arms are a secondary workout to add enhanced effect and work with, on top of your primary workout. For example, when you do chest day and you are doing a chest workout like bench press you are using your arms well working out your chest. So, you would have chest day as your primary workout and muscle group and then your arms as your secondary workout and muscle group. You can work on arms with any muscle group if you wanted to add them.

After your chest workouts then you can do arm workouts to strengthen your arms. This would give an added effect and workout to the muscle groups you worked out with chest. An example is after bench press you do cable push downs which focus on your triceps.

When you work on bench press and chest, you're also working out your triceps muscles. SO, doing cable push downs after bench or as a superset would be a good workout to really target that muscle if you want. You can also go from bench press to cable push downs and cable curls to work on your biceps as well. You want as much burn as possible. The more sore your muscles are, the better workout you get the bigger and stronger you become. You want to push through and feel as much burn as possible to break muscles.

Arms are a good day you can also workout with there own day as well. Dedicating an entire day to working out arms is very beneficial. You need your arms in most things that you do and having strong arms will benefit most other workouts. Having strong arms is a good workout plan. Like mentioned before or you can just have them as secondary workouts and still get really good workouts with them. Either way works and is good.



Concentrated Targeting of your Triceps muscles

Your triceps are the bigger muscle out of the two muscles in your arms. When bench pressing regular grip and close grip you also use your triceps. When working on your triceps muscle you want to focus on both pushing and pulling adding resistance and force in different ways. Giving your muscles strain in multiple ways is always good for building muscle mass. But the same consistent strain weight and force is good to build muscles.

Triceps Need to be strong because having strong triceps will help increase your bench press weight. Your triceps and chest do a lot of the pushing when bench pressing and if you want to increase your bench press then you need to workout your triceps muscles.

You will see as you read more different workouts, but one of the best workouts for triceps that will help increase your bench press is skull crusher combo. Really targeting your muscles all around from your chest to your triceps and really is an intense workout because it is a combination of workouts you have to complete before the end of the set. It is a tricep extension and a close grip bench all in one and really gives you a great workout.

Skull crusher combos help with heavy lifting strength and endurance strength, forcing your muscles to stay with the workout and keep going until everything is completed. Other good tricep workouts are below. Just keep reading and you will see how to build.



Bar cable Push Downs



Rope cable push downs

Workouts that target your triceps muscles

You see the two picks up above. The top left picture works on your triceps differently at a different angle the way your hands are gripped on the bar and whether it is close grip or wide grip depends on exactly where the intensity of the force is located on your triceps when using the bar. With the upper right-hand picture, the guy is using the rope and works on your triceps muscles at a different angle. Using the rope when you extend at the end of your rep you spread the rope out and squeeze and pinch to add, added effect.



Reverse Bar cable push downs

Same thing with this workout. Adding resistance and force in a different way at a different angle building your muscles allowing them to grow. The secondary workouts the details.



Dumbbell bent over rows

Dumbbell bent over rows focus on multiple muscle groups. The workout targets and focuses on your back, bicep, and your triceps. This workout is different than push downs or pushups because instead of pushing you are pulling the weight closer to your body.



Concentrated Targeting of your Bicep muscles

Your biceps mainly focus on pulling. You use your biceps when doing pull ups and curls. There are multiple ways you can work on your biceps with many different workouts. Below are some workouts that will target your biceps in multiple different ways. Biceps are a good workout as well. The stronger your arms are the heavier weights you can get.



Cable Bar Curls

Cable Rope Curls

These are like the triceps workout up above, the push downs. Same thing just working on your bicep at different angles in different ways. Working on one muscle at different angles develops and builds your overall muscles better than if you just worked on your muscle one dimensionally. Know how you want to develop your muscles and design your body.



Standing Barbell Curls

Standing barbell curls really work on your biceps well allowing you to have free weights and movement with your workouts and being able to add extremely heavy weight. Power curls are the most effective at really building and strengthening your bicep muscles. If you want bigger stronger biceps then barbell power curls are the best workout you can do for your biceps. Very intense, hard to do and heavy. But you will really get bigger biceps doing power curls with a barbell and having as heavy weight as you can do. Some people have power curls up to 225 lbs. It is possible but you have to work your way up to that weight.



Preacher Curls

Preacher curls are good as well adding definition to your biceps. These curls enhance the top part of your biceps. These create definition and sharpen your muscle tone. This is just another way to workout your bicep muscles to workout your muscles differently. You do not have to do all these in one day. You do not have to do all these workouts. You can change it weekly, monthly seasonally or yearly. You could just not do these workouts.

It depends because there are so many variations of different workouts that workout different muscle groups. SO, when you workout or create a workout program you do not have to add in all the workouts or have as many workouts as possible in your workout program. Just a few workouts will help build you muscles. Deciding the most accurate workouts for your goals will help you get the results you are looking for & will get results.

Preacher curls are good because They really focus on definition of your bicep and giving you a good cut look with your muscles. Doing these with more repetition and light weight will really give you good definition in your biceps if your goal is to get ripped and sculpted.



Concentrated Targeting of your Back muscles

Your back is one of the most important muscles to work on. Majority of workouts involve your back. Bench press, pull downs, squats, rows, shrugs, overhead barbell press. So, working on your back strengthens the entire body and keeps your body stable and supports the rest of your body and protects your bones including your spine. Having a big strong back will make your entire body look bigger giving you a masculine look. Your back separates in two different parts, your upper back and your lower back which supports your entire upper body. Strengthening your muscles keeps the rest of your body intact and together. This Helps prevent injury. Your back supports your entire body. Build it up.

You should at least have two days in your week that target and workout your back muscles. Unless you're just starting then one day is good to dedicate and focus on working out your back, both lower back and upper back. This is not counting leg day where you will do squats and have a full body workout and use your entire back. SO, just beginning only dedicate one day to back. If you have been working out for a while then dedicating two days a week to workout your back is very important. An example is Monday you do legs and back, and then Thursday you do shoulders and back. Another example is Monday just legs and biceps and Wednesday shoulders and back & then Friday you do back again.

Pull Ups



Cable Pull Downs



Concentrated Targeting of your Back Muscles

This is another example of weight training and calisthenics training. They both help develop your muscles and strength in different ways helping your muscles break down and strain creating different force and resistance on your muscles. Both good workouts.

Sitting cable row machine



Barbell Bent over rows

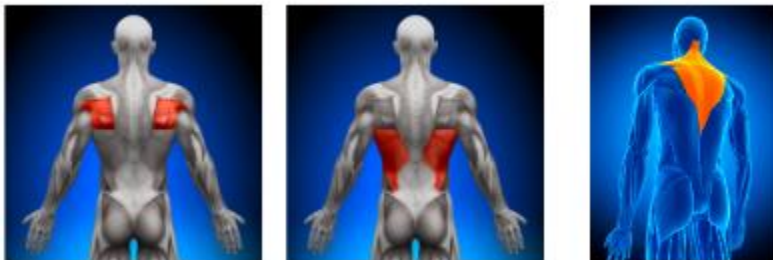


These workouts both work on your back but different parts of your back. The upper right picture using free weights, using heavier weight, a lot of different muscle groups are being used during this workout. It takes more strength and energy holding the bar up standing then the picture on the left. You could first do barbell bent over rows and then cable rows.



Rope Cable Face Pulls

This is another workout that works out your back and shoulders. This would be a good workout if you work on shoulders and back in the same day. This works on small muscles. This is a secondary workout after a primary workout like shrugs. The secondary workouts work on the details and helps bring out the definition. After you exhaust most of your energy doing shrugs or barbell shoulder press to work on shoulders you then would work on a lighter less intense workout like this to workout your smaller more detailed muscles.



There are a lot of different muscles in your back muscle group. There are many different workouts that can work your muscles out. Deltoids, shoulder blades and lats are just a few of your upper back muscles. Then you have your lower back which helps stabilize your entire body. Working out your back at least twice a week is good for overall muscles gain.

Lower back is good to workout as well especially with squatting. This keeps your entire upper body up and stabilized and protects your spine. Squats are great for lower back workouts as long as you have good form with a straight arch back. There are also other good lower back muscle workouts like reverse back crunches or straight leg dead lifts.



Concentrated targeting your shoulder muscles

When targeting your shoulder muscles there are multiple different workouts that are very effective. When working out your shoulders you also work on your chest as well mainly your upper chest and your arms. Good workouts to target your shoulder muscles are barbell shoulder press, dumbbell shoulder press, shrugs which work on your trap muscle and dumbbell or plate lateral raises. Shoulder workouts are good with back workouts and chest workouts. Shoulders really increase your size and make you look huge if that's your goal. Shoulder muscles help increase other lifts as well like incline bench press and more.

Dumbbell shoulder press

Standing barbell overhead press



Shoulder press helps strengthen your back shoulders and chest. Shoulder press is the main shoulder workout you must focus on to develop Strong shoulders.

Barbell shrugs



Dumbbell Shrugs



Plate Shrugs

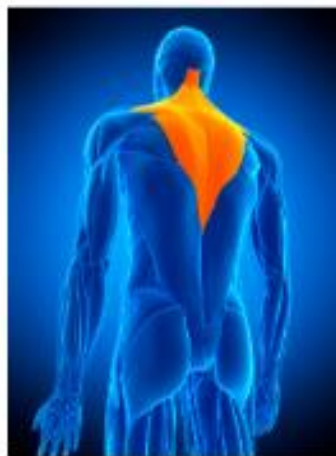


Concentrated Targeting of your Shoulder Muscles

You will see here 3 different types of shrugs. Barbell shrugs which you can do with extremely heavy weight if you are strong enough and have wrist wraps. Then dumbbell shrugs. The last is shrugs with a plate which is light weight and you do high number reps.

When doing barbell shrug you will be doing heavy weight. Barbell shrug and dumbbell shrug are main exercises that are good to do before or after shoulder presses. The 45-pound plate shrug will work on your trap muscles differently because it is light weight and you can do it like 50 times in a row increasing the size and strength of the trap muscle.

Trap Muscles



Shrugs and other workouts including standing upright rows and face pulls workout the trap muscles as well. Bent over upright rows help lower trap muscles. Have your shoulders back when doing shrug workouts. You also want to have a tight straight back for form.



Lateral Raises

Usually when you do lateral raises you do front raises as well in combination together to work out the shoulder well. These workouts will help develop your shoulders making them big. You can see there are 3 different kinds of lateral raises at the top. You can do the same thing for front raises. You can use dumbbells, cables, or plates for this exercise. Lateral raises help make your shoulders big and bulky and cut as well. These are good secondary workouts after shoulder press and shrugs. Slow concentrated reps would help.



Front Raises

Front raises work on your shoulder at a different angle than lateral raise. You want to workout and train with these workouts together because they are the same workout but different variations and workout your muscles in different ways. This is what really develops a muscle after you workout the full overall muscle group. Hitting the angles is important and each detail and side of the muscle will really increase overall strength and looks really giving your muscles a cut, sculpted, well defined look. Do these with laterals.



Working out your Neck Muscles

Neck muscles are good to work out to prevent injury and strengthen your traps. If you play any contact sport you should work on your neck muscles for added support and safety. You can do neck workouts at least twice a week and you can do it on leg day, chest day, back day, or shoulder day. This is a very important but very simple workout to do.

These are just some examples of workouts that target specific muscle groups and muscles. There are thousands of different workouts that can help you build and grow muscles.

"It doesn't matter where you start, it matters where you finish!"



Health tips

Any place that is against your health then leave and go as far away as possible from the place and surroundings you are in. The weight room is a health center and you want health as your main priority. Without health you have nothing. You need health as #1.



Different Training Exercises Methods and Routines

The best thing about health and fitness is working out and feeling good after the workout. It does not matter what your goal is, there is a workout program that can help you reach it. "It doesn't matter where you start, it only matters where you finish." Remember this.

When it comes to building lean muscle mass and health and fitness there are so many options and workouts you can choose from. You can use weights or you can just do body workouts. That is the joy of building muscles. You can choose what workouts you like and what workouts you do not like even though it is best to do the workout that will give you the best results. When you are just starting off, start with light weight, and slowly work your way up to heavier weight. It is good to see your one rep max right when you start so you know where you are strength wise. It is important to not rush through your workout. Make sure you take time between each set to give your muscles time to rebuild and recover throughout your workout. Read below to learn how to structure a workout plan.

Structuring a Workout Program

Here is how an entire workout is built designed and structured so you can understand how Your workouts are formulated to be well equipped with building Lean Muscle Mass.

Repetitions make up your Sets. Sets make up a workout. Multiple workouts focused on specific muscle groups in one day make up a workout session. That is one day. Multiple days of different workout session focusing on different muscle groups in a week repeated is a part of a workout program. When you plan and structure how your repetitions, sets, workouts are on a weekly monthly seasonal and yearly bases that completes a workout program. You can alter add and subtract reps, sets, workouts and how you do workouts weekly, monthly, seasonal, and yearly. This completes an entire workout program. A workout program revolves around the center focus, vision, and goal of what you want to accomplish. Your workouts, diet, and recovery schedule all revolve around the main goal.

You will see below we have broken down each section of a workout program for you in detail so you can fully understand how to work out and what it takes to build lean muscle mass. What is in this E-book is also in the workout program we have available you can buy. This workout program is already done ready to use immediately and designed so you can get in the gym and start building muscle mass effectively. Everything is broken down Starting from Goals then broken down into workouts and then broken down even further into what makes up workouts which are your sets and repetitions. Goals down to reps.

Goals:

What is your main goal you are trying to achieve. Your goal maybe you want to be big and strong. Well, how big and strong? Do you want to be massively big and strong? Do you want to have lean muscle mass or do you not care to much about the tone of your muscles and just on size and strength. Do you want to get skinny lean and shredded and want more of an aesthetic look? Do you want to look athletic or big and muscular. It all depends on what you want with your goal. That is with looks. You may want to workout for health goals short term and long term. Or for athletic mobility and athleticism. You could want all three. You could want to be athletic and focus on your athleticism and look good and feel good. Developing a workout around just strength is different from developing a workout around strength and building lean muscles mass. Your Workouts diet and recovery schedule will revolve around your main goal. Below are examples explained more. Keep reading so you can really learn and know how to build lean solid muscle mass.



For an example

- 1.Goal is to get Big and Strong and not care about looks.**
- 2. Goal is to get strong and build athleticism**
- 3.Goal is to get big and strong and care about looks and muscle definition**
- 4.Goal is to build lean muscle mass**
- 5.Goal is to lose weight and get skinny.**

Structuring your workouts around your goal.

- 1.Goal is to get Big and Strong and not care about looks.**

We are going to focus on the first goal first. If your goal is to get big and strong and you do not really care about your looks then your workouts are going to have 3 main workouts that are going to be the main workouts. Those workouts are bench press, Squat, and dead lift. The three main workouts and the best workouts you can do for your body and its overall strength. You are going to focus on legs, back and shoulders. Your sets and reps would look like very high weight with very low reps. Your reps would be 1-3 reps, 3-5 reps, and 5-10 reps. You would have a diversified number of reps and sets combined into your workouts. Your diet would be revolved around this as well. If you want to get big and strong you must eat big. Especially if you are lifting heavy weight. Your body needs energy.

2. Goal is to get strong and build athleticism

Your next goal is big, strong, and athletic. Your workouts would be mostly Olympic style workouts focusing on athleticism and mobility with movement. Strengthening your muscles to move and be effective. You would have some workouts be fast paced and some workouts being slow paced working on specific muscle groups at a time developing them to improve athletic ability. You would also do bench press, squat and dead lifts but have a combination of reps and sets going from light weight many reps and heavy weight and low reps. Depending on Where you are in your season or off season. Changing your diet up as well when you are in the off season you may focus on getting bigger beefing up. So, you may increase your carb and calorie intake because you are doing heavier weight. Closer to the season you want to lean out and cut your carbs and focus more on fast pace workouts increasing your reps and lowering weight. Strength is the focus here.

3.Goal is to get Big and Strong and care about looks and muscle definition

If your goal is to get big and strong and you also want to look good and lean and ripped, then you would First focus on building size and strength fueling your body making sure your body has enough calories, carbs, and protein to be able to get big and strong. You would focus on weight lifting and calisthenics. Which all workout programs should have a combination of both. This strengthens your body and muscles in a different way giving your muscles body weight strength as well as weight strength. You would also have a combination of heavy weight and light weight and high reps and low reps. If your goal is not athleticism then you would not focus on Olympic lifts as much and mainly focus on slow concentrated reps and workouts focusing on getting big and building muscles. You would focus on getting big first and then leaning out focusing on getting ripped and lean first. You must have muscles to be lean. If your just skinny you are not lean your skinny. You would eat big as your working out big and working towards building strength and size. Then the next phase of your workout season you would trim down and lean out and cut calorie consumption. The high number of reps and low weight would be good for this.

4.Goal is to build lean muscle mass

This would be the same if not very similar as the above summary plan. Except if you really do not care to much for strength and size and just want to get lean you would have moderate or more normal protein and carbohydrate intake and normal workouts done consistently. You would focus on building your frame and some strength and size and then mainly focusing on high number of reps with a combination of weight training and calisthenics. You could focus on strength and size first and then lean out or just focus on staying lean and not building that much strength. I do not know why you would not want to build strength because it benefits your entire body and health. You would also have cardio in your workouts. This would be very similar up above where during the fall and winter season you normally add more weight so you would focus on building size and strength increasing your weight amount lowering number of reps or at least having it in between. During spring and summer season you focus on leaning out and getting ripped decreasing your weight and focusing on high rep count. Increasing definition in muscles.

5.Goal is to lose weight and get skinny

If your goal is to lose fat, weight and get skinny and really lean then you are going to cut your caloric intake so you will eat less. That is normal because you will need to cut calories. You will still focus on lifting weights because the more muscles you have increases testosterone as well as lifting weights in general increases testosterone. The more testosterone you have the easier it is to lose weight and get skinny. You would focus more on fast paced cardio workouts that increase cardiovascular rate. You would not focus on heavy weight because you want to focus on shredding your muscles and getting skinny and lean. Also, when your cutting weight and dieting you will not have a lot of energy to lift weights and can damage your body and injure yourself. Circuits supersets and cardio would be good for this workout goal. Also, Olympic lifts or compound lifts help burn more calories as it takes more energy to do the motion and lift the weights. When losing weight and fat you are naturally going to lose some muscles and lose strength as well. It is normal and you would have built up muscle memory to build back if needed. This could also just be a part of a workout program as well. You may have this be the main goal or it could just be a seasonal goal. Keep your testosterone high and you will stay lean. More muscles equal less fat. You do not need to do cardio to stay lean and look good. Just build muscles.

Above you have examples of five different goals.

We just gave you quick summaries and examples of goals you could have in mind and how you would structure them differently. Once you have your goal everything else is structured around that goal. Your workouts and which workouts you do monthly seasonal and yearly. It all depends on the combination and how you organize them together working with each other. The beginning of the workout section we mentioned targeting specific muscle groups and bodybuilding style workouts. We will not mention them with these workout examples. Mainly because body building and building lean muscle mass is the main workout style of this book. Also, they are incorporated in each workout style and program. Slow concentrated targeting reps and workouts are great for muscle development. Below you will see how a workout is broken down on a fundamental level.

There are different workouts and workout styles and different ways you can train. Below you will read more and learn.

Workouts

Olympic workouts

Athletes typically do Olympic workouts. They are full body workouts that focus on Athletic strength and ability. Some Olympic workouts include clean and jerk, snatches, squats, deadlifts, Clean and jerk and Clean and press. Olympic workouts are the best for strength and mobility enhancing your bodies overall health. There is an aspect of cardio involved in Olympic lifts when done in sets. Especially with high intensity structured workouts.

Football players usually do these kinds of workouts mainly because they are the best for athleticism and full body strength and movement. These workouts help with coordination and learning to move your body with weight. These workouts are also popular with lifting competitions as well. These are some of the best workouts to help with all around health.

An example how to do a clean and jerk or clean and press is to have both feet flat on the ground with a nice solid base and bend over with your back straight and chest popping out. You want your arms loose like ropes as your hands grip the bar and weights on the ground. You're going to bend and squat down at the hips with your torso in a straight up and down position. You do not want to be parallel to the ground. You want to lean back with flat feet. You do not lean forward only back. As you lift you want to lift with your legs

not your back. You're going to squat up in a powerful motion and bring the weight up and you're going to do a row with the weight. You're going to lift the bar up to your chin with your elbows out. This is going to be fast and powerful. Then you're going to squat under the bar and loosen the grip of the bar. When you squat under you release grip on the bar, but your hands are still touching the bar. Then you catch the bar with your elbows up and the bar resting on your shoulders. SO, your hands are touching the bar, but you are not holding the bar. The bar is on your shoulders. That is a clean. Then you do the jerk where you jump and get under the bar as you extend your arms. And straighten the bar up in the air over your head. If done correctly you will barely have to use your strength to raise the bar up. This focuses on athleticism and finessing the weight. You still use strength but not as much as you think you need. This is a clean and jerk. A great all-around workout.





HIGH INTENSITY WORKOUTS

"It doesn't matter where you start, it matters where you finish!"

HIT provides fitness and health improvements in significantly less time per week than moderate-intensity training. So, if time is gold and efficiency is the goal, why not go for a strategy that amplifies your efforts? Especially when it comes to building muscle mass.

What is High Intensity Training (HIT) High Intensity Training, often abbreviated as HIT, is exercise that focuses on more intense bursts of activity. Instead of spending an hour jogging at a consistent pace, with HIT, you might sprint at your top speed for a minute, then walk or rest for a couple of minutes, and repeat. This training method is all about pushing your body to its limit, even if it is just for a short amount of time. By doing so, you can achieve more significant results in less time. The intensity is the key. It is not about how long you work out, but how hard you push yourself during those moments of exertion. This is very hard and intense but you will feel good after your workout session.

High intensity training also challenges the body in different ways than traditional exercise methods. This can lead to increased endurance. Plus, HIT often means your heart rate stays elevated, even during rest periods. This can improve your cardiovascular health. Whether you are lifting weights, cycling, swimming, or doing bodyweight exercises, you can incorporate HIT. This is good for your health. This helps your health in many aspects.

When muscles face resistance, tiny tears occur. The body then repairs and strengthens these fibers, leading to muscle growth. This is where High-Intensity Training (HIT) plays a

role. Intensity and Muscle Development High-intensity training challenges our muscles more than typical workouts. The intensity and the speed at which these workouts are performed create a combination of mechanical tension and metabolic stress. This is good for effective muscle growth.

Strength and Endurance: HIT's Double Impact Besides muscle growth, HIT has a two-fold impact on athletes. It not only makes them stronger but also amplifies their endurance. When you are training at high intensities, you are essentially conditioning your body to function at highest performance levels which leads to enhanced strength and stamina.

A Fast Track to Getting Lean One of the standout perks of HIT is how it helps individuals achieve a lean body. Pushing yourself in short, intense bursts results in a higher calorie burn both during and after the workout. A Healthy Route to Fitness Keeping our bodies healthy is crucial. While every form of exercise contributes to better health, HIT takes it a higher. It improves cardiovascular health which leads to better blood flow and increased lung capacity. This means a heart that pumps more efficiently and a body better equipped to take on daily life. This helps long term and short-term health. Helps bring oxygen to your muscles. When you breath you need oxygen to go to your muscles to lift. This helps.

Perfect For those with tight schedules. Achieving impactful results in less time means you can maintain a fit lifestyle without hours at the gym. It is not just about saving time; it is about making every second of your workout count. Which is very important for results.

High Intensity Workouts to Incorporate in Your Fitness Routine HIT is not just about getting a quick workout in. It is about pushing your body to its limits and making every second of your training count, especially in the weight room. For athletes and bodybuilders, HIT plays a role in maximizing strength, power, and muscle definition. Barbell Complexes This involves moving from one exercise to the next without putting the barbell down, ensuring the muscles are under tension for an extended period. A typical sequence might involve: Deadlifts Bent-over rows Hang cleans Front squats Push presses Back squats. These workouts are the absolute best for overall health and athletic strength.

Explosive Lifts Movements such as power cleans, snatches, and push presses. They work multiple muscle groups and demand explosive power to prime athletes for improved performance on the field and stage. Supersets with Compound Movements Pair two exercises targeting opposing muscle groups. For instance, immediately follow bench presses with bent-over rows. This approach maximizes muscle engagement while allowing for a form of active recovery. Farmer's Walk Grab heavy dumbbells or specialized equipment, and walk for a distance or time. This total body exercise improves grip strength, core stability, and cardiovascular fitness, crucial for athletes and bodybuilders.



Doing circuits. Examples of high intensity workouts are circuits where you continuously go without any rests in between. You do one muscle group then right when your done with your reps and set you go to your next workout and muscle group. You do that workout and when your done you do your next workout with no rest. Then you repeat and do again for the next set. So, one big set of 2-4 workouts without stopping. You stop when you are done with all your rotation of sets and workouts. Circuits are supposed to get the heart beating fast and you will be breaking more than just a sweat. It is also a way you can mix cardio and building muscle in one and save time. circuits are very effective. Especially for athletes. If you combine athletic training and workouts like weight lifting.

Supersets. Circuits are different from a super set. A super set is where you do a set of one workout than quickly do a set of another muscle group or same muscle group workout. At the end of those two sets, you take a break. Example bench then right away do cable triceps push downs and then take a break. This is a good example of a simple superset.

High-intensity routines like interval training or weightlifting demand a surge of energy, hence a higher carbohydrate intake becomes essential to consume. Additionally, to fuel long-endurance activities, a balanced intake of fats is beneficial as well. Meanwhile, rigorous workouts that break down muscle fibers necessitate increased protein for efficient recovery. You need to fuel your body and muscles when doing high intensity.

The speed of your heart rate when you do High intensity workouts is a form of cardio as well so you are doing multiple kinds of workouts at once. Circuits and high intensity training is a great form of cardiovascular exercise. High intensity workouts mix strength workouts, cardio, and supersets into one high result activity and good if you play sports because it is fast pace. You can do circuits at a slow pace also, if that's your workout plan.

Who Typically Trains Using HIT? it is a versatile tool embraced by various athletes to enhance performance. From the fast-paced sprints of football players to the precision and muscle definition bodybuilders focus on. Football Players, Football demands agility, power, and endurance. HIT's emphasis on short bursts of high-intensity efforts directly correlates with a player's need to sprint, tackle, or evade tackles in split-second decisions.

Weight Lifting

Muscle Growth: Muscle growth happens when the body responds to training, specifically resistance training. Here, the muscle fibers develop tiny tears when put under pressure from weights and resistance. As the body repairs itself, the muscle becomes denser. This repair process helps build and strengthen the muscles, providing more definition to the body. Doing this repeatedly for months, with sufficient resistance, will help you achieve results. That is basically the point of working out. Consistent working out over time.

Weight Lifting: Building Lean Muscle Mass Weight lifting is the best way to use resistance to build muscle, which is why it is popular with professionals like athletes. First, weights offer precise control for you. You can gradually work at a higher resistance, and that progression will help you develop your muscles. Heavier weights or more repetitions mean your muscles always face challenging resistance levels. That is what you want.

Isolation Workouts: Targeting Specific Muscles If you want to change the shape of your body, you will need to focus on isolation workouts when weight training. These workouts help you sculpt individual muscles, like your arms or chest. It means designing a weight training program that is targeted to specific muscles. That will ensure those muscles get the maximum impact during your workout. For example, a bicep curl is ideal if you want to improve the definition of your bicep muscles. This workout is different from a clean and jerk where it takes the entire body to work together for the lift. Which is beneficial.

Burnouts are good because you are literally going until failure and until you cannot do anymore. If you do 3 sets of these for each workout then there is no way you cannot get gains. This is because you are tearing your muscles to the max and breaking your muscle tissues down the most they can be broken down. Burnouts are a great and highly effective

way to build muscle growth. IF you do burnout workouts it is very unlikely you will plateau because you are always pushing farther and harder and getting the most out of the workout. That is how you continue to grow and build lean muscle mass. Pushing for more.

Resistance Training: Resistance training increases muscle strength by making your muscles work against a weight or force. Different forms of resistance training include using free weights, weight machines, resistance bands and your own body weight. A beginner needs to train two or three times per week to gain the maximum benefit. A planned regiment will help proper spacing of workouts (not working the same muscle too many times in a week). Use the lifting log we give you and see the improvements you gain and see why you gain more improvements in one body part and not so much in another.

Some aspiring body builders or those who want to accumulate lean muscle mass do not completely understand that the heavier the weight you lift, the more potential you have of gaining big muscle. When you lift weights that are too heavy or with improper technique you run a greater risk of getting injured, for example, squatting improperly not having a straight back or flat feet can cause serious injury to your lower back. A controlled movement of the weight will help bring stability of the muscles, into the motion.

Calisthenics

Calisthenics are exercises that do not rely on anything but body weight. They allow for the development of strength, endurance, flexibility, and coordination. Calisthenics are performed with differing levels of intensity and rhythm. Calisthenics workout involves compound exercises, as it uses multiple muscle groups at once. It is best to do both weight lifting and calisthenics. You do not have to choose between the two if you want to gain muscles. For an example. Every morning you wake up you can do 50 to 100 pushups before you leave your house for the day and then later in the day go to the gym and lift weights. Calisthenics can be done anywhere and anytime during your workout or not.

You can also do calisthenics after your workout in the gym or even in between reps at the gym. You can easily fit calisthenics into your workout. For an example. bench press reps and right after your set drop down and do as many pushups till burnout. The best part about working out is you do not necessarily have to choose between one or the other you can mix up the workouts and kind of workouts in your workout routine. Calisthenics also helps tone your body and can make you look more shredded. Since you are working out your entire body or multiple muscle groups at once. It is also different resistance than weights. Calisthenics are a must when working out and building lean solid muscle mass.

Repetitions:

Repetitions are the bases of every workout. Every rep counts. They are the small pieces that done a lot add up and build up muscles. Each rep has a small part that slowly compounds and slowly strengthens and builds the whole body and builds muscle mass.

You will see, just how you do your reps and sets can affect how you build muscles and strength and how you look. Each repetition or kind of rep breaks down builds and develops your muscles in a different way. Your muscles are reacting to being attacked from the outside weight, force and resistance and your brain and muscles are in communication together saying that we need to build strength to survive and thrive.

Each repetition is very important and how many repetitions you do in relation to your sets and the amount of weight you use. Also changing the number of times, you do a repetition in sequence with your sets. For an example having 3 sets of 8 to 10 reps each set trains your muscles differently doing 3 sets with the first set heavy weight 8 reps, then the next set you lower weight and do 12 reps and then lower the weight and do 15 -20 reps. This all depends on how you structure your workouts and your goal you have and want to accomplish both short term and long term. Our workout program helps with this.

You are going to see what building blocks create a repetition. There are the number of times you do the reps. How many times you do the reps in sequence with your sets and in relation to how much weight you use. Dividing and sectioning each specific part of a rep to enhance and focus on specific parts and aspects. Improving one mechanical motion at a time concentrating energy and focus will build and strengthen the entire whole part. The Timing and speed of the repetitions also effect how you develop and build muscles.

You never want to cheat a repetition. Each rep is a building block that compounds over time just like each set compounds more and more eventually building designing and sculpting a strong good-looking physique and solid muscle mass. Each repetition makes a set which multiple sets make a workout and multiple workouts make a workout day and multiple days of working out make a workout a week and repeating each week altering small things here and there staying consistent eventually you begin to see good quality results. It all starts with a repetition and doing each rep properly and with concentrated precise perfection. For an example if you are doing bench press and you do not go all the way down and touch your chest then that is not a complete rep and should not count. Because you are not fully stretching your chest and not going to get as much strength this way. Another example is going half way down with squats and not going deep enough. The deeper you go the better the workout and quality repetition you will get. Each workout depends. Doing a half rep with bench or squat are not good. It also depends on what you are trying to accomplish and how you're designing your workouts, sets and reps.

High Reps vs Low Reps

In general, low reps with heavy weight tends to increase muscle mass and strength, while high reps with light weight increases muscle endurance and tone. This does not mean that you must rely on one method exclusively. Alternating between the two may be the best approach for long-term success and all-around strength. Maybe first do heavy weight for a few months to get big then switch your workouts up and then do high reps to tone up and look ripped. Remember heavy weight with low reps causes you to gain muscle mass while lower weight with more reps will cause muscle tone. This is good to understand.

Regular Repetition

A regular repetition You do the up and down motion, the push and pull motion or the retraction extension motion and you do it with a regular rhythm and pace to gain momentum and be able to have regular quality reps. You also focus on proper breathing inhaling when you go down and exhaling when you go up. This is an important part of your rep because breathing can help give you an extra push to getting your reps. You need oxygen going to your muscles and throughout your body so you can do the lifts properly. The very basic fundamentals are very important to practice and perfect. Form and breathing Are a part of the fundamentals of each rep you must perfect and practice.

Pause Repetition

The difference between a regular rep and a pause rep is a regular rep you have a rhythm and set a pace as your lifting your weight and a pause rep you stop halfway through your rep and pause. After you pause you finish your rep. You do this because when setting a pace and rhythm with your regular sets it builds momentum and helps you get your rep more easily. A pause rep forces you to use raw strength which makes the reps and sets harder and more strenuous. This resistance and force give your muscles a more intense workout. When doing a regular rep when going down you are building momentum for the fast up motion. A Grunting exhale helps with strength and power to push more if needed.

Burnouts

Like mentioned previously burnouts can be an entire workout as well as just a part of a set and repetition. Burnouts are very effective when working out because it forces your muscles to do the most they can do until they exhaust all energy. You feel the most pain because you are really ripping and tearing the muscles down deep. These repetitions are very effective and doing these reps you will get the most out of each rep and set. Your muscles are forced to go to their limit until failure. When you do these, you are training your muscles to keep pushing further more and more constantly raising the bar for muscle

growth potential. You are forcing your muscles to keep pushing past the previous barrier before. When doing burnout reps and sets you should take longer breaks in between each set so your muscles can repair and recovery so you can get a quality set in the next time around. When doing burnouts if you want to increase the effectiveness and burn even more than do them very slow and concentrated which will really tear the muscle deep.

Combination Repetition

Combination reps add multiple motions or workouts in one repetition. They are different from a super set but very similar. A super set has two different workouts in one where a combination rep you have multiple mechanical motion in one rep. For an example a super set you can do bench press and after that set you walk over to the curl machine and do a curl set. Another example of a super set is after bench press set you drop and do a set of pushups. A combination repetition example is skull crusher combo's where you lay flat on a bench with a free weight bar and do a Triceps extension to your forehead and extend out then immediately do a close grip bench and that is one repetition. You can also do all your Triceps extensions first and then do all your presses. So, to reiterate you do two mechanical motions as one set. Another example is push up and dumbbell row each arm where you do a push up holding dumbbells on the ground and after the push up you do a single row with each arm and dumbbell and that is one repetition. Very time effective. Clean and jerks or clean and presses are a good example of a combination repetition.

Explosive Repetition

Explosive repetitions are very effective for athletes who need to increase their athletic strength and ability. They help to pack a very powerful punch and help with impactful movements. A good example of an explosive rep is doing bench press as you go down regularly and breath in on your push up motion you push as hard and fast as you can with a strong exhale and then either keep going or take a few seconds to do your next rep. Most Olympic lifts you work on explosive power and strength. A good example is a clean and jerk. These repetitions train your muscles for speed and agility as well as athletic strength and mobility. These repetitions are very powerful and useful for many reasons.

Half Repetitions

A half rep is another example of categorizing each specific area or mechanical muscle function to better develop bigger whole. A good example is half rep a curl. You do 8-10 reps only going half way up slowly with a curl and stop and pause half way up. Then you

go back down and only do this 8-10 times. Then you focus on doing the half rep starting in the half way position and going all the way up and then back down half way. That is one repetition. You will see sometimes you concentrate on specific parts and focus on entire whole parts and workouts. You need to incorporate both into a workout program.

Slow Concentrated Reps

These have an entire section devoted to explaining these. Very effective and really helps build muscles.

Negative workouts



Resist going down

Have a spot help you back up

Negatives Reps

Negatives are when you focus on the opposite movement then what you normally would. For example, say your bench pressing, you would have a spotter and have heavier weight than normal and as you are retracting doing the going down motion you are trying to resist it as much as possible until you reach the bottom. Then your spotter would help you get the weight back up. You continue to do it for how many repetitions you have. This is another example of working out a specific part or a detail of a larger piece. Just like reps are the fundamental main component of an entire workout and is the smallest piece of building muscle mass. You can break down how you do a repetition even further and break it up into sections to build even more strength. You are concentrating and focusing on a specific detail that will benefit your repetition and make you even stronger overall.

Focusing strengthening each motion of the rep makes your reps stronger which makes you able to lift more and do more reps which then increases your strength even more building muscles faster than someone just doing normal reps all the time with no focus or diversification. It is good to introduce different ways to attack and show resistance to your muscles so they know how to build back in different ways. Very effective for muscles.

There are more kind of reps that you can think of create and design. You can develop workout strategies in different ways but these are some good ones you can use and begin working out right away. If you are just beginning working out then it is smart to just do the basic reps and work your way up to the harder more complex reps as you build strength and experience with your lifts and understanding of building lean muscle mass. Next building block of a workout is your sets. Below will explain how you combine reps and sets into a workout program and the different kind of sets you can do in a workout.

Sets:

Sets are made up out of reps. You build a set through how many reps you do in correlation with the amount of weight you use and the pattern you do them in. You can also add multiple workouts in a set. The speed of a set is another factor in building your sets and how you train your muscles. For example, after one workout going straight to another workout with no break in between will train your muscles and effect how they break down and grow. The rest in between a workout determines how you do your sets. There are multiple different factors and ways you can design a set. Working out is a process and each part builds up to the greater whole. Sets are the next building blocks in a workout.

In a workout you can design each set to go up in weight. Just like every week you should at least add five pounds to your weight to force and tell your muscles they need to get bigger and stronger. The same with your sets for each workout. This trains your brain and muscles to increase and constantly force growth. Pushing through pain and force and resistance and strengthening your brain and body. Trains you to keep evolving and getting better. "It doesn't matter where you start it only matters where you finish."

Here is an example: Say you have 3 sets of bench press. Each set you go up in weight each time. This trains yourself to constantly grow. So, the first set you lift 225 pounds for 15 repetitions. You take a break and then the next set you lift 250-275 pounds for 8-10 repetitions. The last set you do 315 pounds and strive for 5-8 repetitions. This tells your muscles keep building, keep getting bigger and stronger. To get lean, you need muscles and strength first. Just because your skinny and have abs does not mean you have muscles. You can be big and be lean. You can also not have that much size on your body and be strong. There are multiple ways you can design your body and workout program.

You could do sets differently. Say you're doing a workout where you are doing the same weight each set and the same number of reps. For an example you do 3 sets of 225 for 15 reps. You could do this for 3 months and then switch to the kind of sets mentioned up above where you increase weight each time. You could do very light weight and 50 repetitions to build tone and endurance. You could do one set of 50 reps' light weight after your main sets of heavy weight increasing the weight. This would focus on strength first and then also tone your muscles and build endurance strength.

Now you have multiple sets in each workout. You could do just one set or you can do multiple sets in one workout. You can do 2 sets in a workout; you can do 3 sets in a workout or 4,5 or 6 sets in a workout. It depends on how you structure your workouts.

Regular sets

A regular set you do a number of repetitions which are the same number each time and it completes one set. For an example 3 sets of 10 reps. Very simple basic and effective. Just beginning working out you do not have to start complicated. It is very easy and simple. A regular set is 10 reps and that makes one set. Then you do 3 of them and that is 1 workout. You have multiple workouts in a day. That is one day of multiple workouts. Which completes one full workout session. You have multiple workout sessions in a week.

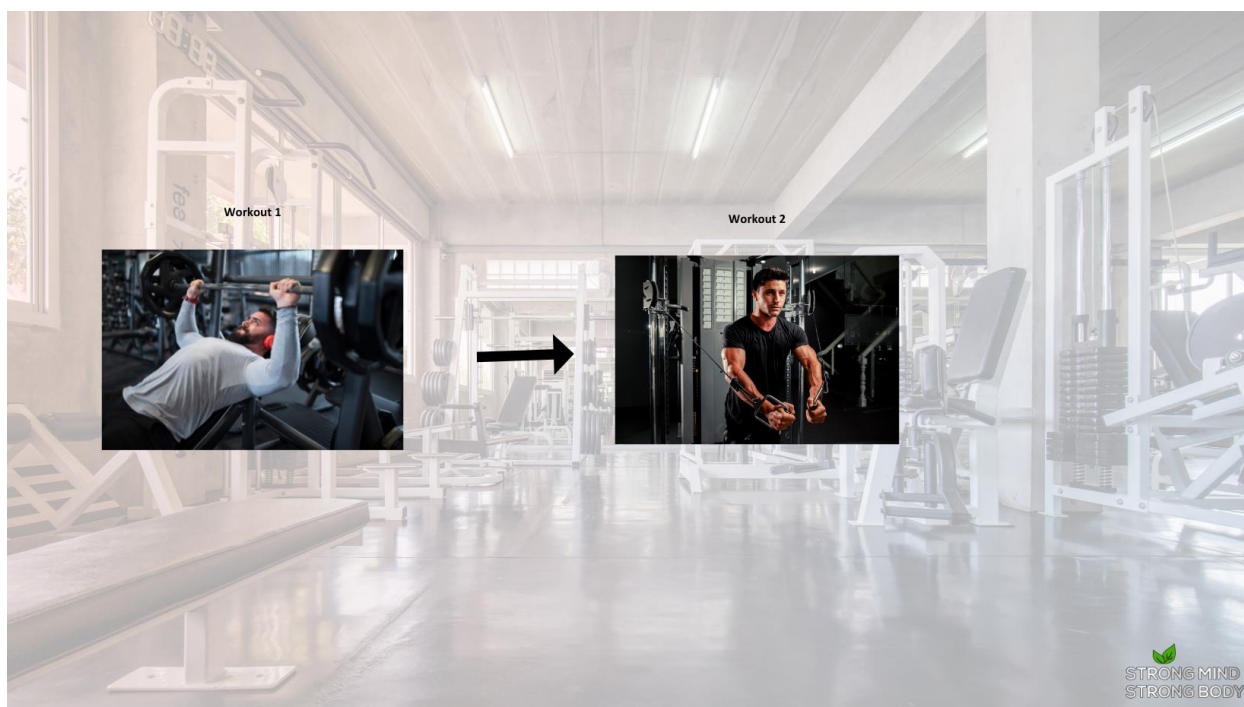
Like mentioned before you can have only 1-2 sets in a workout all the way up to 10 sets in one workout and even more. Designing a workout, you can be very flexible in how you design a program. You can do 3-5 reps of 10 sets with very heavy weight to increase strength and size. It is all up to your workout goals and programs. You can have as many reps as you want in a set. You can have one rep in a set. That is how you find your one rep maximum. That means you're trying to see the heaviest possible weight you can get once.

Circuit Sets

Circuit sets were mentioned before where you have multiple workouts usually 3-5 and even more in one set. You do every workout continuously with no break in between until you finish each workout and on your last workout you take a long break. Circuit sets and workouts are fast paced very intense and workout both cardio and strength together. Very effective workouts and workout sets. It is just a big giant circle of workouts together.

It is not focused on cardio but because of the fast pace and not stopping you get a good sweat and helps with your cardiovascular system. You can do circuit workouts where it is just strength workouts. An example is Pushups. Pull ups, dumbbell squats, and then dips.

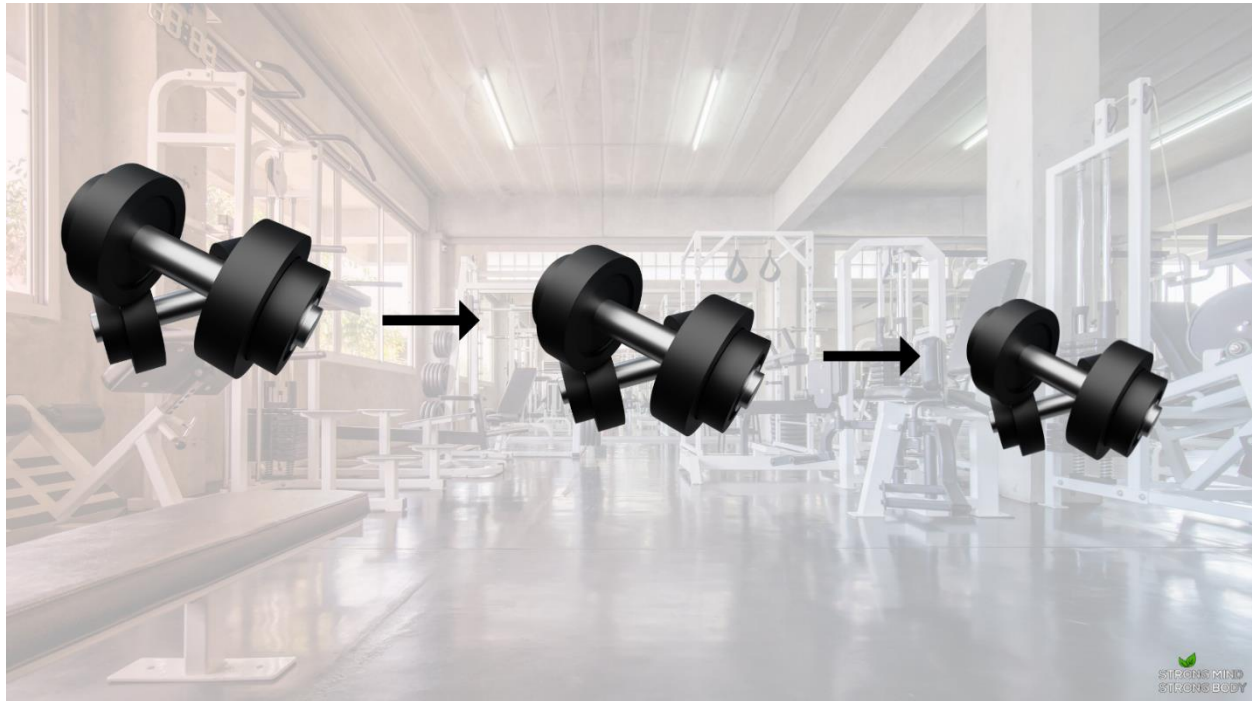
You can also have a circuit where you have dumbbell press, dumbbell squat, dumbbell rows, and say barbell overhead press or military press. You can have another circuit with jumping jacks, burpees, pushups, dumbbell curls and a sprint to work on speed. Athletes would do a workout like this. You can add different workouts in the circuit. You can even have all of those circuit workouts in one giant circuit workout. SO, have two or three circuits in a giant set of circuits. You can structure your workout the way you want. These are intense and good workouts. These are good to save time because you can get a lot done in a short period of time. You can also design it to be longer as well. Your choice.



Superset

A superset has multiple workouts in one giant set. Normally there are two workouts in a super set. This increases efficiency in your workout making it harder and more effective and makes it more efficient with time saving you time speeding up the workout. It also increases your heart rate because the pace of the workout is faster with no break in between sets. Super sets work your muscles better. Why? A good example is bench press and triceps extensions. You do a set of bench press and then immediately with no break do a set of triceps cable push downs. You work your chest muscle and double the rip and tear and force on your triceps muscles giving them a deeper tear and burn working your muscle harder. This is because you work your triceps muscles doing bench press and right after you attack your muscles even further right away in a different way doing the cable triceps push downs. Another example is the picture up above where you do bench press and then do cable fly's right after. This doubles the intensity force weight and resistance on your pec muscles. This would increase the effectiveness of the workout and muscles.

Even doing a superset with opposite muscle groups is okay as well. Spacing recovery time for each muscle group. This would increase efficiency with time speeding up your overall workout up. Supersets Help really burn your muscles and help build muscles mass fast.



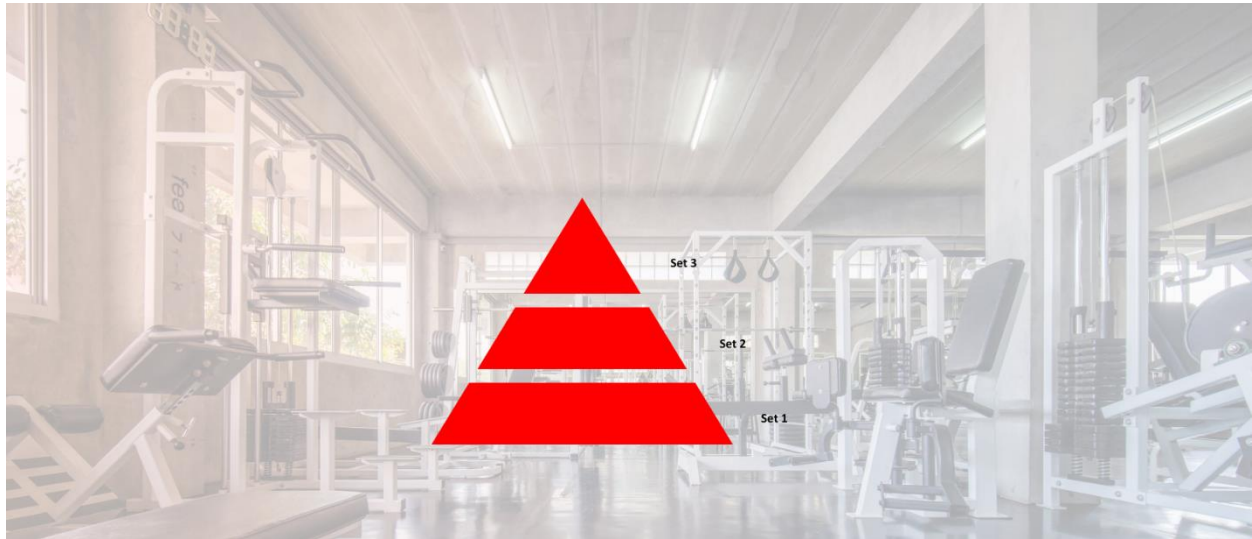
Set one have heavy weight and do until burnout.

Set two drop the weight to make it lighter and do until burnout.

Set Three drop the weight even more and do as many repetitions as you can do until burnout.

Drop Set

Drop sets are very effective sets that are very hard. With a drop set you start with heavy weight and do as many repetitions as you can until burnout. When you cannot do any more you drop the weight 5 or 10 pounds maybe more and immediately do another set. After you go until burnout you take 5 or 10 more pounds off until burnout and then you do another set. You do this continuously until there is no more weight on the bar or you are at the lowest amount of weight you can do. You can have people in the gym spot you and help take the weight off so you can do the workout without any break. After one whole set, you should take a long break. You can take a break up to 5 or 10 minutes with this workout. It is very intense and really deepens the rip and tear of your muscles. You lift until there is no weight on the bar and that is one complete set. This shows you can have sets within a set. It is all on how you train and develop a workout program. Intense.



Pyramid Workouts

You can also go

10 Repetitions

8 Repetitions

6 Repetitions

4 Repetitions

2 Repetitions

With the pyramid style workout, you could start off with heavy weight or light weight. Starting off with light weight you would try to get 10 reps with that amount of weight. Then the next set you would lift a weight you can get eight times with heavier weight. The next set you would do even heavier weight and only do six reps, and so on. Continuously.

You could also start with heavy weight and do 2 reps. Then do lighter weight and then increase your reps to 4 reps. Then even lighter weight and 6 reps and so on all the way to ten reps. This works because of muscle confusion. If you normally just do 3 sets of 12, it switches things up and “confuses” your muscles. It would be even better if you did the resistance technique with this workout style. You can also do this with any workout.

Overall Repetitions, Sets and Workouts together

SO, you see how just the specialized advanced level workout repetition and sets can accelerate muscle growth and enhance your workouts to the next level. Just doing regular repetitions and sets are good and will get you results, but adding these advanced level workout techniques and repetition and sets will push you further than someone just doing regular sets and reps and workouts. This will give you better workouts and muscles.

Just knowing these advanced level repetitions and sets are worth way more than 5 dollars. This is a better investment than you know and you are getting way more value than the 5 dollars is worth. Just keep reading and learning how to continue the process of building.

This is very important because when you get the workout program if you haven't already then you can use these advanced level methods to increase results faster and substitute and create and add and subtract workouts and workout techniques in rotation in your workout programs. SO, you can personalize the workout program as much as you want.

You will just have a nice already made for you structure of a workout program. Just design it how you see fit. Just doing the workout program will get you results but you can just build it up more and even make it more complex and detailed. Keep reading and learn.

You do not need to incorporate all of these in your workout at once. You can have regular repetitions and sets and then for two weeks add in drop sets, and then go back to regular repetitions and sets. You can have regular repetitions and sets and then for 2 months change to negative workouts. Then after those two months change to a pyramid workout and then go back to regular repetitions and sets. You could just do regular sets for an entire 6-month period. You can do regular repetitions and sets with one workout and with another workout do burnout sets and repetitions. Designing a workout is really not rigid and you can move the workouts, repetitions and sets around to craft a workout any way you want. The main rigid part of a workout program is just consistently working out and staying to your routine. Always working out and going to the weight room. This is good.

Workout Routines

This section is going to go over different combinations of workout routines you can design to build your workout. Everything you just read up above in this section all goes into a workout routine or daily workout session. These workout routines and workout sessions all develop a workout program which is based around your strategy, which is based around your goal. Each individual workout builds a workout routine. How you develop your routine is a factor in how your muscles develop and build. Which workouts and muscle groups you do together in combination with each other trains and develops your muscles and strength differently. The different combination of repetitions and sets you do in your workouts and in order will design and develop your muscles and strength differently. How you structure the pattern of your workout will get different results.

For an example if you add more workouts in your program that are specifically focused on a particular muscle group more than other muscle groups your physique is going to build differently than doing more workouts with a different muscle group. If you have more workouts throughout the week that focus more on chest and arms instead of doing workouts that focus on back and legs, your body will develop and look differently.

The same with building strength. Doing mostly calisthenics in your workouts and workout routine will develop body weight strength. You will not be as strong at lifting heavy weights if you do not add these kinds of workouts in your workout program. Each workout develops each muscle differently so if you do certain workouts that target certain muscles then your strength and muscles will develop differently depending on the specific way you train them. For an example: Monday you do legs and back. Tuesdays you do chest and arms with heavy weight. Wednesday you break. Thursday you do shoulders. Friday you do chest and arms again. With this simple and easy to understand example you see that you will develop and build bigger arms and chest then the rest of your body because you are putting more work into those areas. The same with how you lift the weights.

Reps and sets play a critical role in developing your training and workout routine. How you do these sets and reps together and the combination and pattern you do these reps, in combination with the amount of weight and how many reps you do and the workouts you do together all combines your workout routine and will effect your level of muscle growth and strength. The time and length of how you consistently do these together all effect the result of how you build muscles and strength together. See Examples below.

Here are the factors that build a workout routine.

Reps:

What kind of reps

How you do the reps

The number of times you do the reps

Sets:

What kind of sets

How you do the sets

The number of sets you do for each workout

Workouts:

Combination of workouts done together

Number of times you do a workout and muscle group per week

Weight:

Weight amount High/low

How you add or subtract weight as your set progresses

Time:

The length of your workouts

The length of rest times

The length of time you do a workout and change or alter a workout over a time span.

Example: (Doing heavy weight for bench press builds strength and then 5 months later you change your workout to do light weight and increase your reps will tone your muscles).

There are other factors as well in a workout program in regards to the actual lifting in the gym. Diet and rest and recovery play a role as well. This is just so you understand the actual workout routine structure. Here are examples of each factor of building a routine.

Monday you do legs and back

Squats: 3 sets of 10 medium to light weight

Leg curls: 3 sets of 15 light weight

Leg extension: 3 sets of 15 light weights

Leg presses: 3 sets of 15 light weight

Bent over rows: 3 sets of 15 light weight

Good mornings: 3 sets of 15 light weight

Romanian dead lifts: 3 sets of 15 light weight.

This is a good example of building speed in your leg muscles, muscle endurance and muscle tone. This is something an athlete would do to enhance their performance. Now do this for 3-4 months then change the workout around by adding subtracting or adjusting each component. Instead of doing regular reps for squat, you can change the reps to pause reps to focus on your complete strength of each rep. This would be good to add variety to shocking your muscles and force them to adapt and break down and build. Then you can change your sets to drop sets to make each rep and set extremely hard to get an intense workout for your muscles forcing them to push their limits and do not even give them a chance to build up a tolerance and accelerate complete muscle growth.

You can do normal reps and sets for 3 months and then for only 1 week change the workouts to burnout reps and drop sets or 20 sets and then go back to the same workout. Then go to different sets and reps. You can have a rotation week to week where you do normal sets for two weeks and then the third week you change to burnout reps and drop sets and the fourth week you do negative reps and increase your weight substantially. It depends on what you are training for and your end goal how you would structure every detail of a workout routine and program. Changing workouts having them 1 rotation from week to week, month to month and season to season are all ways you can structure a workout routine and workout program. Here is another example of a routine.

For Wednesdays you can do pyramid burnout workouts with curls for 10 weeks. And then for 5 weeks change your curls to barbell power curls with extremely heavy weight and

increase the weight every set. You can structure a workout how you want. You can use the already made for you workout program we developed so you can immediately begin building muscles. The program will help you build lean solid muscles and is time tested.

These are just examples of building a workout program and workout routine.

Here is a chest workout example.

Tuesday you do chest

Start with the main overall muscle with the heaviest weight.

Bench press - 3 sets/12 reps with warm up 145lb - then 1st set 185lb - 2nd set 225lb 3rd - set 255-275

Or 145lb warm up - 1st set 185lb – 2nd set 195lb – 3rd 205-210lb

You would do the first group of sets if you already can lift heavy weight and are not trying to lift heavier and increase the amount of weight you can lift. The second group of sets you can see you are trying to workout and work towards lifting heavier weight and increase the weight amount. So, they probably cannot go any higher then 210-220 with this number of repetitions and weights. They are slowly building their muscles and muscle memory to increase the weight amount. The first group of sets has the weight amount and sets spaced out more then the second group of sets. The second group has 5-10 pounds of weight spacing from each set. They are trying to increase the amount of weight they can lift. The first group is lifting to get big and strong mainly because they already have the strength. The second is working towards building strength. Keep reading more.

That is an example of repetitions and weight amount. Now you can do that for several weeks depending on your goals and what you are trying to accomplish. Now you can do this for say 8 weeks and then change your chest workout and bench routine to this.

Bench press

Flat bench:

Bench Regular grip 2 sets / 15 225lbs

Bench wide grip 2 sets / 15 185lbs

Incline bench

Regular grip 2 sets/ 15 185lbs

Wide grip 2 sets/ 15 150lbs

Decline bench

Regular grip 2 sets/ 15 185lbs

Wide grip 2 sets/ 15lbs

Now you see this combination of chest workout is more detailed and is going to work on chiseling your physique and focusing force and resistance at different angles of your chest which will make you look more muscular and ripped. This is not as simple as the first example and is more complex focusing on the individual details on the muscle. If you are first starting your workout program just starting with flat bench is fine with a simple routine. You will still build muscles and strength doing a simple workout routine with basic sets and repetitions. When you do start your workout program you will see sometimes the workouts get complex and other times, they are very simple and basic. Both are good.

The second example of bench press is focused more on muscle endurance and would build more muscle tone and definition in your muscle. You see with this strategy you are not going up in weight every set although you could and it would be beneficial to build strength as well. This would train your muscles to continuously build and grow more and more and be able to withstand the force and resistance the weight gives your muscles.

Now you might be asking well what about close grip bench. You can add that into your workout as well if you want. You can have it on bench day or have close grip bench on another day. For an example, if you do bench press usually on Monday, legs on Tuesday,

rest on Wednesday and shoulders and back on Thursday. Friday you do light weight skull crusher combos in your workout routine and that would work on you close grip inner chest. You could also just add skull crusher combos in your chest day later on in your workout after your flat bench and incline bench press. This would really give you a good chest workout. This would focus on all areas of your chest and arm muscle groups at once.

Now after your main workout and focusing on the heavy lifting you would now work on the lighter detailed areas of your muscle with lighter less intense workouts like cable flies or dumbbell flies. You would do this after cable push downs which you would or could do after or in between your bench press sets. It is all on how you structure your workouts.

You could do bench press like this

Flat bench press 2 sets/ 8-12

Dumbbell press 2 sets 8/12

Incline bench press 2 sets 8/12

Incline dumbbell press 2 sets of 8/12

You could do them in order like that or you could do one set of bench press flat bench and then after do a set of dumbbell press. Then you would do the same thing for incline bench press and incline dumbbell press. You can also structure your workout like this.

You can do a super set of one set of bench press and then right away you can either do push ups until burnout, cable flies or cable push downs until burnout. It is good to add calisthenics into your workout program. You could also do a flat bench press and push ups and incline bench and then pull ups and then decline bench and then dips. You can arrange them in any order or pattern you want. You would structure it depending on the specific goals you are working towards reaching and what you are specifically training for.

You could do dips and some pull ups before your workout for a nice warm up. You could add in push ups after your main workout with bench press and do the push ups towards the end of your workout routine with super sets of another workout say dumbbell presses or even cable flies. This all depends on what workouts you choose and want to workout.

You could choose what muscle groups you are working out together as well.

You could do bench press and arms

You could do bench press and shoulders

You could do bench press and back

Or

back and shoulders

back and biceps

back and legs

Then switch the muscle groups you workout together so your muscles don't build up a tolerance and are constantly introducing different ways of force and resistance. It is good to make your muscles be able to adapt and work with other muscle groups. you are training your body and muscles to be able to workout and train in an adaptive way and you will build muscle memory and your muscles will be even stronger and powerful.

Your muscle need change every once in a while. It is good to have consistency with working out and the same workout routine will build muscles. Over time if they don't have any new resistance or force or a change up of workouts then muscle growth will slow down. That is the opposite of what you want. You want consistent muscle growth & gains.

Now here is an example with arms day which include your biceps and triceps muscles. This example is going to help you understand how changing the repetition and sets will train your muscles and strength differently.

SO, starting off your goal is to build size and strength and you want to increase your bench press weight amount. You want a bigger arm and chest and you want to increase

strength. You also want to increase muscle definition and endurance strength as well. Arm day's focus is to build size and strength for better support to your chest muscles.

You would have an arm workout like this. Example below on this specific day. You could also do arms other days as well or just not even have an arm day and work on arms as a secondary workout like in rotation with chest workout or leg day. It all depends on the goal. The second part of this workout is to trim down and get ripped with muscle tone.

Wednesday

For 8 weeks

Barbell power curl 3-4/8-10

(Super set) cable curls and cable push downs. 3/8-12

Skull crusher combo 3/10-12

Dumbbell curls 3/8-10

Preacher curls 3/10-12

With workout you are building power and strength mainly especially because of the power curls and the heavy weight. You are using heavy weight to get bigger and stronger. You are not focused on muscle endurance as much as the next phase of the workout.

Now for the next 8 weeks you would switch the workout up to focus more on muscle endurance strength and getting lean and muscular definition chiseling your muscles up.

Barbell curl just warm up just the bar as many reps as you can get. This is with no weight just the 45lb bar.

Cable curls and cable push down (super set) 3/ burnout as many as you can get

Pyramid burnout set with the curl bar or crazy bar 3/burnout

Skull crusher combo 2/ burnout

Machine preacher curls 3/burnout

Triceps extensions 3/burnout

You are doing burnout reps now because you are working towards getting as many reps as possible to build muscle endurance and this would really give your muscles a burn and tone your muscles. With this strategy you want as light weight as possible and do as many reps as possible. This will really give your arms muscle definition and sculpt your muscles.

Arms are a really good secondary workout to work on with other muscle groups. Working on arms are good because they enhance other lifts like shoulder and chest day workouts.

SO, you see how changing the repetitions, sets and workouts all effect muscle strength and conditioning and how you build muscle mass. Every part of the building muscle mass process plays a role in building your body and strength. Workout, refuel and recover.

Here is another example of structuring a daily workout routine.

Thursday

This is an example of having two muscle groups in one day. You're going to do shoulders and back. Now for the example say you do back on Monday as well with squats. Or your workout could have chest and back on Monday and Tuesday could be squat. Either way is fine. It is good to do a muscle group twice a week when you have been working out in the weight room for a long time and your muscles can handle the amount of weight force and resistance. In this example you see back day was on Monday and you had Tuesday, Wednesday off as rest days for that specific muscle group. For the example say you worked on shoulders on Tuesday with chest. That would give you Wednesday as a break. You wouldn't have as much rest with your shoulder muscles as with your back muscles.

I would have a longer break in between with shoulders if you are just beginning. If you have been working out for a while your muscles will be okay with recovering in that short amount of time. It all depends on the intensity of your workouts and how long you have been working out and your body and muscles. Rest and recovery days are very important.

Thursday

Shoulder and back day

Pull ups for warm up

Barbell Shoulder press	3/8-10	145lbs	155lbs	165lbs
Barbell shrugs	3/12-15	225lbs	255lbs	275lbs
Bent over rows	3/12	145lbs	for all 3 sets	
Lat pull down	3/12	160lbs		
Dumbbell shoulder presses	3/12	85lb	90lbs	90lbs
Shoulder lateral raises and front raises combo	3/30	5lbs		
Back cable rows	3/12	140lbs		

This is an example of having two workouts in one day. You see some workouts go up in weight each time and some workouts do not go up in weight each set. You can structure your workouts this way as well if you want. You see there is an example of calisthenics in the workout as well. Remember it is good to add both calisthenics and weight training in your workouts to increase your overall strength and power. Always have multiple kinds of workouts and workout strategies in your workout program to have the best chance of muscle growth and strength. This is a basic workout and it would still give you results.

Here is an example for athletes. This is a Friday workout and we are going to add squats for an example and add bench press. In this example we are going to go over a length of time and the workout will change seasonal. This is because athletes of all sports usually have different workouts depending on the season. The workouts are different during the off season compared to the season of when they play games. In this example you will see the workouts will be heavy weight and low reps in the beginning with regular reps. When they get close to the season they will change the reps to explosive repetitions. This is so they can train there muscles especially leg muscles to have a quick powerful movement and impact when moving and operating their athletic abilities. It is all on how you train your muscles which will develop the specific kind of strength you need to use for your

goal. See the example here so you can get a better understanding. You would also have more high intensity workouts in your program closer to the season then not in season.

Friday

Month 1-2

Squat	8/5	regular repetitions heavy weight
Flat bench press	5/5	regular rep's heavy weight

This is to build size and strength. You would alter your diet to be aligned with this workout and you would most likely be eating a lot of food filling your body with a lot of calories.

Month 2-4

Squats	3/8-10	regular sets and reps
Flat bench press	3/8-10	regular sets and reps

Month 4-6

Squats	4/15-20	explosive reps
Flat bench press	4/15-20	explosive reps

High intensity workout circuit

You see there is only 2 workouts as the example for each. This is to keep it simple for you to understand. The circuit workout would be added into the workout because as the season comes closer, they would change there workouts up more towards losing weight, increasing speed and agility and muscle endurance as well as cardiovascular health for conditioning. The workouts in the circuit could be a mix between weight training and calisthenics and cardio. This would help muscle endurance, speed, and conditioning.

You see month 4-6 your focusing on explosive reps working towards getting the weight up fast with power and strength. This will especially help with legs and squats to get you moving fast with speed and power in your movement. This exercise would be more geared towards athletic ability and strength and not as much towards body building and looks. Bodybuilding focuses more on building the body and not as much on athleticism.

You see how in the overall workout strategy, the focus is first on building size and strength and then as the season comes around, they focus on speed, quickness, and agility. The focus is also on muscle endurance and explosive repetitions to help with athleticism. The sets increased to 4 reps along with the high repetitions for muscle endurance as well.

The weight decreases and the reps increase as well. This focuses more on muscle endurance and speed instead of size. The circuit helps with this as well as conditioning.

Now you see and understand the basics of developing a workout program and strategy. This will help you in your process in building lean muscle mass and building a body. This is a good start but for sure not where you will finish. There is even more you can learn.

You will learn more as you workout and continuously develop yourself. Using the workout program will help you if you want an already proven system to build muscles. The workout program you can begin immediately after you read this e-book. Your already More then half way finished with the second step of the e-book program and process.

At this point you have already read the 21- Page Free Report and are almost half way done with this e-book. You just have to finish this e-book and begin the workout program or design your own. Then your closer to getting in the gym and building muscles and strength. The workout program if you haven't gotten it all ready is dropped down in price so you can get the best deal possible and begin building muscles. It is a quality workout program that has experience to back it up. It has brought down even from \$20 dollars down to only \$10 dollars. The original price was way more and you are getting more value.

You want to design and strategies your own schedule and future to accomplish your Goals. The first process is almost finished before you begin the 1W3R process starting in the weight room. Keep reading the next sections to understand the entire process.

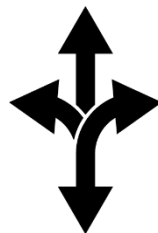
The longer you workout and develop strength in the weight room, the more you will learn and understand How you can build and develop strength better and faster. Just keep going and push through. That one more repetition will give you that extra tear and rip and break down. Always try to push for more. That is how you get stronger and build strength.



Over training

Training too hard can lead to injury. You can pull ligaments, strain muscle parts or tear tendons. Each person can handle different amounts of training depending on what their body is conditioned and accustomed to. The longer you work out the more conditioned your muscles are which means you can workout longer and harder. If your injured stop.

Someone who is a professional bodybuilder would be able to handle something like a 'two-a-day' workout, and someone who is a novice exerciser would most likely not be able to handle the same amount of work. Overtraining How do you avoid over training? If you have lifted weights before you have probably experienced the feeling of over training. Over training is bad, people think the more they train the more muscles they will gain. However, there is a limit and if you keep working out after that limit you can get fatigued and seriously injured. Injury means lack of gym time. There is a difference between muscle soreness and being injured. Over training can also halt muscle growth and result in loss of muscle. There is a difference between a workout 'burn' and danger pain.



Just going and showing up to the gym is most of the battle. Building muscles is about consistency. It is not going to happen overnight but it will slowly build and transform.



Leg Day

Leg day is the most important

Some people skip leg day but you should not because working your legs out helps enhance muscle growth and strength a lot faster than if you did not work on your legs at all. Whether you are an athlete a body builder or someone that wants to build muscles and go to the gym to stay healthy, you should workout legs with strength training at least twice a week. It gives your upper body time to rest and recover and build and improves the quality of your lifts more because you have more testosterone and energy for training.

The most important Reason why you should work out your legs is because your body releases Testosterone when you work out your legs. That is good because if you have

more testosterone, then you have more energy, strength, and ability. If you have more energy, strength, and ability, you can lift heavier. It is smart to workout legs at least twice a week as mentioned above. If you can lift heavier, you can give your muscles a bigger deeper tear when you work out so when you refuel your muscles and recover your body your muscles will grow bigger, stronger, faster, and more solid. Quads, and hamstrings are most important to focus on when working out. You work on your calf's when walking and running and are not as important as your upper half of your leg muscle groups. Your thighs are the muscles you want to focus on and squatting is the number one workout.

Another reason is most leg workouts like squats and dead lifts (your 2 most important workouts) are also full body workouts. That means when you do workout legs, you end up working out the entire body which is beneficial because all muscle groups big and small play a part in the workout. When you work out smaller muscles, they help support your bigger muscles when you lift big. When you work out all the muscle groups it helps and positively effects your strength in other workouts and develops smaller muscle groups you may not normally workout. After you work out your legs you always feel better than you feel after working out other muscle groups. Because you released testosterone and involved your entire body in the workout. You also feel the most tired and sore as well.

Working out your legs like doing squats and dead lifts helps you gain more muscle on your upper half of your body and strengthens your body faster than if you never work out legs at all. Working out your legs makes you stronger because majority of anything you do involves your legs and when you lift anytime or anything it involves your legs because your legs are the base of your power and strength. Working out your legs also makes you look bigger and stronger because it builds your lower body and lower back which makes the entire body look bigger and makes you look more powerful. Also, when it comes to athletics and sports legs are the most important muscle other than your brain that increases and helps performance. Strengthening your legs, hips, and back are very important. Strengthens your entire body and keeps it together and improves movement.

When you squat and workout legs it also helps you lose weight quicker and helps keep fat off in the core, hip, lower back, and leg muscle groups, where most fat develops. This happens because squats and leg workouts are a full body workout including your core and hips and increases Testosterone. Testosterone burns fat very quick. The more muscles you have makes it easier for your body to burn fat. Some muscular people in the gym do not do cardio and they are still ripped and muscular. Testosterone plus muscles keeps you ripped, strong, healthy and keeps your body in motion because of increased energy.

Essentially the stronger your legs are the stronger the rest of your body gets. How? If you have more strength in your legs the more reps you can get out of certain workouts like military press. If you have strong legs, you can lift more weight and since you are lifting

more weight in military presses the more strength you gain. The same with bench press. Your bench lift will improve dramatically because your legs provide stability strengthening and stabilizing your entire body together. Legs plus testosterone equals strength and size.

The First Fundamental Step

You just read the first fundamental step of the muscle building process. You just learned what you need to do to break your muscles down and tear them effectively as best you can so you can be able to begin the next step of the process. This is the second hardest part of the four fundamentals of building lean muscle mass. Just like anything you build grow and develop it takes time and hard work. The gym and working out is hard work but the hardest most difficult part when you first start building lean muscle mass is to consistently do the process repeatedly. This is the hardest fundamental. Stay consistent.

You now know the basics of how to structure a workout and each building block that designs and creates a workout program. Which include repetitions, sets, workouts, and the different combinations with each variable determines what results you get and how your muscles build grow and develop. You know different workouts and how to target and break down your muscles effectively. This is the first step of the muscle building process. The next step is going to show you how to repair and replenish your muscles.



Health tips

Having a gallon of water with you will keep you hydrated. Hydration is one of the most important things you can do when it comes to health, and staying alive. If you are dehydrated you might not get a quality workout or you might just pass out. Plus, it is a good habit to have. Water will help strength & conditioning and prevents muscle fatigue.

You've just completed the Workout section of the e-book. This section is the main step in the process. All the other steps are supporting elements in building muscles and revolve around this first primary step. This step is what is getting the ball rolling and momentum.

You Are now more than half way done and now ready to get in the weight room and start building muscles. After this you can either use the workout program or you can design your own using what you have learned in this e-book. You can get the workout program and personalize it the way you want. You can go back to the web page and see workouts you can use to design your workout. They are good workouts with years of proven results.

Now you know the advanced level training methods you can use to really build lean muscles and powerful strength. This is going to help get you results and build strength. If you are just beginning for the first few months you only need to do regular repetitions.

This will help you become familiarized with working out and help your muscles build regular strength. It is good to add these advanced level training methods later on in your program because after your muscles begin to get use to the regular workouts, you can shock your muscles and begin the advanced level training methods. This is going to help your muscles build even stronger. You can use some methods early on like supersets, and combination repetitions. The drop sets, and negatives, you can use later on in your program. The burnouts you can use after 3 months of starting. Make sure you get the basics first. Make sure Your form and breathing are perfected. Do not worry about lifting heavy right away. The strength and heavy weights will come. Focus on handling the weight first. You want to know how to move the weight around & use your body to do it.

Refuel Section



Refueling your body

Refueling your body and focusing on your diet is the next step of the muscle building process. You workout and break your muscles down through force, resistance, and weights and now you must refuel your muscles with the best nutrients possible to give your muscles a chance to rebuild and recover effectively. There are different factors or variables that take into effect with how your muscles and body recover and rebuild after breaking them down and tearing your muscles. This step is very important to apply right.

Some of those variables include what you eat, when you eat it, how much you eat, the frequency of your meals and it is important to know why you are eating it. The entire purpose of eating and refueling is to refuel your body to stay alive first, but also to refuel your muscles to build. Each step of the process is important. Learning all of this will help you stay well informed so you can make well informed decisions for your health and know exactly what you need to do for each step of the muscle building process. Knowing what to eat, when to eat, how much you eat, the frequency you should eat and why you are doing this will enhance your gains and results even further. If done correctly and accurate.

Breaking down your muscles and not refueling them and giving them enough time to build back is just going to cause more harm than good and damage your muscles, body, and health. You are going to be in pain and injure your muscles if you break and tear them down and do not replenish your muscles with mainly protein and carbs and allow them to repair and rebuild back properly. Breaking your muscles down is the first step of the process. The next step which is refuel is the next step of the muscle building process you must do and must do in order if you want to build strength and lean muscle mass effectively and as fast as possible. Now your muscles are broken down and we replenish.

Like mentioned in the workout section of this e-book everything revolves around that goal and result you see yourself looking feeling and being further into the future. Your diet is another factor that is going to help be a part of the building blocks that is going to get you closer to that goal. Diet also revolves around that end goal. Your workout revolves around the end goal and how you refuel your body and muscles. Your diet and the Nutrients you consume revolves around the end goal and your workout program you work consistently.

Just like working out consistently slowly builds and compounds results, it is the same thing with your diet and diet plan. Over time you become what you eat consistently. If you are eating un healthy then you will not have energy and your body will begin to look un healthy. You will not have energy and feel sluggish so it would be a small factor making it harder to work out and want to workout. If you eat healthy then you will look good feel good and be healthy with lots of energy. Of course, working out is the primary way to look healthy because you can get big and strong eating fast food but you will not get quality muscles and you will not have quality energy. Junk food is not good for short term or long-term health both mentally and physically. You want to make it as easy as possible to be in a muscle building state. When your diet is unhealthy your less likely to want to work out and it makes it more difficult to want to force yourself to go into the gym and workout.

Your diet plan and how you refuel to work towards your goal

How you structure your diet plan and refuel your body and muscles is based on your goal and what you want to accomplish and your workout plan. If you want to get big and strong you are going to eat big. If you want to get lean then you are going to eat lean. If you want to lose weight and get skinny, you are going to cut your calories in your diet and eat healthy and lean food. Just like working out if you want to get big you must lift big heavy weight. Diet and refueling is the same. What you eat, when you eat, how your diet is will be a factor in determining your goal and how you look and your body's ability. Whatever your goal is you must eat and refuel your body that way. Get big, eat big, lose weight, eat small. But it is not just how much you eat. What you eat determines your gains and results as well. Like mentioned before eating fast food will give you calories but your energy will be low and you will not gain lean muscle mass like you would if you ate lean chicken daily.

The more you read the more you will begin to understand how each part of the process is important in developing lean muscle mass and what you do in each step of the process is important as well. Working out is the first step and how you train and break down your muscles in detail is important. The second step refuel and how you refuel is each a specific element in the quality of muscles you will build or not build. Breaking down and paying attention to the details of each fundamental step of the process down to a fundamental level will help you get a full understanding of what you are doing and how to do it the best possible way and get the best results. This e-book just breaks building muscles down so you can get started. You can break building muscles down even further into detail then what is in this e-book. This e-book is all you need to know how to build muscles and gains.

Diet plan summaries

Here are example summaries of how you would structure your diet plan around your main goal and workout program. Each program is designed and structured differently so you can get full support to refuel your muscles in alignment with your workout schedule and Goal. Your diet goes parallel with your workout program and is the supporting factor of replenishing and repairing your muscles after an intensive break down of muscles mass.

Structuring your workouts around your goal.

“ALL workouts are the same as above in the workout section. The second paragraph is the Diet section that go with it.”

1. Goal is to get Big and Strong and not care about looks.

We are going to focus on the first goal first. If your goal is to get big and strong and you do not really care about your looks then your workouts are first and for most going to have 3 main workouts that are going to be the main workouts. Those workouts are bench press, Squat, and dead lift. The three main workouts and the best workouts you can do for your body and its overall strength. You are going to focus on legs back and shoulders. Your sets and reps would look like very high weight with very low reps. Your reps would be 1-3 reps, 3-5 reps, 5-10 reps. You would have a diversified number of reps sets combined into your workouts. Your diet would be revolved around this as well. If you want to get big and strong you must eat big. Especially if you are lifting heavy weight.

Diet Summary

You are going to Have extremely high protein, carbohydrate and fat intake to fuel and refuel your muscles and body because you are going to be using a lot of energy doing intense workouts and extremely heavy weight. Your goal is to get big and strong so your diet is going to be parallel to your workout so you are going to eat big and a lot of food. Mainly meats like chicken and beef and other sources of meat. You are going to eat eggs and sources of carbohydrates like bread and a high amount of pasta. You are going to eat until your full and then some more every meal. This is an extremely high calorie diet. You are going to for sure eat 3 times daily with other meals in between if planned in schedule.

2. Goal is to get strong and build athleticism

Your next goal is big, strong, and athletic. Your workouts would be mostly Olympic style workouts focusing on athleticism and mobility with movement. Strengthening your muscles to move and be effective. You would have some workouts be fast paced and some workouts being slow paced working on specific muscle groups at a time developing them to improve athletic ability. You would also do bench press, squat and dead lifts but have a combination of reps and sets going from light weight many reps and heavy weight and low reps. Depending on Where you are in your season or off season. Changing your diet up as well when you are in the off season you may focus on getting bigger beefing up. So, you may increase your carb and calorie intake because you are doing heavier weight. Closer to the season you want to lean out and cut your carbs and focus more on fast pace workouts increasing your reps and lowering weight. Strength is the focus here.

Diet Summary

Depending on the sport your calorie intake is going to be different. But for athletes a lot of time they workout once and even twice a day and have a high calorie intake because they burn a lot of calories throughout their day and during workouts. Athletes especially high performing athletes usually eat lean and healthy food. Like we mentioned it depends on the sport and the position. Chicken is the best source of protein and even healthy foods like fish are good. Depending on the time of the year and the season will vary depending on what you eat and how much you eat. Usually, 3 main meals, breakfast lunch and dinner and other small meals in between to constantly keep the body fueled and healthy. Most athletes drink protein shakes to always keep protein in their body for muscle growth. Being an athlete, you are going to do other workouts besides lifting weights so you are going to need extra added calories to keep your body fueled. Athletes are on a schedule of when they fuel and refuel their body to keep their body and health in optimal condition.

3. Goal is to get Big and Strong and care about looks and muscle definition

If your goal is to get big and strong and you also want to look good and lean and ripped, then you would first focus on building size and strength fueling your body making sure your body has enough calories, carbs, and protein to be able to get big and strong. You would focus on weight lifting and calisthenics. Which all workout programs should have a combination of both. This strengthens your body and muscles in a different way giving your muscles body weight strength as well as weight strength. You would also have a combination of heavy weight and light weight and high reps and low reps. If your goal is not athleticism then you would not focus on Olympic lifts as much and mainly focus on slow concentrated reps and workouts focusing on getting big and building muscles. You would focus on getting big first and then leaning out focusing on getting ripped and lean first. You must have muscles to be lean. If you're just skinny you are not lean your skinny. You would eat big as you're working out big and working towards building strength and size. Then the next phase of your workout season you would trim down and lean out and cut calorie consumption. The high number of reps and low weight would be good for this.

Diet Summary

If you want to get big and strong and care about looks but not necessarily trying to be fully lean then you are going to first have a high calorie intake of carbs proteins and healthy natural fats in your diet and avoid fast food and processed food. Your diet is not going to be as strict as if you were trying to get really lean ripped and shredded muscles. You are still going to watch what you eat and be health conscious of what you consume in your body. Chicken, beef, and other meats would be good especially after a workout or around dinner time. You are not going to consume as much calories as you would if you are trying to get massively big and strong like the first goal but you are still going to eat protein carbs and some fats. Pasta is okay with this plan but limited. This is not like the first two goals where you are going to consume as much calories as possible. You will not be burning as much calories as the first two goals but still burning a lot and still need energy to sustain your body and grow muscles and strength. Chicken is the best Source of protein. Always eat more chicken. Chicken is lean and healthy and helps build muscles.

4. Goal is to build lean muscle mass

This would be the same if not very similar as the above summary plan. Except if you really do not care to much for strength and size and just want to get lean you would have moderate or more normal protein and carbohydrate intake and normal workouts done consistently. You would focus on building your frame and some strength and size and then mainly focusing on high number of reps with a combination of weight training and calisthenics. You could focus on strength and size first and then lean out or just focus on staying lean and not building that much strength. I do not know why you would not want to build strength because it benefits your entire body and health. You would also have cardio in your workouts. This would be very similar up above where during the fall and winter season you normally add more weight so you would focus on building size and strength increasing your weight amount lowering number of reps or at least having it in between. During spring and summer season you focus on leaning out and getting ripped decreasing your weight and focusing on high rep count. Increasing definition in muscles.

Diet Summary

If your goal is to build lean muscle mass then you are going to be altering your diet during different times because you are going to be changing and altering your workouts over time. First your workouts are going to be to get big and strong so you are going to eat a higher calorie intake at your first part of your program. As your working to build up and get big you are going to have higher protein, Carbs, and fats in your diet. You are going to eat more to sustain, refuel and support muscle growth and strength in the beginning part of the process. The second half, when you trim and cut down to lose weight and lean out you will eat more lean food and watch what you eat more. Your workouts will not be as intense and your weight will be lighter focusing more on faster pace workouts increasing heart rate. You are going to eat more chicken in your diet then the beginning part of your workout program where you would have mostly chicken but it would be more okay if you had beef and other sources of meat in your diet program. Second half your calorie intake decreases because your more focused on leaning out your muscles to increase definition. You may eat more meals a day but less portioned size. Eat Lean to get Lean muscle mass.

5. Goal is to lose weight and get skinny

If your goal is to lose fat, weight and get skinny and really lean then you are going to cut your caloric intake so you will eat less. That is normal because you will need to cut calories. You will still focus on lifting weights because the more muscles you have increases testosterone as well as lifting weights in general increases testosterone. The more testosterone you have the easier it is to lose weight and get skinny. You would focus more on fast paced cardio workouts that increase cardiovascular rate. You would not focus on heavy weight because you want to focus on shredding your muscles and getting skinny and lean. Also, when your cutting weight and dieting you will not have a lot of energy to lift weights and can damage your body and injure yourself. Circuits supersets and cardio would be good for this workout goal. Also, Olympic lifts or compound lifts help burn more calories as it takes more energy to do the motion and lift the weights. When losing weight and fat you are naturally going to lose some muscles and lose strength as well. It is normal and you would have built up muscle memory to build back if needed. This could also just be a part of a workout program as well. You may have this be the main goal or it could just be a seasonal goal. Keep your testosterone high and you will stay lean. More muscles equal less fat. You do not need to do cardio to stay lean and look good. Just build muscles.

Diet Summary

When you have this goal, you are going to reduce your calorie intake and be very strict with your diet. You are going to limit your carbs and fats but still consume a high amount of protein. You are still going to eat your main 3 meals a day because starving yourself is unhealthy and you can kill brain cells if you starve and do not eat. Your portions are going to be smaller and you are going to eat lean meat like chicken and not eat as much beef. You are going to have extremely limited amount of carbs but still eat carbs because you need carbs to survive. When losing weight, you want to stay away from sugar foods and drinks. When you eat your portion sizes will be smaller and only fill your stomach up half full or just enough so you do not feel hungry. That is why it is important to eat even when losing weight. Feeling hungry can make you eat bad food and ruin your diet. You always want to have food in your stomach even if it is a very little amount. Chicken and fish are good to eat when losing weight. Carbs like pasta will make you big and you will lose definition and tone in your muscles. Water is very important when losing weight because you want to stay hydrated. You will have water weight because you'll be drinking a lot.

So up above you see how your diet revolves around your workout plan and goals you have in mind. Chicken is the best thing to eat no matter what your plan is. It is a lean source of protein and helps build lean muscle mass. Your diet supports your workouts program.

Diet is important because it is good for short-term, long-term health and looking good, feeling good and of course building lean muscle mass and strength. Eating a fast-food cheese burger after you work out will give you different results then eating chicken after you work out. You have nothing without health. Health is the number one importance in life. The quality of food you consume is very important to your body. You want to focus on quality healthy food to refuel your body and sustain your short term and long-term health. Your health is of greatest importance. Now is the time for prioritizing your health.

Consuming alcohol and drugs will damage your body and effect your health. It will also affect your results with building lean muscles. They not only effect different systems in your body but damage your overall body as well making it more difficult to build lean muscle mass. Alcohol damages your brain liver and lowers testosterone. Smoking damages your lungs and makes it so less oxygen gets to your muscles. Plus, there is bad chemicals in processed food and cigarettes. This poisons your body and slowly loses health and energy. If you're doing other things that drain your energy or around energy draining surroundings you must leave so you have the energy to build healthy lean muscle mass. You want to focus on quality food. Quality health and build quality lean muscles.

You are reading this to build lean muscle mass but health is the most important thing you must keep in mind both now and for the future. Without health you have nothing in life. It is good you are going somewhere in a healthy setting that will benefit your health and overall life. The goal is to live your best life, so you getting in motion and moving to a positive pro health place like the gym will greatly improve your overall health and life.

Now you need to know what to eat which is very simple if you want to build muscles. For Athletes and a competing bodybuilder, you can break down diet into very specific details. For this e-book we are not going to get into the complex detailed breakdown. What you need to know to help you be successful in building lean muscle mass is in this E-book and explained in a good amount of detail to help you understand and build quality lean muscle mass. There is always more you can learn. Learn develop and grow muscles continuously. "It doesn't matter where you start it only matters where you finish". Where will you be.

What to eat:

When building lean muscle mass, you need to know what you need to do and how to do it successfully to accomplish each step so you can continuously do the process over and over getting results repeatedly. You need to know what kind of food you need to eat so you can refuel and replenish your muscles successfully. This is the next step in the process and you must eat the right fuel to fuel your body and muscles correctly and efficiently.

The number one food you should be eating is chicken. This is the number one food if you want to build lean muscle mass and build muscles successfully. Chicken is the main source of protein you need. You can eat a lot of it as well. Very lean and high in protein. Chicken.

You want foods high in protein like chicken and there are other meats that are high in protein as well but not as lean as chicken like beef or steak. If you are looking to get big and strong steak is a good food source to help you with your gains. Although it is not as good a source as chicken if you are working towards toning and getting shredded. High protein food like eggs is good normally. Lamb and venison are good as well. It is good to have a meat source. Dairy products are okay as well if your building lean muscles mass.

If your aim is to get big and build strength then you need to eat a lot of carbs like pasta to help sustain your body with energy when you lift heavy weights and have high intensity workouts. If you are working towards getting lean and toned and trim weight then you want to have a low carbohydrate intake but still consume some carbs because you need them for energy and muscle growth. Pasta gets you big but if you eat a lot, you lose muscle definition and tone. Other carbs like bread are okay when building muscles. You need carbs. Just lower your portion size when leaning out. But Your body needs fuel to operate.

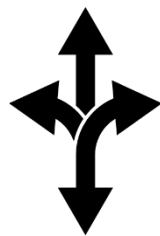
Some fats are okay for you just mainly stay away from processed foods and trans-fat. You want a low-fat diet. Some fats are okay and natural to have. Fat from fish is good to eat.

Vegetables and rice and potatoes are good to fuel your body after an intense workout but eating too much when losing weight can effect muscle tone. Really if your burning fuel and working hard in the gym they are okay to eat even if your focused on losing weight. Rice and potatoes are good side foods after your main food chicken. Vegetables are your other food source that is good to have to help refuel your body and give your body nutrients.

You always want to fuel and refuel your body. If your muscles are aching and hurting bad that is your body telling you that you need to fuel your muscles. If they are sore that is from a good workout and the more you work out the less sore, you will be. You will begin to know when you are not refueling enough because your muscles will begin to hurt. The

main thing you need to understand is chicken is the best food source to build muscles and if your serious about building lean muscle mass you would eat it almost every meal. With other foods of course like vegetables and potatoes. But chicken usually is the number one food you need to eat. It can get very hard after a while not having any variety in your diet and just eating chicken all the time but you can make the chicken taste good with recipes.

Eggs are good for breakfast. I would not eat too much bacon but that is up to you. It is high in fat and unhealthy if you want to get lean muscle mass. If you are just trying to get big then bacon would not be a problem. Being healthy and big well leaving bacon out of your diet is ideal. If you want to get lean muscle mass then eat chicken and eat it a lot.



Routines are Good. They keep you on track and consistent with your goals. They keep you discipline and keep you moving in the best direction towards your goal. Without a routine you can be influenced and drift away from your focus, which is to build muscles for health.



Micro nutrients and Macro Nutrients

Remember you are what you eat and it is vitally important to feed your body the right kind of nutrients and energy. The higher quality energy you put inside your body the more efficient your body will run and effective you are going to be able to be which will lead you to building muscles easier. You can categorize energy that goes in your body into two main different categories of energy, micro nutrients, and macro nutrients. Read below.

Micronutrients

There are two different kinds of nutrients you need to learn and know about for building lean muscle mass. The first nutrients are Macronutrients which you need large amounts of. Micronutrients on the other hand are vitamins and minerals. Micro nutrients help the body function by assisting your body. They also utilize the intake of calories you consume and help your body function well. Good foods you should eat are fruits, whole grains and vegetables which are high in nutrients. These nutrients help you stay healthy, feel lively.

Vitamins

What are vitamins? Vitamins are a non-calorie nutrient that is organic and needed throughout your diet. Some vitamins include Vitamin A, Vitamin b, Vitamin C, Vitamin E and more. Vitamins are primarily in fruits and vegetables. Which are good to eat to live.

Macronutrients



Macronutrients are crucial to building muscle. You need to know there are three basic macronutrients. The three basic macronutrients are protein, fat, and carbohydrates. Without the proper intake of macronutrients, you cannot build lean muscle mass. We need carbohydrates because it is a main source of fuel. Protein helps rebuild the muscle tissue that has been torn apart during muscle training. There are good fats and bad fats.

Think of them as the fuel for your engine, propelling you through rigorous workouts and speeding up your muscle recovery. A sound understanding of how each macronutrient functions is essential for anyone serious about bodybuilding or athletic performance.

Carbohydrates: Your Primary Energy Source. Carbohydrates are classified into simple and complex forms based on their molecular structure. Simple carbohydrates, found in foods like fruits and milk, are easily and quickly absorbed by the body. Complex carbohydrates, found in foods like whole grains, take longer to digest.

Protein: The Building Blocks of Muscle. This macronutrient is essentially the building block of your muscles. Made up of a sequence of amino acids, proteins handle the repair and growth of muscle tissues. When you lift weights or engage in high-intensity training, you are putting a lot of stress on those muscles. What you are really doing is creating tears in the muscle fibers. They repair these torn muscle fibers, making them stronger than before. Think of it as a process: workout stress leads to muscle tear, which in turn calls for protein repair. Carbohydrates and protein are the two main energy sources you need.

Fats: Without sufficient fats in your diet, your hormonal balance can be thrown off, inhibiting your body's ability to repair and grow muscle tissue. The type of fat matters too. You have got saturated, unsaturated, and trans fats. Saturated fats are typically animal fats, not as healthy as unsaturated fats, they are necessary in moderation for hormone production. Unsaturated fats, found in foods like avocado, nuts, and certain fish, can improve heart health. Then there are trans fats, the real bad fats. These are industrially

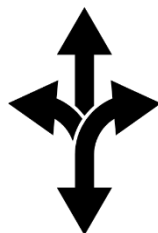
produced and should be avoided They can mess with your cholesterol levels and offer no real nutritional benefits. These ruin health and lean muscle mass and you should avoid.

In summary, fats are not just fillers; they are an essential component of a balanced diet for anyone aiming to build lean muscle. They provide not only sustained energy but also aid in hormone production and nutrient absorption. They can help lubricate your joints and keep your body healthy. The easiest way to summarize diet is shown under here.

If you want to get big then you have to eat BIG



If you want to get Lean the you have to eat *lean*



Small steps in the right direction will build muscle mass. Small wins start momentum. Start Now.



Supplementation

Supplementation is not a primary source of fueling your body. Supplementation is a secondary source that helps with that extra enhanced push and advantage to help you reach your intended results. Protein shakes help aid muscle growth and development.

Some supplements do not work but there are a lot of supplements that do work and can help you get natural results. Supplements help you with that extra assist so you can easily more efficiently and effectively accomplish your goals. Three supplements' people use are Protein, Creatine, and Pre workout. Protein is the most used supplement for building lean muscle mass. Other supplements can work and have various intended results like losing weight or toning up or even lubricating your joints with fish oils. Pre workouts are not healthy for you long term. Most pre workout has sugar and preservatives for flavor. Although they are not healthy for you, they can help you get a bigger and better workout because of all the extra energy running through your body. Just eating right and staying healthy provides energy. There are healthy natural sources of energy mentioned below.

Natural pre workouts like coffee are better for you and is better for long term health. Creatine you can find in steak. Creatine holds on to a lot of water in your body and you must make sure you are very hydrated when taking Creatine. Drink a lot of water.

When it comes to building lean muscle mass, the workout is only half the equation. Nutrition is a vital component of any body-building workout routine, in particular, proper supplementation. Without the right supplements, you will not be able to get the extra enhanced advantage for your goals. In this section, we look at how supplements help to build muscle mass. You should use supplements to support the muscle building process.

Build Muscle Mass with Protein. Protein is the go-to option for a muscle-building supplement. The key is to remain in a "Muscle building state." That is, your body builds more muscle than it breaks down - which requires a higher-protein diet. This is the

opposite of an "anti-muscle building state," where muscle loss outpaces muscle gain. The most accessible form of protein comes in powders, such as whey and casein. Protein is most used supplement. Chicken and protein shakes are a good combination of protein.

Improve Endurance with Creatine. Creatine also occurs naturally in your body as an amino acid. Amino acids are vital components in your muscles and brain. You can find small amounts in natural sources such as red meat. Creatine supplements suggest it helps increase your muscle size, strength, and performance. It is ideal for building lean muscle mass, especially if you do high-intensity workouts. Creatine helps you get big and strong.

Gaining an Extra advantage With Supplements Taking supplements is critical to gaining that little extra edge during any type of workout. Athletes use supplements for training and competition. The reason is that your body's supplementation needs can increase and gain as you begin to build muscle. Lean muscle mass needs to provide burst of energy and last for more reps. Without supplements, you may find you are struggling to reach your fitness goals. Or, you lack the long-term energy needed to complete intensive workouts.

When working out your body depletes energy and supplements help replenish your body faster. After a workout the best thing you can do is drink a protein shake to replenish and send fast protein to your muscles to begin repairing as soon as possible. After you workout there is around a 45-minute time frame where you should consume nutrients primarily protein and carbohydrates as well. So, after workout drink protein. If you do not eat or fuel your muscles after a workout then your muscles can begin to ache and damage themselves. Proper nutrients at the right time are important and will heal muscles greatly.



Cigarettes make it so less oxygen goes to your muscles when working out. The goal is health and building lean muscle mass. Stay away from cigarettes. They are the worst.



Meal Preparation

Meal prep helps keep your diet and eating schedule intact and on time. This makes things easier so you can stay on schedule and makes it easy for you to eat healthy and promotes building lean muscle mass. Meal preparation helps you eat on time and is very easy and quick to eat so you would easily eat healthy and keep you away from junk food and fast food. Keeping a well-planned diet helps keep you on track and in the right direction.

This helps you make life easier to replenish your muscles and fuel your muscles with the proper nutrients for your muscles to build back. It is small steps like this that can help make building muscles easier. Now you do not have to meal prep if you do not want to but this is just a strategic scheduled way of planning your diet to help your overall strategy to be successful. When you're hungry, is when you eat unhealthy food and ruin your diet.

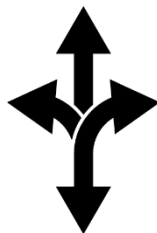
This makes sure you plan accordingly and consistently fill your body and muscles with the right nutrients and amount of nutrients. Because muscle building is about consistency both with working out and refueling your body. You have a workout routine and a diet routine. You also have a recovery schedule and you must stay aligned with all three steps.

When you start working out consistently you will notice your diet and what nutrition you choose to refuel with go hand in hand with what you do in the gym. If your goal is to get big and strong, then you are going to lift heavy and big and you are going to eat big with

lots of calories. If your goal is to get lean then you work out and eat lean. Very simple concept to understand. When you take building muscles seriously, meal preparation is very convenient like fast food but healthy. That is why you should meal prep so you choose the healthier diet instead of processed food. Processed food gives you less quality energy. Fruits vegetables and home cooked meals will help build lean muscles faster.

You want chicken if you want to get lean. You want Chicken and other meat like beef if you are planning to get big. Some carbs and vegetables. If you work out and do not refuel your muscles with enough carbs and foods like potatoes and rice then you are just damaging your muscles even if you are dieting and losing weight. Lifting weight takes a lot of energy and is breaking your muscles down. You need nutrients to fill your muscles back up including protein, healthy fats, and carbs. Potatoes, rice, and vegetables are good to go with your meat of choice. When building muscles to get big you are going to be more lenient on your diet and will be able to eat more kinds of food especially carbs like pasta. When losing weight your portion sizes will be smaller and you should not starve yourself but you will limit your consumption of calorie intake and eat more lean meat like chicken and eat less beef. If your muscles are aching then eat more, ensuring proper refueling is most important when building muscle mass. Fuel your muscles to repair.

Working out and building muscle mass is just a bunch of strategic efficient systems you put in place and apply to ensure success at building lean muscles. When you have your systems in place and in order you must get your body in the motion and apply them. This helps you with timing of meals so you eat on time and do not miss any meals so your muscles can repair and replenish. Your body is a system, building muscles is a system.



The small things count. Cigarettes and other addictive bad habits slowly break your will power. Makes you a slave to a substance and slowly lose self-control and discipline.

Breakfast: Whether you are building muscle or getting lean you always must have a full breakfast. This makes sure your stomach is full throughout the rest of the day. When you

skip breakfast, you become hungry and end up ruining your diet by eating unhealthy food. It makes your day run smoother and helps with thinking as well. Eating a regular breakfast with eggs and potatoes is not bad because it helps start your day. You want to eat in the beginning of the day because that is when you are going to burn the most calories moving around going about your day. This is if your losing weight. If your building muscle mass you want to eat both a good-sized meal in breakfast time and dinner time. But you want to eat every meal and be the one to choose your own diet with how and what you eat.

Breakfast:

Losing weight and Building muscles: High protein/ moderate to high carbs

Lunch: Depending on your goals and what you are trying to accomplish. If you are really trying to lose weight then do not skip lunch but have a smaller portion meal then if you were working towards getting big. Make sure your eating protein like chicken. You want to eat something lean for lunch. If your meal prepping then you have a lean meat vegetable and something like rice and potatoes. You can eat healthy and have good tasting food. Depends on how in depth you are focusing on your goals and how in detail you want to plan your meals. If you want to specifically count your calories then you can but you do not have to when building lean muscle mass. Just eating a high/moderate Carbohydrate and protein high meal will help you build muscle mass. Refuel Muscles!

Lunch:

Losing weight: High protein/ moderate to low carbs/ Low fat

Building muscles: High protein / High carbs / Low fat

Dinner: If your aim is to get big and strong and build muscles then you are going to have a high carbohydrate and high protein diet and eat a high number of calories like beef chicken other meats and pasta. If your just building lean muscle mass you are still going to have a high carb and protein diet at dinner time. But not as much as if you are just working towards getting big where you would have as much plates and seconds as possible and eat until it is uncomfortable. When your aim is to get big and strong you eat a lot of food every meal until you are more than full. This is the best for your muscles and body to recover. It is a good thing to always fuel and feed your body and muscles with nutrients and food. This is whether your aim is to lose weight or gain weight. If your losing weight you would just eat leaner and have less portion size. Chicken and fish are a good

example of a lean diet if your aim is to get lean. If your building muscles and you are trimming down you can still get very lean and muscular. This is if you eat lean meat like fish and chicken and eat a very lot of it. If your aim is to trim and sculpt your physique and it is dinner time and you have 3 or four servings of lean chicken instead of your normal one serving then that is fine because it is lean meat. You are going to gain muscles. Normal people who are not focused on building muscles will mainly care about portion size but if your aim is to build lean solid muscles, then that should not be that big of a deal. Over eating a lot of lean chicken and fish will only help your muscle building process even if you are trimming down toning up and getting ripped. The main point is to fuel your muscles, build strength, muscles, and increase testosterone and the more testosterone you have the leaner you will become and easier it is to burn fat off your body as you lift weights. Working out and the way you work out helps boost testosterone levels as well As diet.

So, for dinner

Losing weight: High protein /moderate to low carb/low fat

Building muscles: High protein/high carb/low fat

if you are dieting you should still eat all three times just smaller portions. If you skip a meal then you may get hungry and eat something bad. You do not have to have small portions if you are losing weight. But instead of eating until you are full and then some, like if you were focused on getting big and strong you would eat until you are moderately full. Your workouts and burning calories and building strength will do a good amount of the work helping you really get lean muscles. Healthy fats are okay. They will not ruin your diet. Sugars and bad fats like trans-fat and processed food stay away from. They will ruin your hard work in the gym you spent a lot of hours working and developing. Eat good.

Now this is just a summary and not Specific to your in dept personal diet plan or goals. This is not personalized for your specific diet and recovery needs this is just and overall look at how you would eat and the overall kind of diet you should eat. This depends on your specific diet and health needs. You will develop a specific diet as you work out more.

Pre and post meal

Remember Diet is an important part of building lean muscle mass. Without properly refueling your body with the right nutrients at the right time then you cannot build lean muscle mass efficiently. Nutrition and diet are an essential part of building lean quality muscle mass. When you eat is an important part of building good lean muscle mass.

You want to make sure you have energy for your workout when lifting weights so your muscles have energy to go off. It does not have to be big at all, it can be a simple protein bar an hour or 2, before your workout. Or even a protein shake. You could work out on an empty stomach but it would be more beneficial just having something in your stomach. If your completely hungry and working out it is going to make your lifts harder especially if your lifting heavy weight. For a light workout it is not that big a deal. You need energy.

Your post workout meal you want to immediately have a protein shake so you can refuel your muscles as soon as possible and begin repairing and rebuilding. If you do not fuel your muscles after an intense workout your muscles can begin to ache and have pain and potentially damage your muscles. After your protein shake it would be beneficial to have a meal to fully replenish and repair your muscles after a good workout that breaks your muscles down. Without the correct timing of refueling your muscles after a workout then you are not going to get good results and could damage your muscles. For an example if you weight train and workout around 4pm and skip dinner then why did you work out if you are going to skip the part where you must feed them nutrients and rest and sleep and give them time to repair back. You would just be breaking your muscles down and not giving them a chance to rebuild and grow. So, the best time to refuel your muscles is after a workout when you just broke your muscles down. The same with a morning workout. After your morning workout have breakfast and relax. Now your muscles need nutrients and need to grow back. You will be energized the rest of the day. When eating your post workout meal, you need carbs and protein to refuel your muscles back. Without this step you will not be in a muscle building state, which will not build lean quality muscles mass.

"It doesn't matter where you start, it matters where you finish!"



Five things to cut out of your diet when losing weight and cutting fat. Sugar (soda drinks) drinks 2. Energy drinks, (sports drinks) coke flavored drinks other than water. 3. Condiments - ketchup mayonnaise ranch 4. Processed food 5. Limit alcohol consumption.

Consuming sugar (and carbs) is the number one thing that is going to put fat on your waist and make you gain weight. if your goals are to lose weight and cut fat then cutting sugar out of your diet is a number 1 priority. Stop consuming sugar. Although you cannot fully cut sugar one hundred percent out of your diet, you can make sure to pay more attention to what has high sugar in it and cut it out. Mainly almost everything at the grocery store

has sugar in it, even things you would not think would normally have sugar in it has sugar in it. It is best to eat healthy and natural food or as natural as you can get. Foods like fruit are healthy for you but they have natural sugar in them which is not as bad as trans-fat or processed food. The more natural and fresher the food is the better. The more processed the food the worse it is for you. This is if you want to lose weight and get skinny.

When building lean muscle and strength there are supporting elements that can either help building muscles or decline your muscle building growth. Cigarettes are one of them along with processed food and sugary food. Having an energy drink may help you have energy but you will feel tired latter on and not feel well throughout the rest of the day.

You can still get results and build muscles consuming these products. Just too much can have an effect and decline results. You want to mainly eat chicken and more healthier options. Drink water instead of soda or energy drinks. Water is the best thing to drink.

Sugar is okay just too much may effect results. Eating processed food is going to give you the bad kind of fat. There is good healthy fat that you get from good foods and then there is bad fat that is un healthy and keeps you with low energy. Good fat can give you a nice glow and you can still look healthy. Eating processed food gives you an unhealthy look and can lower energy and will effect your lifts. This is why it is important to fuel your body with the best food as possible. Eating healthy will keep you healthy. Keep your energy high and eat healthy food as much as possible. The more health conscious you are the better results you will get. Without health you have nothing so stay as healthy as you can.



If you cannot get a weight, check the little things you might be doing. Maybe alcohol and cigarettes on the weekend could be affecting your recovery and progress.

Rest and Recovery Section

Rest and Recovery

This is the last sections and the last part of the process before you repeat the entire process again consistently building more and more muscle mass. This last part of the muscle building processes is just as important as the first two parts of the process. This is another supporting factor of your workouts and workout programs. There are two different parts of rest and recovery we are going to break down in parts for you to learn.

One part of rest and recovery is quality sleep and the second part of rest and recovery is the time in between sets, workouts, and days you work out. Even taking week long to month long breaks are very beneficial for muscle growth and your development process.

Just like mentioned before you cannot build muscles if any of these fundamental building blocks are out of order and you skip any of these steps. Your muscles need time off and need time to recover and rebuild after being replenished with good quality nutrients. This step is crucial and quality rest is needed in this process. Without recovery time your muscles cannot build they are just in a constant state of breaking down which will lead to unbalanced hormones and health. Recovery time is the time your muscles are doing the building growing and getting bigger. They are also becoming more hard and solid depending on your workouts. They cannot do this if they do not have nutrients to rebuild with and if they do not have the rest time to rebuild. So now we are going to show you the two main ways to have the best rest and recovery plan. This is going to give you a basic understanding to get you started and, in the gym, to build and grow lean muscles.

Now when talking about physical fitness and being able to push your body to work out and do physical activity you can go without sleep. But prolonged periods of time without sleep damages your brain and body and effects your health. But building lean muscle mass in general, it is good to get sleep to repair both your brain and body for best results and health. Now if there are times you cannot sleep for one night it will not be too bad and it will not effect results. You can get a workout in later in the day or if you cannot sleep, that would be fine. But not sleeping for long periods of time effects multiple parts of health.



Rest and Recovery

The Importance of sleep

"It doesn't matter where you start, it matters where you finish!"

When you get high quality sleep you are recharging your brain and body so you can be highly effective and be able to perform at your peak performance. When you sleep and dream that is when your brain encodes the day and stores the information in your memory. When you lose sleep, you lose brain cells and it negatively effects your muscles recovery because when you sleep your muscles have higher quality time to rebuild. If you lose sleep, you lose quality repairing time. You can build muscles with little sleep in the short term. But long periods of no sleep will effect your health and how you operate.

The process of building muscle involves breaking down muscle tissue. It is in the regeneration that you start to develop muscle mass, and this regeneration requires rest. You want good quality sleep and rest to recover muscles. This occurs best during deep sleep, when your body can focus its resources on muscles that require healing. When sleeping you want to focus on quality sleep so your body can be healthy and heal and regenerate the best it can. Alcohol can effect your quality of sleep and muscle growth.

You do not want to go to bed hungry when building muscles because you want fuel in your body to repair your muscles during your sleep and rest. Sleeping is healthy for your overall body and keeps your brain healthy. When you're well rested you have more energy.

Get rest and get sleep. This doesn't mean if you don't sleep for one night you can't get a workout in. You can still workout and build muscles. When you don't sleep you may not get as good a workout in. You can still workout. You need sleep though to be able to think and regenerate your body. Sleeping is still very good and healthy. The time in between repetition, sets, workouts, and workout days are very important in combination of a healthy life. Get as much rest as possible when you're not lifting and Strength training.

You still need sleep. It is good for you. When not sleeping for long periods of times you're thinking and performance declines. When you're not working out rest – recover and rebuild. Take the time and let the nutrients replenish and rebuild your muscle mass. Heal and rebuild. This is the time your body is healing and regenerating for the next workout.

Plus, sleep is good for your brain. It gives you energy as well. It is just if you need to push through without sleep you can. It is better to get sleep if you do not need to lose any.

You know your growing muscles when you wake up either in the middle of the night or in the morning and your muscles are swollen. You can feel your muscles building and it feels good. That is how you know you're in a pro muscle building state & your body is building.

If this is happening then keep doing what you're doing and don't change your routine because you're doing things right. Feed your muscles and recover and relax. Growth comes.



A good sleep is temperature and height. Height of the head and pillows and temperature of the room you are comfortable with. You can miss a night of sleep and still build muscles that is okay. Multiple length of time period of no sleep effects your entire body.



Rest & Recovery in between sets and workouts

When you are resting and recovering it is okay to relax and not do much. You will be sore. You need to give your muscles time to recover and rebuild. Especially when you first start Working out as a beginner. Your muscles will be sore because they have not been conditioned to be ripped and broken down during the workout that is constantly giving them weight, force, and resistance. Now is the time you regenerate your energy back.

Recovery is the time your muscles and body repair its self from breaking down and tearing from the workouts, as well as refueling and replenishing its self from the nutrients and calories it lost. The body is using the calories and nutrients you consumed to rebuild its self from the workout and muscle breakdown. Now your muscles are rebuilding bigger and stronger because the amount of strength and muscles at the current time was not enough to survive with the environment so they need to grow. You know when you are in a muscle building state because your body is building muscle and when you wake up you feel your muscles are swollen. You can see your muscles being swollen and feel them building. When working out and lifting weights you increase energy and testosterone more and more. Your body feels good and very energized. Health is important all around.

Recovery is very important when it comes to building lean muscle mass. The more time you rest the more time your muscles have time to rebuild and repair. If you do not rest your muscles it can lead to muscular strain and injury. Now you rest and refuel if it is a rest day and relax. If you are working out you get water and rest in between sets. Rest time in between sets, workouts and workout days are important. Without resting your muscles, you will not have sufficient time to repair and recover. Refuel, rest, and rebuild.

Rest times in between sets and workouts

When working out in the gym and resting in between sets and workouts you need to take your time and rest in between sets and workouts. Depending on the kind of workout and the intensity levels and amount of weight you are lifting, varies with the amount of time you should be resting in between sets and workouts combined in your daily workout. Usually if you are lifting heavy weight with high intensity hard workouts, then you are going to take longer rest times. These rest times could be between 5-10 even 15 minutes long. When lifting heavy weight, you want longer rest time because it takes longer for your muscles to repair and regenerate with heavier weight and force ripping and breaking down your muscles more than less intense lighter weight workouts. If you do not give your muscles enough time to rest in between sets then your next set will not have quality reps and it would be harder to get your weight. This would negatively effect your workouts. The less time you have in between sets the less time your muscles have time to recover and the less energy you have. Each set you go into you want to be well rested to get quality reps out of the entire set and workout. As your resting in between sets your muscles are repairing each time to build enough strength for the next set in your workout.

Lighter weight or less intense workouts you can have shorter periods of time like 2-10 minutes in between sets. Depending on how much time you think your muscles need for each set. You can tell when you are not taking enough time in between sets because when you do your set the reps will be more difficult and it would be harder to get all your reps.

It all depends on your body and how long you think you should rest. You need the rest in between sets. This is just as important as doing the exercise. This is also a good time to get water and rehydrate. Some workouts you take shorter times like if you were doing machine workouts and some take longer like doing heavy weight and squats or dead lifts.

Rest in between workouts in the gym are important as well. Remember you want time to be able to allow your muscles to repair and recover so if you are lifting and not resting in between sets and workouts then your workout quality will decrease. If you are working out and finish one muscle group, say chest and you are going to do another workout with the same muscle group you can take longer rests as opposed to doing two different muscle groups. If your workout is fast paced and you structure your workout to not have long breaks in between workouts or your muscles are conditioned well then you could go right into a workout. It could be beneficial going right from chest and bench press and then going right to cable fly's to work on the detail of your chest. You would just take a

break after you complete both those workouts. The main point is there are two different things happening when you are working out in the gym building muscle mass. You are working out breaking the muscle down and you are resting to repair and recover muscles.

Rest and Recovery on Rest days in between workout days

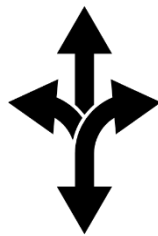
What do you do on rest days? You simply relax and eat. Rest days you do not want a lot of physical activity because you want your body to relax and recover. Sleep is important for your muscles to recover. Your mind needs to have time to recover. If you stress your mind out by staying up and not getting rest then your body will not be able to perform at its peak and you will not get optimal results. Make sure you get at least seven to eight hours of sleep daily. Resting in between workout days and rest days is very important for the muscle building process. Now you are just letting the nutrients and time repair and recover your muscles to build back bigger and stronger. Without recovery days you will damage and even injure your muscles and do the opposite effect of what you want. This is an important part of the step you must do to build muscle mass. You normally will have 2-3 rest days possibly more or less depending on your goals and workout program. You could start off with 3 rest days and gradually build more workouts into your workout and condition your muscles to have only two rest days. It is good to have a rest day in between the week and the weekends if you have three rest days. Rest, recover and repair muscles.

Recovery because after each rep there is a break down and recovery and after each set after you break down your muscles you rest and recover to allow a small window of rebuilding. SO, your muscles break down and rebuild on a small scale when you workout with each repetition and set. Also, on a bigger scale after each workout and workout section, as well as rest and recovery throughout the week on your rest days. There are also times where you workout for a long period of time throughout the months it is okay to take a week or two off of break to rest your muscles and give them time to get a good time to recover. Even taking a month off after a year workout cycle is good to rest and don't workout. Your muscles need resting time and sometimes not working out is the best things for them to rest and recover. You Must take the time to rest and recover and repair.

There may be times you want to do extra working out or training because you may have more energy. Stay with your program and rest and recover. Sometimes it may be good. Other times the rest and recovery would be more helpful and get you better results.

Like mentioned before You can over work your muscles to much. If you have been working out really long for years your muscles and body will be better adapted then someone just working out and starting for their first year. Your muscles build up conditioning and are less fatigued so the person who have worked out for years can workout longer. There is still Working out too much and too long. If you have been working out for over 13 years you can workout for an hour or two. If you worked out for 4 maybe 5 hours it might be to long. If you're just starting an hour workout would be beneficial and will get you results.

Recovery and refueling would have to take into effect with longer rest periods in between sets. And a protein shake as your working out would help you with keeping muscles replenished. You should still watch out for over working your muscles when training. An hour or hour in a half workout is good unless you're a high performing athlete or body builder. Even just an hour-long workout is good and will help. Just make sure you're giving your muscles the time to recover. The more you workout the more you will understand your muscles and body and know what your muscles are telling you. Rebuild & recover.



keeping a detailed workout log will help you keep your workouts and goals focused. You can also measure your progress and go back to certain times when you need to and figure out what is going wrong if you are not getting your weight and figure out why you are not getting it. You can see how well you're doing and what workouts are best for your results.

Repeat – Repeat – Repeat - Repeat

Now putting it all together.

In this example we will say this is a Tuesday in a four-day workout week with working out Monday and Tuesday with Wednesday off and then working out Thursday and Friday with Saturday and Sunday off. The arm day will be on a Tuesday just to show an example with a rest day right after, so you can understand the recovery process better. We will also show how and why you need a different muscle group a day so you can see how and when you workout a muscle group with intensity, you give it a day rest so the next day you work on another muscle group so the other muscle group can take the time to recover well.

Now you are going to see an example of one full day of adding the working out, diet, and recovery process or the 1W3R process. Just like you do this process in one day. Each repetition and break in between set's, you do a little bit of this process on a smaller scale. As well as on a larger scale as well on a weekly basis and monthly basis. Your week is filled with the process of breaking down, refueling, and rebuilding bigger and stronger. Just like this example of this arm day example. The same with the entire month and seasons. Build.

This process is going to get you results if you just follow it and apply what is in the e-book. The longer you workout and more advanced and experienced you become the easier working out gets. Keep building muscles day after day and push through the soreness and force yourself to workout and build muscles. **JUST GET IN THE MOTION AND START NOW!**

This process is a slow process. This is a step-by-step formula that is designed to help you build muscle by muscle and grow inch by inch. Just keep building and keep as focused as you can. The results and growth will come. You must build and grow day by day, year by year. Keep this in mind. Follow the process and keep getting **Stronger** and **STRONGER**.

You will see the example of one day of working out. Now just amplify the process in your entire workout schedule and workout program. The strategy is the most important part. Everything else is based off of the strategy. Once you understand the strategy you can then develop each section of your workout program from seasonal all the way down the repetitions. Once you understand the strategy you will know what repetitions, sets and workouts you can add in and subtract out and substitute with and rotate everything in and out. The more thought out the workout the better results you will get. Like mentioned before you can still have a simple workout and get good results and build & grow strength.

Workout – Eat – Recover – Repeat

Break down - Fuel & Refuel – Repair & Build – Repeat

This is an example of a goal of wanting to get big and build size and strength. You are going to see the workout plan, the diet plan and the recovery plan for this day.



WORKOUT / Break down

ARM DAY

Sets /Reps

Standing barbell bicep curls heavy weight	3/13-15
Skull crusher combos	3/13-15
(Super set) Cable bicep curls (Burnout)	3/13-Burnout
(Super set) Cable push downs (Burnout)	3/13-Burnout
Preacher curls (Pyramid burnout)	2/10- Burnout
Close grip diamond push-ups	2-3/ burnout

Depending on the goals and whether you are working to build muscles and size or get lean and shredded, your diet would look different. But the example shown below is a basic example, very easy and simple to understand diet. Now we are adding both training and breaking down muscles and the diet and refueling the muscles to be able to repair.

Arms are a good example because you need arms for most workouts and you need as much strength as possible. Arms mean Strength. **GET STRONG** and build more muscles.

Now the Diet on this day is going to look like this example below

Diet: REFUEL/REPLENISH



Breakfast: 5:00 - 8:00 am

3-Plus, eggs - Plus, toast, hashbrowns or potatoes - Steak, or chicken - Oatmeal,

If your goal is to increase size and strength then eat more.

If you're looking for a leaner plan then a smaller breakfast is okay

Having a good size breakfast because it is good to start your day and as your day goes you will burn calories throughout the day. You want your day fueled well so you can operate effectively throughout your day. Breakfast is an important meal you shouldn't skip out.

Workout: 11:00 am - 12:00 noon

Protein shake: SO, you can refuel and replenish your muscles as fast as possible. There is a 45-minute window to aim for to get fuel mainly protein to your muscles. The sooner the better. You can still be effective refueling muscles over 45 minutes but right after workout is the best time to just drink a protein shake and directly send protein straight to muscles.

Lunch: 12:00 noon

Chicken - Potatoes/ rice – Vegetables

Protein shake:

Dinner: 4:00-6:00 pm

Chicken/ meat - Potatoes/ rice - Vegetables

If your gaining weight then pasta is good for you, if not then stay away from pasta.

If you're going for size and strength eat as much as you can especially if the workout was really intense. Carbs would be the best and would really fuel your muscles and body for growth. Eating chicken is the best source of food you can eat when building Strength. You can even have snacks and other foods in between meals. Something small and healthy. Especially with cutting weight you need to always have food in your stomach. When your hungry you eat more food and go off of your diet plan. SO, always have food in stomach.

If your cutting weight and have a workout that is more on the lean side then chicken and as much chicken as you want. You still need some other sources of fuel. If your muscles are aching then you need to eat more because that is your muscles telling you they need more fuel and you are just losing muscles and doing the opposite effect of what your intended. When your muscles are aching, your muscles will hurt and you may get injured.

Recovery/Rebuild

Your recovery would be rest after your workout on Tuesday and then you're resting on Wednesday as well. SO, you get a full recovery time for your muscles to rebuild. Then Thursday you can do shoulders and back or you can do chest and arms again if you want. You had some recovery time so now you can work on arms again. It would be good to just do workouts with other muscle groups just to give your muscles as much time as they need to recover and rebuild bigger and stronger. You need time for the fuel to build back.

All Together

SO, what you just seen was an example of an entire day and what it would look like. You seen how the repetitions and sets build a workout. You've seen how multiple workouts can build a workout day. Now you see how adding the diet and refueling and recovery all fits together for one entire workout day. This is one day of the muscle building process.

Now think of doing that entire workout day with an entire week with different workouts. Monday would be leg day, Thursday chest day, Friday shoulders and back. The diet would be very similar. You would change up the diet a little for instance if your doing leg day you're going to want to eat more because working on legs takes more energy & you burn more energy because you're doing full body workouts. Especially compared to arm day.

Now you have your week. Now you just consistently do this over time and you will pack on muscles and increase strength, day by day, week by week, month by month, and so on. Now that is looking at your workout from the smallest component and small scale all the way up to the large-scale bigger picture. You first design your bigger picture. SO, then you will know what to do on a smaller scale with your repetitions, sets and workouts.

That is why you need to know your goal and what you're working out and training for. If you're a body builder you're going to design and structure your workout to first build muscles and strength and get big. When your getting closer to your show you're going to focus on shredding up and getting lean and focus on the details of your muscles and the way they look. If you're a football player you're going to also focus on heavy weight and getting big and then closer to the season you slim down and focus more on speed and endurance training. SO, your muscles do not get fatigued and you can stay in the game.

Also, the workouts are different and change depending on the season and goals. If you're just working out to train and be healthy and build muscles and strength that is okay. Building strength is beneficial for everyone. You may want to workout for your own reasons and train for your own reasons which is good. Designing a workout is very important to know and understand because it is going to give you the end goal you want.

Training and working out trains and builds your muscles and strength which is important. This mainly focuses on your overall body and muscles. There is always more you can learn about when it comes to working out and training. There are other ways you can even accelerate your muscle growth faster and stronger than average workouts and methods.

You can even get in more detail about strength and understand it on a deeper level. Like mentioned before this is the start and the beginning of learning about building muscles and strength and is very informative. This is all you need to know to begin building muscles and strength. Now you are fully equipped with being well informed to build up.

You need to stay patient, consistent, and keep working towards your goal with dedication and commitment to reaching the goal you envision. Stay focused and keep working out.

Just follow this process and train and build muscles, your strength, and yourself as much as possible. This is the process; this is where you are starting but not where you will finish.

The race is long, the race will be hard. Just take your time be patient. Build muscles slowly and results will come. Step by step. Just keep taking steps more and more slowly reaching your goal. Building muscles takes time, and patients and you must stick with it and Grow.

“IT DOESN'T MATTER WHERE YOU START, IT ONLY MATTERS WHERE YOU FINISH”

Now you are ready to begin working out and start building lean muscles and strength. There is always more to learn about building muscles and strength that will help increase your lifts, weights and performance even better. Check out more products we have to offer you, that will help you build as much muscles and strength as you can. Keep training.

Build more Strength!