

E BOOK

How to guide

BUILDING *LEAN* *MUSCLE MASS*


**STRONG MIND
STRONG BODY**

SOLIS OLYMPUS

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Disclaimer

This book is intended to help guide you for personal development and inform you with the best of knowledge we have. We do not guarantee any progress or results on your behalf. The progress and results you make or do not make is up to you.

Some information we do provide here is from personal experience only. This book is intended to share personal experience to help others.

Some information in this book is scientifically correct. We do not claim all information in this book to be scientifically correct.

This book is written by members of Solis Olympus and received help by people with experience from Former College Athletes by former NFL Athletes, Former Military, Coaches, personal trainers and non professional body builders..

This book is about how you can build lean muscle mass physically and mentally.

You will find out building muscles is not just about lifting things up and putting things down. Your mind is the most important muscle that you can ever train. There is also a science behind building lean muscle mass.

This book will show you the three core Fundamentals it takes to build lean muscle mass. This E book will go into detail to help you understand the importance of this 3 step or 3 factor approach to building solid, sound, Lean muscle mass.

It is a good thing you bought this book. You made a great investment in your self 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.

It is good to also mentally imagine yourself already in the intended results you want and feel how great it would be to be in that position.

When you do that you are mentally training your mind to become what you are imagining.

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 journey and process ahead of you.

Remember to take small actionable steps and slowly but surely you will reach your destination.

Before you start any workout routine or diet plan i always encourage beginners who do not have much experience always prepare their mindset first. Prepare to have dedication discipline and encourage yourself to have intrinsic motivation.

Sometimes you don't want to go workout but motivation will not keep you going consistently alone.



MINDSET

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

Your Mindset is very important when it comes to working out and hitting the gym. When you start working out your mind is just as important if not more important to train then your actual physical body. It is more important.

Your mindset will get you through the times you don't want to workout but decide to workout anyways because it is necessary for personal growth and your goals..

In order to have a complete mindset that will help you out in the gym, you have to realize and understand that it will take dedication, consistency and a lot of patience.

Patience is a particularly important aspect of a mindset 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 lean muscle mass.

It takes years of consistency and patience to build a good physique. You're not going to have lean muscle mass in a few months.

Be prepared and learn to have discipline over your mind, impulses, wants and desires.

You will learn having discipline is actually having more freedom because you have more control over your self.

Most people do not have as much control over their self as they think they do.

Look at working out and building muscle mass as an investment in yourself. Personal development.



mind matters tips

This is an investment in your self and future health.
View working out as personal development.

BASICS FUNDAMENTALS




STRONG MIND
STRONG BODY

Anabolic vs Catabolic 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 anabolic and catabolic. When your body is in an anabolic state, meaning “to build”, you are more likely to build muscle.

To achieve an anabolic 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.

Catabolic means ‘break down’, and in this case there is a breakdown of muscle tissue, which occurs so your body can produce energy if glycogen or fat isn’t available.

The skeletal muscle’s preferred source of energy is glycogen and glycogen is the storage form of carbohydrates. The healthy carbohydrates are found in foods such as bananas, berries, brown rice, yogurt, oatmeal, and whole grain, whole wheat breads and pastas.

There are a few ways that would cause your body to enter a catabolic state, including a lack of rest or recovery time, poor nutrition, and if you over train and are emotionally and physically stressed.

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 most important aspect for optimal muscle growth and to becoming a healthier you. Consumption in the proper amounts plays a key role in hormone production in the body as well as avoiding increased stores of unwanted and unsightly fat deposits.

Anabolic and Catabolic States

In an anabolic state, your body not only synthesizes new proteins from amino acids but also stores glycogen and enhances fat storage. Consuming the right macronutrients at the correct time can tip the balance toward a more anabolic state. Adequate sleep and controlled stress levels can also push the body towards anabolism.

No wonder some athletes seem obsessed with their sleep schedules and stress management techniques. They understand that recovery is equally important as their time lifting weights or running miles.

Conversely, in a catabolic state, your body is essentially cannibalizing itself, using your hard-earned muscle tissue as a source for immediate energy. That's not something you want when you're aiming to build lean muscle mass.

This state often occurs if you've been neglecting your diet, are over-exerting yourself without proper fuel, or under high-stress conditions. Extended periods in a catabolic state can lead to muscle atrophy, fatigue, and even mental effects like decreased focus and irritability.

Understanding these states deeply can guide you in tailoring your workout routines, rest periods, and dietary plans more effectively.

The symbiotic relationship between the two makes knowing how to manipulate them vital for anyone looking to build lean muscle mass.



mind matters tips

Working out trains your Mind and Body in many aspects like consistency, dedication, patience, persistence, hard work and keeps you in a routine.





BUILDING A STRONG FOUNDATION WITH FITNESS

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

Im 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 actually taking the steps towards your goal and you have done it. *You are one decision away from a different life.*

When you start something new, you don't know where to start, you don't know what your doing and there is a lot of information you have to 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.

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 kind of like a relationship. it takes slow consistent effort and some days may be difficult to get up and go to the gym but you do it any ways. You have to be loyal to the gains! you have to be patient.

If you think your'e 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'll be motivated to stay in the gym and stay consistent with the habit of working out.

Before you begin building or starting anything, whether it's 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 your building and it won't collapse. You always start with the foundation and build up and never start with the roof first.

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 can not take short cuts or it will not be stable and it will have problems in the future. 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.

knowing the technical aspects like breathing correctly and having good form and posture 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 and 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 and you can learn new things from different people, just make sure it comes from a credible source.

The great news is you don't have to do everything at once. It's 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's 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 shouldn't expect yourself to just do everything and know everything right away.

When you workout you will learn about your body. What works for it and what doesn't 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.

Some people eating a certain food may help more with gains and some may inhibit it more. Some people have different tolerances.

It's a good feeling having a positive relationship with your body and taking good care of it. Take care of your body and it will take care of you.



Breathing is the most important thing you can do when you workout. controlling your breathing and focusing on your breathing. Inhale when you go down exhale when you go up. Even screaming or grunting is okay and can help you get your weight. Grunting can bring you more power or that extra Umph that you might need.



A muscular man with a very low body fat percentage is shown in a gym setting. He is shirtless, revealing his highly defined abdominal and chest muscles. He is wearing black athletic pants and is in the middle of a bicep curl with two large, worn-out metal dumbbells. The background is slightly blurred, showing other gym equipment and a bright light source from the left, creating a dramatic effect.

BUILDING LEAN **MUSCLE**


STRONG MIND
STRONG BODY

ALIGNING YOUR WORKOUT ROUTINE WITH YOUR GOALS



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

Setting goals is one of the most important things you can do in life and working out. How do you know where you're going if you don't even know where you are and know where you want to go.

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's always good to write goals down because you get to see your goal in your mind.

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 can't have and follow a program without having goals and knowing your end results.

example

Short term

Goal: Increase my bench press by 5 pounds 1 week from now on date - 05/15/20xx

Goal: increase my squat by 10 pounds 1 week from now on date- 05/15/20xx

etc...

Mid range goals

Cutting 25 pounds by the end of May/20xx spring time to lean out and cut the dead weight for summer time. I will lose 1 inch off of 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'll increase my weight by 50 pounds and reach 300 pounds. I will weigh 200 pounds total.

etc...

By year 5 Im going to look like this that and this. Im going to have all these weights Im going to weigh this much

It's good to first imagine 5 years from now what you will look like and where you want to be because it will plant seeds in your mind. Then work backwards from 5 years to now.

knowing your goals you will also create your model of yourself you can grow into. Knowing your goals and thinking using your imagination will seed your subconscious mind and will help you gradually grow into what you continuously think and imagine about yourself.

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 in order to be successful in building lean muscle mass.

Building lean muscle mass is a lifestyle.

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 plus cardio and abs.

You do not need to do cardio and abs every day if you do not want to. Some times you can do cardio and abs in one day and sometimes you can just do one or the other. Maybe don't do any at all for the day. it's up to you.

When you do have two different muscle groups you do one major and one minor muscle group but it is best to do muscle groups that compliment each other on the same day. Now you do not have to, it 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 minor 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 and Triceps.

Abs/Cardio

Tuesday.

Legs and Back

Abs/Cardio

Wednesday

Arms or Rest day

Thursday

Back and Shoulders.

Abs/Cardio

Friday.

Chest and Minor legs

Abs/Cardio

Saturday

Rest and stretch

Sunday

rest and stretch

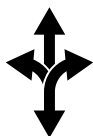
When your first starting off. 3-4 times a week is good and have Wednesday off. It is good to start gradually and work your way up. Your muscles are not going to be able to handle high intensity right away and be prepared to be very sore.

Remember you can still workout even if you're sore. That's how you condition your muscles not to be sore by working through it and push your muscles continuously to be able to tear and rebuild to get stronger and bigger. Your muscles will adapt.

**SO THINK
WHERE ARE YOU NOW AND WHAT ARE YOUR
GOALS**

THE BEST WAY TO START IS TO START NOW.

"Building a strong foundation and perfecting the fundamentals is more important than anything else. When you first start, focus more on form than weight and actually just getting to the gym. It's good to just get in the motion!"



Your Routine will decide your route. Essentially your routine will decide your direction and path you take. staying healthy and working out can help direct you for the better in life.



SIMPLE MUSCLE BUILDING MODEL (SMB)



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

The simple muscle building model is simple. You can't 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.

3 STEP PROCESS TO BUILDING LEAN MUSCLES

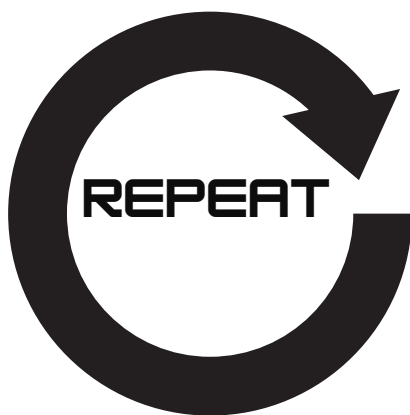
WORKOUT



REFUEL



RECOVER



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 wasn't 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 have to know not all workouts are the same. The way you workout 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 a difference between what you eat and how you diet as well. Eating chicken after you workout is different then eating cheeseburgers from your favorite fast food restaurant. You wont feel as good or get quality results .

The same with recovery. If you're not giving your muscles enough time to recover you can hurt yourself and be out of the gym for a long time and you wont be getting any result if your not in the gym.

Im just illustrating to you That when it comes down to it building muscle and strength 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 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.

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.



Simple routine done consistently and putting the hard sweat and effort in the gym slowly but surely you will get results.

Remember when you workout you are tearing your muscle fibers and putting resistance on them so your body says, hey we need to refuel and make these bigger and stronger in order to survive in our circumstance and environment.



Refuel with protein like chicken vegetables and rice. You will find out you will be eating a lot of the same food everyday. You will see sometimes it can get mundane eating the same thing day after day but for best results i recommend it. Although you can find very healthy and great tasting foods remember your not pleasing your tastebuds.

Refueling your body with the right amount of nutrients and the right nutrients in order to rebuild with high quality.



Recovery is very important both in between sets and workouts and quality of sleep. Without recovery you can not build muscles. The better quality time you have of recovery time the more quality your muscles will rebuild.

The last thing you have to do is repeat the cycle continuously and fall in love with the processes of hitting the gym and building solid and quality muscles.

Remember consistent dedication and hard work will get you to your destination. Stay motivated and fall in love with bettering yourself and growing.



Having more muscle on you helps you lose fat quicker and keeps fat off easier. More fat you have on you the less testosterone you have.



WORKOUT

BUILDING LEAN **MUSCLE**



STRONG MIND
STRONG BODY

DIFFERENT TRAINING EXERSICES **METHODS AND ROUTINES**

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

The best thing about health and fitness is working out and feeling good after the workout. It doesn't matter what your goal is there is a workout program that can help you reach it.

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's the joy of building muscles.

You can choose what workouts you like and what workouts you don't like even though it is best to do the workout that will give you the best results.

When you're 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 and take time between each set to give your muscles time to rebuild and recover throughout your workout.

Olympic workouts

Athletes typically do olympic workouts. They are full body workouts that focus on functional strength and ability.

Some Olympic workouts include clean and jerk, snatches, squats, deadlifts, Clean and press.

High reps vs Low reps

In general, low reps with heavy weight tends to increase muscle mass, while high reps with light weight increases muscle endurance and tone. This doesn't mean that you have to rely on one method exclusively. Alternating between the two may be the best approach for long-term success.

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.

Low reps heavy weight also increase strength and light weight more reps helps with toning and sculpting your muscles.

Weight Lifting

Muscle Growth: The Science

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 more dense.

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 visible results.

Weight Lifting: Building Lean Muscle Mass

Weight lifting is the best way to use resistance to build muscle, which is why it's 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. Different weights can also help you prioritize lean muscle vs. bulky muscle.

Heavier weights or more repetitions mean your muscles always face challenging resistance levels. It's that challenging environment that will lead to the micro-tears in your muscle and subsequent growth.

The stress on your body means your muscles will look more defined and bigger. Weight training brings the best results in the shortest space of time.

Isolation Workouts: Targeting Specific Muscles

If you want to change the shape of your body, you'll 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's 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.

However, it's important to note that it will only focus on that muscle and not the whole upper arm shape. For that, you'll need exercises for your triceps, too.

Isolation Training and a Balanced Approach

Isolation training is a proven route when looking at how to gain lean muscle fast.

However, when you use isolation exercises to target specific muscles, you should consider how to balance your approach. Too much time on one muscle at the detriment of others could leave you with uneven gains or, worse, injury.

For example, too many chest exercises during weight lifting without working on your back muscles could leave you with a hunched posture.

When putting together an isolation exercise regime for your weight lifting program, plan your week so that you work different parts of your body.

Burnouts

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 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.

Burnouts hurt the worst but you can literally train your brain to love the pain it gets and get high off of the feeling.

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.

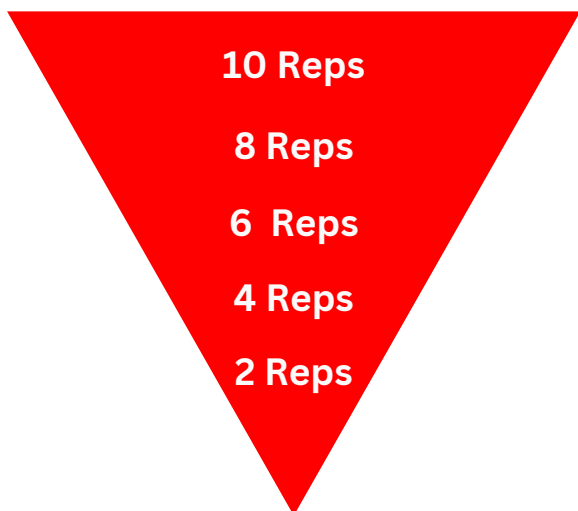
Some aspiring body builders or those who want to accumulate lean muscle mass don't completely understand that the heavier the weight you lift, the more potential you have of gaining bulk muscle.

When you lift weights that are too heavy or with improper technique you run a greater risk of getting injured, for example, squatting improperly can cause serious injury to your lower back.

A controlled movement of the weight will help bring synergy and stability of the muscles, into the motion.

Remember heavy weight with low reps causes you to gain muscle mass while lower weight with more reps will cause muscle tone.

PYRAMID STYLE WORKOUT



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.

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.





RESIST GOING DOWN

**HAVE A SPOT HELP
YOU BACK UP**

Negatives

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 then normal and as your 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 it back up and you continue to do it for how many reps you have.

Calisthenics

Calisthenics are exercises that don't 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. However, weight training focuses on one or two muscle groups at a time. 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.

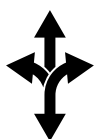
For and example. Every morning you wakeup you can do 50 to 100 push ups before you leave your house for the day and then later in the day go to the gym and lift weights.

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 type of workouts in your workout routine.

Calisthenics also helps tone your body and can make you look more shredded. since your working out your entire body or multiple muscle groups at once.



Just going and showing up to the gym is 90% of the battle. Building muscles is about consistency. It isn't going to happen over night but it will slowly transform.

BUILDING LEAN *MUSCLE*



 STRONG MIND
STRONG BODY

MUSCLE SHOCK AND PLATEAUS

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

When you work out using the same workout routine consistently over time your muscles adapt to the workouts and stress on the muscles and your muscles plateau.

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 to the stress they're exposed to during exercise. When you continually perform the same exercises with the same weights and repetitions, your muscles will become more efficient. Unfortunately, this can prevent you from getting the results you want.

By "shocking" your muscles with new exercises, you'll be promoting continued muscle growth and strength development.

There are also psychological benefits. Working out and exercising aren't just about your body and building muscles. Moving your body and challenging yourself contributes to your overall well-being.

Doing the same movements can lead to boredom. If you're enjoying your workouts, you may lose motivation. Focusing on healthy living is key.

The Science Behind "Muscle Shock"

During exercise, your nervous system signals your muscles to contract. It recruits the smaller, slow-twitch muscle fibers which are efficient for endurance. As the intensity of your workout increases, larger, fast-twitch muscle fibers are recruited to generate more force.

Intense exercise can cause microscopic damage to muscle fibers. This damage is known as muscle micro trauma. Don't worry this damage is a normal part of muscle adaptation and growth.

After a workout, the body initiates an inflammatory response to repair the damaged muscle tissue. This involves the recruitment of immune cells and the release of growth factors.

It's vital that after you shock your muscles you rest. Recovery is a crucial aspect of muscle growth that people often forget.

Avoiding a Workout Plateau

Avoiding plateaus while building lean muscle mass requires a combination of effective strategies. You'll need to challenge your muscles and support your overall fitness goals continuously.

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'll want to not only change your exercises but also your rep range and weight.

When you plateau you can tell because your workouts could begin to get boring and mundane and you are just doing the motion. When you plateau its because your muscles have built resilient 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.



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.



**BUILDING LEAN
MUSCLE**


**STRONG MIND
STRONG BODY**

HIGH INTENSITY WORKOUTS



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

While many chase the clock juggling sets and reps, HIT is a game-changer: 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 opt for a strategy that amplifies your efforts? Especially when it comes to building lean muscle mass.

Each workout isn't just a sweat session but a potent stride toward a chiseled, leaner physique. Ready to maximize your gains in half the time? Let's unravel the HIT phenomenon.

What is High Intensity Training (HIT)

High Intensity Training, often abbreviated as HIT, is a unique approach to exercise that focuses on shorter, more intense bursts of activity, rather than longer, moderate sessions. What does this mean? 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's 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's not about how long you work out, but how hard you push yourself during those moments of exertion.

High intensity training also challenges the body in different ways than traditional exercise methods. Because you're pushing yourself to the max, your muscles have to work harder. This can lead to faster muscle growth and increased endurance.

Plus, the nature of HIT often means your heart rate stays elevated, even during rest periods. This can improve your cardiovascular health.

But why has HIT gained so much traction lately? Its effectiveness is a big reason. Many people find that they can achieve their fitness goals faster with high intensity training compared to other methods.

It's also adaptable. Whether you're lifting weights, cycling, swimming, or doing bodyweight exercises, you can incorporate the principles of HIT.

The Science Behind HIT and Building Lean Muscle Mass

At the heart of our journey to understanding how to build muscle is the principle of resistance. 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 pivotal 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 unique combination of mechanical tension and metabolic stress. This duo is essential for effective hypertrophy, or muscle growth.

A recent report sheds light on this science, stating that significant muscle growth occurs when the majority of training sets are performed with 3-4 repetitions in reserve (with moderate to high loads). This finding resonates with HIT's core philosophy. Pushing muscles close to their limit, but not to complete exhaustion, leads to optimal 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're training at high intensities, you're essentially conditioning your body to function at peak performance levels which leads to enhanced strength and stamina.

The Lean Machine: Advantages of High Intensity Training

Athletes across the globe vouch for the power of HIT. Whether they're aiming for enhanced performance or fine-tuning their physique, HIT delivers results that stand out.

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. This is commonly referred to as the "after burn" effect.

This boosted metabolism plays a significant role in shredding unwanted fat and sculpting a leaner and more defined figure.

A Healthy Route to Fitness

Keeping our bodies healthy is crucial. While every form of exercise contributes to better health, HIT takes it a notch higher.

Its rigorous regimen ensures improved 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 challenges.

Benefits of Exercise Amplified

All workouts offer benefits, but with HIT, those benefits are amplified. The muscle endurance and strength gained in a shorter span of time are remarkable.

Plus, the mental tenacity developed through pushing one's limits is an added advantage. By consistently pushing boundaries, you learn resilience, discipline, and a can-do attitude that transcends the gym and impacts daily life.

Perfect for the Time-Crunched

For those with tight schedules, HIT is a godsend. Achieving impactful results in less time means you can maintain a fit lifestyle without hours at the gym. It's not just about saving time; it's about making every second of your workout count.

High Intensity Workouts to Incorporate in Your Fitness Routine

HIT isn't just about getting a quick workout in. It's 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 pivotal 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

Explosive Lifts

Movements such as power cleans, snatches, and push presses are quintessential HIT exercises. 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 alike.

High Pulls

Using a barbell or dumbbell, this movement combines a deadlift and an upright row. It works the back, shoulders, and traps in one explosive motion.

Drop Sets

This is a classic bodybuilding technique to increase muscle size and endurance. Start with a heavy weight you can lift for 6-8 reps. After reaching muscle failure, immediately drop the weight by 20-30% and continue to do more reps until failure.

For instance, you could apply this technique to exercises like the leg press or bicep curls. It pushes the muscle beyond its comfort zone which leads to increased muscle hypertrophy.

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 and 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 essentially one big set of 2-4 workouts without stoping . You stop when you are done with all of your rotation of sets and workouts.

Circuits are supposed to get the heart beating really fast and you'll be breaking more then just a sweat.

It's also a way you can mix cardio and building muscle in one and save time. circuits are very effective. Especially for athletes.

Supersets.

Circuits are different from a super set. A super set is where you do a set of one workout then quickly do a set of another muscle group or same muscle group and at the end of those two sets you take a break.

Example bench then right away do cable tricep push downs and then take a break.

High-intensity routines like interval training or weightlifting demand a surge of energy, hence a higher carbohydrate intake becomes essential. 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.

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 mixes strength workouts and cardio and supersets into one high result activity and good if you play sports because it is fast pace.

Who Typically Trains Using HIT?

HIT is not a one-size-fits-all approach; it's a versatile tool embraced by various athletes to enhance performance and resilience. From the fast-paced sprints of football players to the precision and muscle definition sought by bodybuilders, HIT's influence in the world of sports is undeniable.

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.

Incorporating HIT into their regimen helps football players boost their stamina and ensure they remain as explosive in the final quarter as they are at kickoff. It's no surprise that many coaches have integrated HIT routines to prepare players for the intense physical challenges on the field.

Basketball Players

In basketball, the game's pace changes in the blink of an eye. Players sprint down the court, jump to block shots, and change directions rapidly.

The quick, varied movements found in HIT workouts mirror the ebb and flow of basketball and allow players to increase their endurance and speed. By adopting HIT, basketball players can ensure they remain swift and energetic, even as the game clock winds down.

Long-Distance Runners

While marathons and long-distance races hinge on sustained, lower-intensity efforts, HIT finds its place even here. Intervals of high-intensity training sharpen a runner's speed and make them more versatile on the track.

Additionally, HIT aids in strengthening muscles and improving cardiovascular efficiency. This ensures that when runners face an uphill stretch or need a final sprint towards the finish line, their bodies are more than ready.

Weightlifters and Bodybuilders

For weightlifters and bodybuilders, the gym is a canvas, and their bodies the masterpiece. HIT provides them with a tool to carve out finer details. Through high-intensity bursts, they can focus on muscle groups to promote growth and fat burn.

The method also encourages greater muscle definition and hypertrophy. Thus, bodybuilders can reach their goals faster, ensuring their muscles pop just right during competitions or showcases.

Sculpt a Lean Future

Harnessing the power of HIT is key to building lean muscle mass, but the journey doesn't stop at the gym's door. To truly reap the benefits, your body demands the right support. Enter Solis Olympus.

We're deeply rooted in a holistic philosophy encompassing physical, mental, and spiritual well-being. With our meticulously curated selection of natural, organic supplements, you're not just supporting your intense workouts but nourishing your entire being.



Your thoughts lead to what you say and act upon. Your actions turn into your habits. Your habits turn into your character and your character turns into your destiny.

BUILDING *LEAN* **MUSCLE**



CARDIO

Why Lean Muscle Mass Matters

Building lean muscle mass is about far more than vanity or beach-ready abs. It serves as a cornerstone for your overall health and fitness. Muscles are metabolic powerhouses; the more you have, the higher your resting metabolic rate.

This means you're burning calories even when you're sitting down or sleeping.

The Metabolic Advantage

Muscles act as metabolic engines, elevating your resting metabolic rate. The more lean muscle you have, the more calories you burn-even when you're off the clock, lounging or sleeping.

Functional Fitness

Lean muscle is essential for what fitness experts call "functional fitness." It's the kind of fitness that helps you in daily activities, from lifting heavy objects to sprinting to catch the train. Strong muscles improve your performance in every physical task you encounter.

Long-Term Health Benefits

Having more muscle mass equates to a range of long-term health benefits, such as improved posture, better balance, and a reduced risk of injuries. These are vital advantages that become increasingly important as we age.

Insulin Sensitivity and Hormonal Balance

Lean muscle mass improves insulin sensitivity, which can help you regulate blood sugar levels. This is particularly important in reducing the risk of type 2 diabetes.

Moreover, balanced hormones contribute to mental health and overall mood stability.

Cardiovascular Contributions

Lean muscles are good for your heart, too. Stronger muscles can pump blood more efficiently, improving your circulation and easing the workload on your heart.

The Role of Cardio in Building Lean Muscle

Cardiovascular exercise is often sidelined in the quest for building lean muscle mass. Many think it's counterproductive, taking you away from the real action in the weight room. But let's set the record straight: Cardio can be a valuable ally in muscle building.

Cardio Burns Fat, Not Muscle

One common myth is that cardio will burn away your hard-earned muscle. In reality, a balanced cardio routine targets fat, not muscle, especially when combined with strength training. This sets the stage for lean muscle to shine through.

Cardio Boosts Recovery

After a grueling weightlifting session, cardio can act as an active recovery tool. Light cardio helps circulate blood through your muscles, providing them with nutrients and speeding up recovery.

Stamina and Endurance

More than just a fat burner, cardio also improves your stamina and endurance. This can be particularly beneficial during those long, intense weightlifting sessions. Better stamina means you can lift more for longer, accelerating your muscle-building progress.

Oxygen Efficiency

Cardio trains your body to use oxygen more efficiently, a factor that can improve your overall workout performance. More efficient oxygen use can lead to longer, more effective weightlifting sessions, further aiding in muscle development.

Cardiovascular Health

We've already established that lean muscle mass is good for your heart. Well, cardio is the icing on the cake. A strong cardiovascular system ensures that your muscles receive the oxygen and nutrients they need to grow and perform.

Cutting Fat vs. Cutting Weight

You've probably heard people talk about "cutting weight" or "cutting fat." These two are not the same, and knowing the difference can help you in building lean muscle mass.

What is Cutting Weight?

Cutting weight usually means losing both fat and muscle. People do it for quick results, but it's not the best approach if you want to keep your muscles. You lose weight, sure, but you also lose some of the muscle you worked hard to build.

What is Cutting Fat?

Cutting fat is different. It's about losing the jiggly stuff while keeping your muscle. This is what you want if you're looking to build lean muscle mass. It makes you look toned and keeps your muscles intact.

Which is Better?

For building lean muscle, cutting fat is the way to go. It lets you keep all those muscles you've been working on. And guess what? Cardio can help you do this by burning fat but not muscle.

How to Do It

A mix of strength training and cardio is the best way to cut fat. Do your weights, then add in some cardio. It helps you get a balanced workout and get lean faster.

So, if you want to build lean muscle mass, focus on cutting fat, not just weight. And don't forget to add some cardio to your routine. It's the smart way to get lean.

Types of Cardio for Muscle Building

Alright, so cardio is beneficial. But not all cardio is created equal, especially when your goal is building lean muscle mass.

Low-Intensity Steady State (LISS)

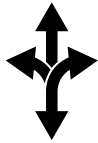
Think walking, jogging, or cycling at a steady pace. LISS is great for fat-burning and easy on your muscles, making it a good choice for recovery days.

High-Intensity Interval Training (HIIT)

This involves bursts of high-intensity exercise followed by short rest periods. HIIT is good for your heart and can help you build muscle faster, thanks to the intense bursts that challenge your muscles.

Moderate Intensity Cardio

This is your traditional 20-30 minute cardio session. It provides a balance between fat burning and muscle preservation, making it a good fit for a muscle-building routine.



Routines are dangerous in a good way . it keeps you on track and in control. routines keep your path directed and solid. When you get off your routine you can easily be influenced by outside forces, bit by bit and slowly you can get off track.

It keeps you disciplined and when you have self discipline you control your self and thats the best feeling in the world.



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STRONG BODY**

LEG DAY

MOST IMPORTANT DAY



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

Leg day is the most important but the most skipped day of the workout week. Why? Multiple reasons.

Most people skip leg day because they want to look more muscular on the top half of their body and end up getting chicken legs or disproportioned, or they want a big pump and look muscular for the time they are in the gym.

Another reason is Leg day sucks sometimes and walking afterwards or the next day afterwards can be a big pain. Another reason is maybe back issues.

The most important Reason why you should work out your legs is because your body releases Testosterone when you workout your legs. That is good because if you have more testosterone, then you have more strength and ability and if you have more strength and ability you can lift heavier. It's smart to workout legs at least twice. a week.

If you can lift heavier you can give your muscles a bigger deeper tear when you workout so when you refuel your muscles and recover your body your muscles will grow bigger, stronger, faster and more solid.

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 workout smaller muscles they help support your bigger muscles when you lift big.

When you workout 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 workout your legs you always feel better then 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 as well.

Working out your legs like doing squats and dead lifts actually 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 rounds out your physic and built legs 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.

When you squat and workout legs it also helps you lose weight quicker and helps keep fat off in the core, hip and leg areas, wear most fat develops. This happens because squats and leg workouts are a full body workout including your core and hips and also increases Testosterone. Testosterone burns fat very quick.

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're lifting more weight in military presses the more strength you gain. The same is with bench lifting. Your bench lift will improve dramatically because your legs provide stability.

Legs are the largest muscle group is and when you work on your legs it releases testosterone in your system. Testosterone is a very important hormone that is needed to build lean muscle mass.



Mind Matters tips

When you're about to lift a heavy weight, do not be intimidated. Tell the weight that you're going to kick its ass. Think and believe you're going to get your weight. If you go up to the weight timid you are less likely to get the weight. Pre think and imagine you getting the weight before you even step up to it.



REFUEL




STRONG MIND
STRONG BODY

SUPPLEMENTATION

Supplementation is not a primary source of fueling your body. Supplementation is a secondary source that helps with that extra push and edge to help you reach your intended results.

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.

3 main 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.

Natural pre workouts like coffee are better for you and is better for long term health.

Pre workouts have caffeine in them just like coffee but are marketed as pre workouts.

Creatine you can find in steak. Creatine holds on alot of water in your body and you have to make sure you are very hydrated when taking Creatine.



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 won't be able to get the extra edge on your goals.

In this section, we take a look at how supplements help to build muscle mass.

Build Muscle Mass With Protein

Protein is the go-to option for a muscle-building supplement. Your muscle comprises two types of protein filaments: actin and myosin. Stressing them (via intense workouts) induces hypertrophy, or microscopic muscle tears that grow back stronger.

The key is to remain in an "anabolic state." That is, your body builds more muscle than it breaks down - which requires a higher-protein diet. This is the converse of a "catabolic state," where muscle loss outpaces muscle gain.

The most accessible form of protein comes in soluble powders, such as whey and casein. Through an enzyme process, manufacturers reduce pasteurized milk to its protein-heavy whey substrate. Think of it as pure energy distilled from a natural source.

It's key not to use these powders to replace food-based protein in your diet. Rather, allow them to complement an existing protein-rich fare.

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 and seafood.

Creatine involves a more complex manufacturing process. Specialists process cyanamide and sodium sarcosinate in reaction vessels until they form a crystalline material - pure creatine. They mill this down into a soluble powder that you mix into your pre-workout drink.

Studies on creatine supplements suggest it helps increase your muscle size, strength, and performance. It's ideal for building lean muscle mass, especially if you do high-intensity intermittent activities. Creatine may also help prevent injuries and decrease your post-workout recovery period.

Gaining an Extra Edge With Supplements

Taking supplements is critical to gaining that little extra edge during any type of workout. Approximately 80% of athletes use supplements for training and competition. The reason is that your body's supplementation needs can increase exponentially as you begin to build muscle.

Lean muscle mass needs to provide burst energy and last 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.



Health Tips

Supplementation helps you gain an extra edge and advantage.

DIET HEALTH

REFUEL



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 (Biological machine) the more effective you're going to be able to be and the easier it will be to build muscle.

You can break energy that goes in your body in to two different categories, micro nutrients and macro nutrients.



Micronutrients

There are two different kinds of nutrients you need to know about for building lean muscle mass. The first one is Macronutrients which you need large amounts of.

Micronutrients on the other hand are just 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.

When you get the gist of nutrition it really is not as complicated as you may have thought it was. The only problem is people tend to be misinformed and can't develop a strong diet because of that.

When you eat better your body functions a lot better and you will feel better. Find the right foods for your body and always experiment.

If you want to gain lean muscle mass and do not see the improvements you intended on then adjust the calories in your daily diet.

If you are adding weight that is more fat than muscle, then you want to lower your calories in your diet because your body is just storing fat.

Vitamins

What are vitamins? Vitamins are a non-calorie nutrient that is organic and needed throughout your diet.

Macronutrients



carbs



proteins



fats

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 the body's preferred source of fuel.

Protein helps rebuild the muscle tissue that has been torn apart during muscle training.

There are good fats and bad fats. You need the good fats like the ones you find in fish oils and nuts, called omega-3 fatty acids which are essential to maintaining a normal metabolism.

You should wisely stay away from the bad fats like saturated fats and trans. fat.

Macronutrients Proteins

To begin with proteins, there are 20 or so amino acids that make up a protein. Eight of those 20 amino acids are essential and the body cannot make them on its own.

If you link several amino acids together you will get a peptide. Keep linking peptides together and that will form a protein. Amino acids are the structure and unit of a protein molecule and remember that protein is the only macronutrient that supply's nitrogen to drive lean tissue growth. We call that anabolism.

In addition, protein also rebuilds and regenerates skeletal muscles, so the time of rest and recovery is when proteins can do their job. Amino acids can be utilized in different parts of the body if needed.

In other words amino acids can be used as different energy sources. That is a process converts amino acids into glucose. The process is called gluconeogenesis.

MACRONUTRIENTS

PROTEIN

4 CALORIES
PER GRAM



CARBS

4 CALORIES
PER GRAM



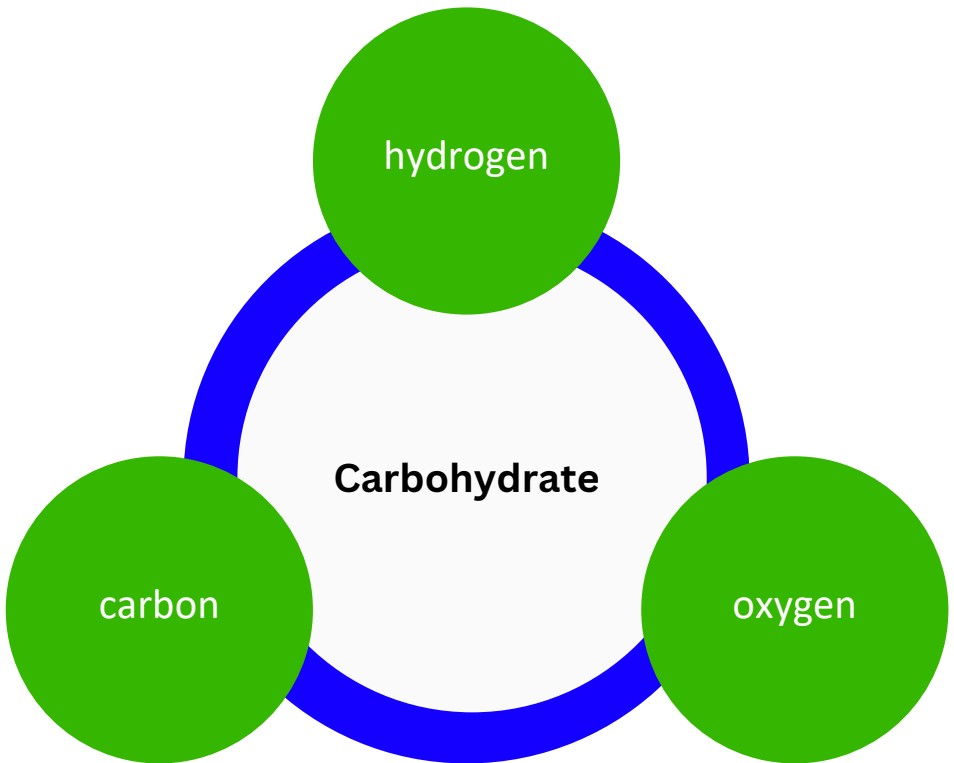
FATS

9 CALORIES
PER GRAM



Macronutrient carbohydrates

Carbohydrates are divided into four chemical groupings of saccharides, or sugars, and they are monosaccharides, disaccharides, oligosaccharides and polysaccharides. These saccharides are primarily made up of carbon, hydrogen, and oxygen which are represented in a circular cycle.



As with amino acids and fats, when sugar molecules are bonded together, the result is carbohydrates with different properties. When linked together, the units of glucose in the muscles and liver are stored by the body as what is known as Glycogen.

Different sugar molecules can be combined to create the variety of sugar molecules. For example, to create sucrose, fructose and glucose are combined to become a product that we call “table sugar.” To get Lactose, which is the sugar found naturally in cow’s milk, glucose and GA lactose molecules are bonded. The combining of many sugar molecules together will result in the end product, polysaccharides, literally “many sugars.”

The body can also make its own glucose from protein and other non carbs substrates. Digestion reverses the process and the body breaks down complex carbs which are our main source of energy.

Macronutrients Basic Fats

Don't let fats deceive you. There are simple molecules; fats are atoms of carbon linked together in a chain that we call lipids. If you assume that nothing is linked to that chain, then you can find carbon surrounded by hydrogen on one end and oxygen on the other end. Also the more carbons the longer the chain is and the number of double bonds.

A common mistake among everyone is that they think all fats are bad for you but in fact there are good fats. Like the fats that come from fish oils, also known as omega 3 fatty acids. The problem is most Americans get their fats from saturated fats, rancid fats and processed fats which contain products of trans fatty acids. That is what gives fat a bad name. Omega 3 fatty acids are anti-inflammatory (block fat storage). Cool fact: Every cell is surrounded by a layer of lipids and our brain is made up of mostly lipid.

Monounsaturated fats are very good for you because it helps lower bad cholesterol and help raise your good cholesterol.

Monounsaturated fats are found in canola oil, olives and olive oil, seeds such as safflower, sunflower and pumpkin, avocados, most nuts such as almonds, cashews and peanuts. If you're planning a meal and you have to fry food, your best choice would be olive oil. Canola oil is also a common cooking oil and a healthier choice than deep-frying oil.

Another good fat is polyunsaturated fat , which helps lower bad cholesterol just like monounsaturated fats. Polyunsaturated fats have omega 6 and omega 3 fatty acids. Foods sources for polyunsaturated fats are fish (salmon), fish oils and sunflower seeds among the many.

Saturated fats are mainly bad for you. They are not as bad as trans fats but you definitely want to control the amount of saturated fats you consume. Saturated fats are known to raise your cholesterol which is bad for most Americans because most Americans have a problem with high cholesterol. Saturated fats are in some fish products, red meat, and in dairy products like milk and cheese.



Health tips

Cigarettes make it so less oxygen goes to your muscles when working out.



Build Lean Muscle Mass With Macro Nutrients and Calorie Counting

Imagine hitting the gym consistently, counting every rep and set, but still not seeing the lean muscle mass you're striving for.

Frustrating, isn't it? You might be overlooking a crucial element. We're talking about your diet, specifically macronutrients like proteins, fats, and carbohydrates.

This section aims to bridge that knowledge gap. We'll delve deep into the world of macronutrients to teach you how they contribute to muscle growth, strength, and energy. We'll dissect the complexities of proteins, fats, and carbs, and guide you on how to count calories effectively for muscle gain.

We'll also provide tips and strategies to make the journey easier and more efficient. If you're serious about transforming your physique, understanding macronutrients could be your missing link.

So, stay with us as we tell you everything you need to know to build lean muscle mass.

The Basics of Macro Nutrients

When you decide to build lean muscle mass, the first lesson to absorb involves the role of nutrients in your diet. Many folks just count calories, but the quality of those calories matters immensely.

We're talking about macronutrients here. Proteins, carbohydrates, and fats. These are the compounds that form the foundation of your diet, and they're not interchangeable.

Think of them as the fuel for your internal 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.



Differentiate between Micro and Macro Nutrients

In the world of nutrition, it's easy to get lost in the buzzwords. You'll often hear about micronutrients like vitamins and minerals. These compounds are vital for a slew of bodily functions (everything from vision to the nervous system), but when it comes to the raw power and endurance needed for lifting weights, they play a secondary role.

On the other hand, macronutrients are the workhorses of your dietary world. Consisting of proteins, fats, and carbohydrates, these compounds are what give you the energy and stamina to perform your best in the gym and the recovery power you need post-workout.

These are the elements that contribute directly to muscle growth, giving you that chiseled, strong physique.

Biochemical Structure of Proteins, Carbs, and Fats

Let's delve into the nitty-gritty. Proteins are complex molecules made of amino acids. These amino acids are essentially the construction crew of your body, responsible for building and repairing tissues, including muscles.

The beauty of protein lies in its versatility. It can be used for energy, but its primary function is growth and repair. Carbohydrates, on the other hand, are the quickest source of energy. They're made up of simple and complex sugars, which offer fast and sustained fuel for your body, respectively.

The key here is to opt for carbs that are rich in fiber and low in processed sugars for sustained energy release. And then there are fats, the misunderstood macronutrient. Fats provide a dense source of energy and are critical for the absorption of specific vitamins, hormone production, and even brain function.

A balance of these macronutrients is paramount for optimum athletic performance and muscle growth.

How Each Metabolizes to Contribute to Lean Muscle Mass

When we eat, our bodies kick off a complex metabolic process to break down those macronutrients into usable elements. For proteins, that means breaking them down into amino acids, which are then shuttled into the bloodstream and delivered to muscle tissues.

These tissues are like construction sites, constantly being torn down and rebuilt, especially after resistance training.

Carbohydrates are broken down into simple sugars like glucose. The body uses what it needs for immediate energy and stores the rest as glycogen in your muscles and liver. When you're pushing through that last set of squats or deadlifts, it's that stored glycogen that you're tapping into.

Fats undergo a slower metabolic process, breaking down into glycerol and fatty acids. These fatty acids can also be used for energy, but their main perk is their role in longer, less intense activities and overall bodily functions like hormone regulation.

How Macro Nutrients Fuel Workouts

You might think that exercising is all about the sweat, the strain, and the struggle. But what you eat before and after you hit the weights can drastically change the quality of your workout and its results.

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 and legumes, take longer to digest. Regardless of the type, carbohydrates are converted into glucose, which either fuels immediate activities or is stored in the form of glycogen in the muscles and liver for future use.

Glycogen is vital for physical exertion. It serves as your muscle's primary source of fuel during high-intensity workouts. Unlike fat reserves, which are more suitable for longer, less intense forms of exercise, glycogen provides a quicker release of energy.

When you engage in activities that require rapid movement or strong force, like lifting weights or sprinting, your muscles rely on the stored glycogen.

The presence of adequate glycogen can be the difference between achieving your personal best and falling short. For example, lower glycogen levels are directly correlated with reduced power output and increased fatigue. Therefore, a diet rich in carbohydrates can serve as a robust foundation for your workout regime.

Consuming carbs strategically before a workout can ensure you have sufficient glycogen stores, thereby optimizing performance and reducing muscle fatigue.

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're putting a lot of stress on those muscles.

What you're really doing is creating microscopic tears in the muscle fibers. It might sound a bit brutal, but it's a necessary part of muscle development.

Amino acids swoop in like a construction crew after a demolition. They repair these torn muscle fibers, making them stronger than before. Think of it as a cycle: workout stress leads to muscle tear, which in turn calls for protein-induced repair.

The process is known as muscle protein synthesis, and it's the secret sauce for building lean mass.

However not all proteins are created equal. There are complete and incomplete proteins. Complete proteins, found in foods like meat, fish, and eggs, contain all nine essential amino acids that your body can't produce on its own.

Incomplete proteins, found in most plant-based foods, lack one or more of these essential amino acids. This doesn't make them inferior; you just need to mix different sources to get the full range of essential amino acids.

Fats: The Sustained Energy Source

Let's talk about fats, the most misunderstood macronutrient in the fitness world. Fats have been villainized for years, but when it comes to building lean muscle mass, they are indispensable. First off, fats are a concentrated source of energy.

Each gram of fat gives you 9 calories, more than double what you get from carbohydrates and protein. This makes fats the go-to source for long-lasting energy, particularly useful for endurance sports or low-intensity, long-duration workouts.

But the role of fats goes beyond just being a backup fuel source. They are vital for the production of key hormones like testosterone. This hormone plays an essential role in muscle growth and recovery.

Without sufficient fats in your diet, your hormonal balance can be thrown off, inhibiting your body's ability to repair and grow muscle tissue. Now, this doesn't mean you should start gulping down bottles of olive oil. The type of fat matters too.

You've got saturated, unsaturated, and trans fats. Saturated fats are typically animal fats and are solid at room temperature. While 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, are liquid at room temperature and can improve heart health.

Then there are trans fats, the real villains. These are industrially produced and should be avoided like a bad habit. They can mess with your cholesterol levels and offer no real nutritional benefits.

To cap it off, fats also assist in the absorption of essential vitamins like A, D, and K, which have their own respective roles in muscle development and overall health.

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.

Muscle Protein Synthesis: The Foundation of Muscle Growth

Muscle Protein Synthesis (MPS) is a term that sounds as if it's been plucked straight out of a biology textbook, but in reality, it's the core process that governs how our muscles grow and repair.

At the simplest level, it's the body's way of responding to the stresses we place upon our muscles during exercise.

Every time we engage in physical activity, especially resistance training, we're causing minute damage to our muscle fibers. It sounds counterintuitive, but this damage is precisely what you want.

It acts as a signal to the body, shouting out loud that these muscles need repair. And not just any repair - the body's goal is to rebuild them stronger than before to better handle such stress in the future.

In the hours and days following a workout, MPS kicks into high gear. Amino acids, the building blocks of proteins, are shuttled to these damaged sites and start repairing and constructing new muscle fibers.

This process is predominantly driven by the muscle-building hormone, insulin-like growth factor-1 (IGF-1), which acts as a foreman, overseeing and accelerating the repair and build-out.

Crucial Factors For Optimal MPS

The first is adequate nutrient intake. The process of MPS heavily relies on amino acids, especially the essential ones our body can't produce on its own. Consuming sufficient protein provides the necessary amino acids to facilitate the MPS process.

Even with all the required nutrients, if the body is constantly stressed and not given ample time to recover, MPS can be hampered. Sleep, in particular, plays a significant role. It's during those hours of deep slumber that the body goes into overdrive repairing and building.

But here's the kicker: MPS doesn't stay elevated forever after a workout. Typically, it peaks and starts to decline after a certain period, which is why the timing of nutrient intake, especially protein, post-workout can be crucial.

The balance between muscle protein breakdown (the opposite of synthesis) and MPS determines net muscle gain. It's a delicate dance of breakdown and build-up. For those truly dedicated to building lean muscle mass, understanding and optimizing this process becomes essential.

This is the real, intricate science behind those toned biceps and chiseled abs.

Foods That Help in Building Lean Muscle Mass

Having delved into the intricate science of proteins, carbohydrates, and fats, we now turn our attention to practicality. Which specific foods should we prioritize to effectively utilize these essential macronutrients?

Let's explore and refine our choices, ensuring we're making informed decisions for muscle growth.

Types of Food Rich In Protein, Carbs, and Fat

Protein is often dubbed the building block of muscles. Meat sources such as chicken, turkey, and lean cuts of beef are powerhouses in this department. But if you're looking for something from the sea, salmon and tuna stand out with their rich omega-3 profiles.

For vegetarians, lentils, chickpeas, and black beans offer ample protein. And let's not forget about eggs, a versatile ingredient and protein staple, or dairy products like Greek yogurt and cottage cheese.

Moving on to carbohydrates. Whole grains, including brown rice, quinoa, and oatmeal, are robust choices. They're not just carb-dense; they pack essential minerals and fibers.

Sweet potatoes are a delightful source, providing a sustained release of energy. And fruits? Bananas and berries are athletes' best friends, offering quick energy and essential nutrients.

Lastly, fats don't deserve the bad rap they often get. Avocados are creamy wonders, filled with healthy monounsaturated fats. Almonds, walnuts, and flaxseeds are power-packed nutty treats. And then there are oils-olive oil and coconut oil being among the finest, each offering unique health benefits alongside their fat content.

Remember, these fats are essential for hormone production and overall cellular health.

Good Carbs and Bad Carbs

Carbohydrates, the primary energy source for our bodies, come in various forms. But it's essential to distinguish between the beneficial ones and those that might not do us many favors in the long run.

Good carbs, or complex carbohydrates, have a structure that takes our body longer to digest. This slow digestion ensures a gradual release of energy, which can help in preventing sudden spikes and crashes in blood sugar. Foods like whole grains (think quinoa, brown rice, and whole wheat pasta), vegetables, fruits, and legumes are in this category.

These carbs not only provide sustained energy but are also rich in essential vitamins, minerals, and dietary fiber, which aids in digestion and overall gut health.

On the flip side, bad carbs, often referred to as simple carbohydrates, get broken down quickly. This rapid digestion can cause sudden surges in blood sugar levels, leading to that infamous sugar rush followed by a crash. You'll find these carbs in processed foods, sugary beverages, white bread, pastries, and most desserts.

While they offer quick energy, they lack the nutrient density of their complex counterparts and can lead to weight gain and other health issues when consumed excessively. Making mindful choices in carbs can ensure that our bodies get the right fuel without the unwanted baggage.

Counting Calories and Macros For Gaining Muscle

In the quest for muscle gain, understanding the intricacies of calorie and macro counting transcends mere numbers. It's about fueling the body with precision, aligning intake with goals, and creating a harmonious balance that fosters growth.

Delving deeper, let's demystify the process and its significance in muscle-building.

Differences Between Counting Calories and Macros

Calories and macronutrients (macros) often find themselves in the same conversation, but they address distinct facets of nutrition. Calories refer to the total energy content in food, providing a broad perspective on intake. Every food item, regardless of its nutrient profile, contains calories, which are essential for our basic bodily functions and physical activities.

Macronutrients, on the other hand, break down the specifics of where these calories are coming from: proteins, carbohydrates, and fats.

Each macro has its caloric value: protein and carbohydrates both provide about 4 calories per gram, while fats deliver roughly 9 calories per gram. Counting macros offers a more nuanced understanding of one's diet, shedding light on the quality of the calories consumed.

While calorie counting centers on the overarching question of "how much?" - focusing on energy intake versus expenditure - macro counting delves into "what kind?". It's about ensuring a balance in nutrient sources, vital for muscle development and overall health.

Opting for one method over the other depends on individual goals; however, a comprehensive approach often combines both, harmonizing the total caloric intake with the quality of the source nutrients.

A Step-by-Step Guide For Tracking

Navigating the world of nutrition can feel like a maze. But armed with the right tools and knowledge, we can chart a course that leads us straight to our fitness goals.

Here's a comprehensive guide to help you effectively track calories and macros, ensuring you're fueling your body with precision and intent.

1. Determine Your Goal

When setting out on any fitness venture, the first step is always defining what you hope to achieve. If you're looking to build lean muscle, you'll often need a caloric surplus and a particular emphasis on increasing your protein intake.

On the flip side, weight loss hinges on creating a caloric deficit, but it's crucial that your macro allocation still supports muscle retention.

For those aiming to maintain their current physique, the challenge is striking a balance, ensuring that caloric intake harmoniously matches up with expenditure to keep the scales steady.

2. Calculate Your Basal Metabolic Rate (BMR)

BMR is the number of calories your body needs to maintain basic functions while at rest. Various online calculators use factors like age, weight, height, and gender to give you an estimated BMR.

3. Factor in Activity Level

Once you have your BMR, it's time to consider the calories burned through daily activities and workouts. Depending on whether you're sedentary, lightly active, or very active, you'll multiply your BMR by a certain factor to get your Total Daily Energy Expenditure (TDEE).

This number represents the total calories you need daily to maintain your current weight.

4. Break Down Your Macros

Understanding your Total Daily Energy Expenditure (TDEE) is a pivotal step, but how you distribute these calories among proteins, carbohydrates, and fats is where the strategy really comes into play. Proteins are non-negotiables, given their pivotal role in muscle repair and growth.

A common guideline suggests aiming for 1.2 to 2.2 grams of protein per kilogram of body weight. Carbohydrates, which act as your body's main energy trove, can vary in intake from 3-6 grams per kilogram of body weight, contingent on your overarching objectives.

Fats, while sometimes villainized, are paramount for processes like hormone production and ensuring overall health; typically, they should make up 20-35% of your day's total calories.

5. Choose a Tracking Tool

In today's digital age, a plethora of apps like MyFitnessPal, Cronometer, or Yazio make tracking your intake a breeze. These tools have vast food databases, making it easy to log and analyze your meals.

Alternatively, if you are old school, a nutrition journal works wonders.

6. Measure and Weigh Your Food

Precision is the name of the game. Invest in a digital food scale to weigh ingredients. Measure out portions using measuring cups and spoons to ensure accuracy.

7. Log Everything

And we mean everything - that splash of milk in your coffee, the handful of nuts you snacked on, that post-workout shake. These 'small' intakes can quickly add up, affecting your macro and calorie counts.

8. Regularly Review and Adjust

As you progress, your body's needs might change. Maybe you've hit a weight plateau or gained more muscle. Regularly review your caloric and macro needs, making necessary adjustments to align with your evolving goals

9. Stay Hydrated and Monitor Micronutrients

While tracking macros and calories, don't neglect hydration and micronutrients (vitamins and minerals). Ensure you're drinking ample water and consuming a diverse range of foods to meet all your nutrient needs.

10. Be Kind to Yourself

No one's perfect. There might be days when you overshoot your caloric intake or don't quite hit your protein goal. It's essential to remember that consistency over time yields results, not isolated days of perfection.

With diligence, patience, and the right tracking methods, you'll be well-equipped to navigate your nutritional needs, optimizing your diet for your unique fitness journey.

Customizing Your Diet Plan

Stepping into the world of muscle-building means adapting to a nutritional regimen tailored to your unique needs. It's not about following the crowd, but understanding your own body's demands and responding accordingly.

Dive into the specifics of creating a diet plan that's made just for you.

How to Tailor Macronutrient Intake

When you're serious about muscle growth, generic dietary recommendations won't cut it. Each body is a unique machine with its own energy demands. Here's where individualized macronutrient intake comes into play.

Understand Your Baseline

Before making adjustments, know your current intake. Track your meals for a week to see where you stand with protein, carbs, and fats. Use tracking apps or good old-fashioned pen and paper.

Set Your Goals

Are you bulking up or leaning out? The goals dictate the macro distribution. For instance, if you're bulking, you might want a higher carb and protein intake. If leaning out, you could reduce carbs and increase protein.

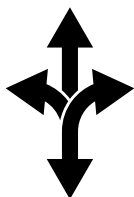
Adjust as You Go

As you progress in your fitness journey, your macronutrient needs may shift. It's crucial to stay adaptive. Regularly reevaluate and tweak based on results and how you feel.

Consult Professionals

Don't shy away from seeking guidance. Nutritionists or trainers can offer valuable insights tailored to your physiology and objectives.

Remember, it's not about rigidly sticking to numbers but understanding and respecting your body's signals. Fine-tuning macronutrient intake is a dynamic process, ever-evolving as your body grows and changes.



Micro steps in the step and direction you want. Micro wins or small wins start momentum.



MEAL PREPARATION

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

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.

When you take building muscles seriously, meal preparation is a very convenient and necessary thing to do.

Food preparation and storage

When it comes to building lean muscle mass, not only is the type of food crucial, but also how it's prepared and stored plays a pivotal role.

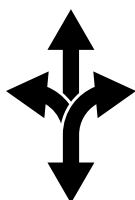
The way you prepare your food can influence its nutrient content. For instance, boiling vegetables might leach out some essential vitamins, while steaming or grilling can help retain most of their nutritional value. Opting for methods like baking, broiling, or using an air fryer can minimize the addition of unhealthy fats in comparison to deep-frying.

Additionally, marinating meats and vegetables in herbs and spices can add flavor without unnecessary calories, and can also help in the digestion and absorption of protein.

Proper storage is equally crucial. Fresh produce, dairy, and meats have a limited shelf life. Storing them correctly can not only prolong their usability but also retain their nutrient density. Refrigerating lean meats, fish, and poultry promptly can prevent bacterial growth.

Whole grains and nuts, though having a longer shelf life, are best stored in airtight containers in cool, dark places to maintain their freshness and prevent them from going rancid.

In essence, the way we prepare and store our food can make a significant difference in maximizing the benefits we draw from them.



The small things matter. 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.



BUILDING LEAN
MUSCLE

 STRONG MIND
STRONG BODY

PRE AND POST MEAL

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

Remember Diet is 90% 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 is an essential part of building lean quality muscle mass.

Timing and Portioning: The Clock and the Plate

Sure, we've dug deep into carbs, proteins, and fats. But understanding what to eat is only half the equation. When to eat it and how much of it to eat? Those are the questions that can either make or break your muscle-building efforts.

Timing and portioning are the secret sauce, the two missing puzzle pieces that can add that extra edge to your fitness routine.

Timing: The Art of the Pre and Post-Workout Meal

Timing your nutrient intake can be as crucial as the nutrients themselves. Eating carbohydrates and a bit of protein one to two hours before you work out can fuel your muscles and boost your performance.

The idea is to give your body enough time to digest and transform the food into readily available energy.

After you work out, your body is like a sponge, eager to soak up nutrients for repair and growth. This is the best time to consume proteins and some carbs. It speeds up the recovery process and refills depleted glycogen stores.

This window of opportunity is often termed the "anabolic window," and it lasts up to two hours post-workout.

Portioning: The Scale of Success

Portioning is another element that needs fine-tuning. You could be eating the most nutritious foods, but if you're eating too much or too little, you won't get far. Overeating can lead to fat accumulation, negating your muscle gains, while eating too little deprives your body of the essential building blocks it needs for muscle repair and growth.

A good rule of thumb is to split your meals into five or six smaller portions throughout the day. Each meal should have a balanced ratio of carbs, proteins, and fats. This approach not only stabilizes blood sugar levels but also provides a constant stream of nutrients for muscle recovery and growth.

Calculating the right portions can be a bit technical. It often involves knowing your basal metabolic rate (BMR) and the calories burned during workouts, but once you get the hang of it, you'll see substantial improvements in your muscle-building quest.



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're dehydrated you might not get a quality workout or you might just pass out. Plus it is a good habit to have.

BUILDING *LEAN* **MUSCLE**


STRONG MIND
STRONG BODY

5 things you can cut out of your diet to lose weight
and fat

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



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 is 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 wouldn't think would normally have sugar in it has sugar in it.

It is best to eat fresh 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 fresh the food is the better. The more processed the food the worse it is for you.

Five things to cut out of your diet when losing weight and cutting fat.

- 1. Sugar (soft drinks) drinks**
- 2. Energy drinks, gatorade (sports drinks) coke flavored drinks other than water.**
- 3. Condiments- ketchup mayonaise ranch**
- 4. Processed food**
- 5. Limit alcohol consumption**



Big mistakes in the gym. No plan when your in the gym, Not resting enough, to much talking, and not staying hydrated



BULKING VS CUTTING

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

When you workout you will notice you will be in two continuous cycles that consist of two different workout programs and diet plans that will help you achieve your desired goals and intended outcomes. When you Bulk and when you cut weight you will notice they are two different things. They both have two different goals in mind.

What is bulking? Bulking is a training cycle used usually when you want to gain weight and muscle mass. There is a science behind bulking.

When you bulk up you are focusing your workouts, diet and energy towards gaining weight and building as much quality muscle as you can.

Usually when people bulk is fall, winter time when you normally gain weight from the winter.

Bulking consist of focusing your workouts more on strength and size and heavy weight. You are able to lift heavier weight when you are bigger and when you are consuming more calories .

Your workout reps will probably be between 4-8 reps or 8 to 12 reps which is recommended.

When bulking you have more room for error and cheat days (the days you go out of your diet and eat something bad like cheeseburgers).

You will notice when you bulk you will naturally gain extra fat around your waist and other places. It is normal when bulking.

Your diet when bulking is going to be bigger portion sizes because your goal is to get bigger and stronger. Your calorie intake is going to be much higher than the times when you are cutting weight.

Remember if you want to get big you have to eat big.

When bulking and gaining weight good food to consume is high carb food like pasta right after a workout to replenish your muscles with all of the loss of energy.

When bulking it is normal to over eat and eat high amounts of calories because you will be burning those calories in the gym working hard and lifting heavy weight.

When cutting weight and losing weight and fat it is the complete opposite of bulking. Usually the best time to cut is after winter is over and spring time is near. You naturally start losing weight and everyone wants to get there beach body ready for summer.

Cutting is another cycle you will have during the year that also comes down to a science.

The goal of cutting is to cut the dead weight you gained from bulking season. The goal is to tone up and look ripped and shredded.

Cutting season is hard because you are cutting back on the high amount of consumption of calories you were consuming during bulking season.

It takes a lot of discipline and self control to be able to switch your diet and workout routine and to be able to hold back on the amount of calories you consume.

When cutting Your workouts will change and your workouts will focus around getting tones and ripped. Reps could look more like 10-25 to even 30 or even as many as you can go for. More reps will make you look more cut.

You will be using lighter weight as well because you are toning and cutting and also because you are not taking in as many calories as you were in the winter so you will not be able to go as heavy.

It sucks but you will naturally lose some muscle as well in the process of cutting but the good news is you will cut fat and weight off of your waist.

This season is abs season where guys try to get there abs shredded.

When cutting, your diet will drastically change and you will be more strict on your self during the cutting spring season.

Cutting season takes a lot of discipline and restraint. It is not easy. It is not like bulking season when if you eat extra calories it is what ever not a big deal. Cutting season is a big deal.

A good diet you'll see people consuming during cutting season is chicken breast broccoli and rice. You want to limit carbs as much as possible. Carbs are bad when it comes to losing weight.

During cutting season cardio is an important factor as well. Running and walking is a great way to lose weight just make sure you stay hydrated and drink lots of water.



Health tips

If you can't get a weight check the little things you might be doing. Maybe alcohol on the weekend could be effecting your recovery and progress.

RECOVERY/SLEEP



REST & 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.

Sleep helps with muscle memory when you sleep and dream that's when your brain encodes the day and stores the information in your memory.

When you lose sleep you lose brain cells and it negatively affects your muscles recovery because when you sleep your muscles have higher quality time to rebuild. If you lose sleep you lose quality repairing time.

Many athletes and fitness enthusiasts overlook a crucial component of building muscles: getting a good night's sleep.

The process of building muscle involves breaking down muscle tissue. It is in the regeneration that you start to develop visible and functional muscle mass, and this regeneration requires rest.

How Does Sleep Contribute to Lean Muscle Mass?

When you're trying to increase lean muscle mass, you're creating microscopic tears in the targeted muscles. To heal these tears, healthy cells must migrate to the muscle and replicate, creating protein strands that increase your strength and definition. Emerging studies have concluded that this regeneration occurs best during deep sleep, when your body can focus its resources on areas that require healing.

In fact, it is during deep sleep that your body can release the most HGH (human growth hormone). This hormone stimulates cell replication and protein development. Deep sleep is so closely linked to HGH secretion that a lack of sleep can lead to the inverse effect-muscle loss.

Quality sleep can also make your workouts easier to bear. Strength training can increase inflammation, which can, in turn, trigger pain receptors in the brain. Deep sleep can reduce inflammation so that your recovery between workouts is more effective.

How to Get Quality Sleep

In order to prioritize better sleep, it helps to understand the stages of sleep. These stages include:

Stage 1 non-REM

Stage 2 non-REM

Stage 3 non-REM (aka deep sleep)

REM (aka the dream state)

During the first two stages of non-REM, the body is winding down to enter into deep sleep. For a sound sleeper, deep sleep begins about one hour after falling asleep. This deep sleep is what you need to enter into a regenerative state that can repair and strengthen muscle tissue after a workout.

To ensure that you're getting high-quality deep sleep every night, make sure to prioritize your daily health with a balanced diet and hydration to reduce health complications that can disrupt sleep. If you struggle to fall asleep, stay asleep, or wake feeling unrested, use a fitness tracker to track your current sleep patterns and sleep quality. With the help of your fitness tracker, find your optimal bedtime and create a consistent sleep and wake routine to regulate your circadian rhythm.

Lean muscle mass can support your overall health and help you achieve other fitness goals, like improved performance. Without prioritizing sleep, you may not see the muscle growth you expect. With the right tools, you can learn more about your current sleep patterns to build a routine that fosters deep sleep every night.



Health Tips

A good sleep is temperature and height. Height of the head and pillows and temperature of the room your comfortable with.

BUILDING *LEAN* **MUSCLE**




STRONG MIND
STRONG BODY

REST & RECOVERY



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

When you are resting and recovering it is okay to relax and not do much. You'll be sore. You need to give your muscles time to recover and rebuild. Especially when you first start. Your muscles will be really sore because they are not use to tearing and the resistance pressure.

Recovery is the time your muscles and body repairs its self from breaking down and tearing from the workouts and refueling and replenishing its self from the nutrients and calories

The body is using the calories and nutrients you consumed to rebuild its self from the workout and muscle tearing . Now your muscles are rebuilding bigger and stronger because they realized hey the muscles we had before wasn't enough to survive with the environment so we need to have more muscles.

You know when your in a muscle building state when your body is building muscle when you wake up and feel your muscles are swollen.

Recovery

Recovery is very important to building lean muscle mass. The more time you rest the more time your muscles have to rebuild and repair.

If you don't rest your muscles it can lead to muscular strain or tear. If you're still sore, it would not be in your best interest to put further strain on the specific muscle group again.

Stretching often speeds up recovery time. The best time to stretch is after an exercise routine. Prior to the exercise, it's important to do a warm-up to get the blood flowing to prevent injury.

Resting in between sets is important. Sit there relax and think about your muscles tearing up so they can rebuild bigger and stronger.

This is your magic gold to take away from this book. Remember what you think is what becomes.

Rests in between sets are important. I'm telling you building lean muscle mass comes down to a science. Because now we are going into how much rest you need in between sets.

It can drastically have an effect on your energy and endurance in the gym. When you are training muscle endurance workouts you should have at least 1-2 minute in between sets.

If you want to build huge amount of muscle mass and you are lifting heavy weight then 3-4 minutes a set. Why? There is more strain on your muscles and it takes longer for your muscle tissue to recover. If you want to get ripped and toned then 1 to 3 minutes a set. It all depends on your workout and how intense the workout is.

Consumption of carbohydrates after a workout is important for replenishing glycogen stores. This is where your body prefers to get energy from.

What do you do on rest days? You simply relax and eat. In rest days you do not want a lot of physical activity because you want your body to relax and recover. Perhaps engage in un-intense cardio to help rid of soreness and get blood flow through your body.

Sleep is really important for your muscles to recover. If you do not have deep sleep and enter REM sleep for at least 2 hours then your body will not be able to recover fully. 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 eight hours of sleep daily.

If you need to take a nap through the day then take one because that means your body needs rest and needs to recharge. Naps are a great way to rejuvenate and clear your mind.



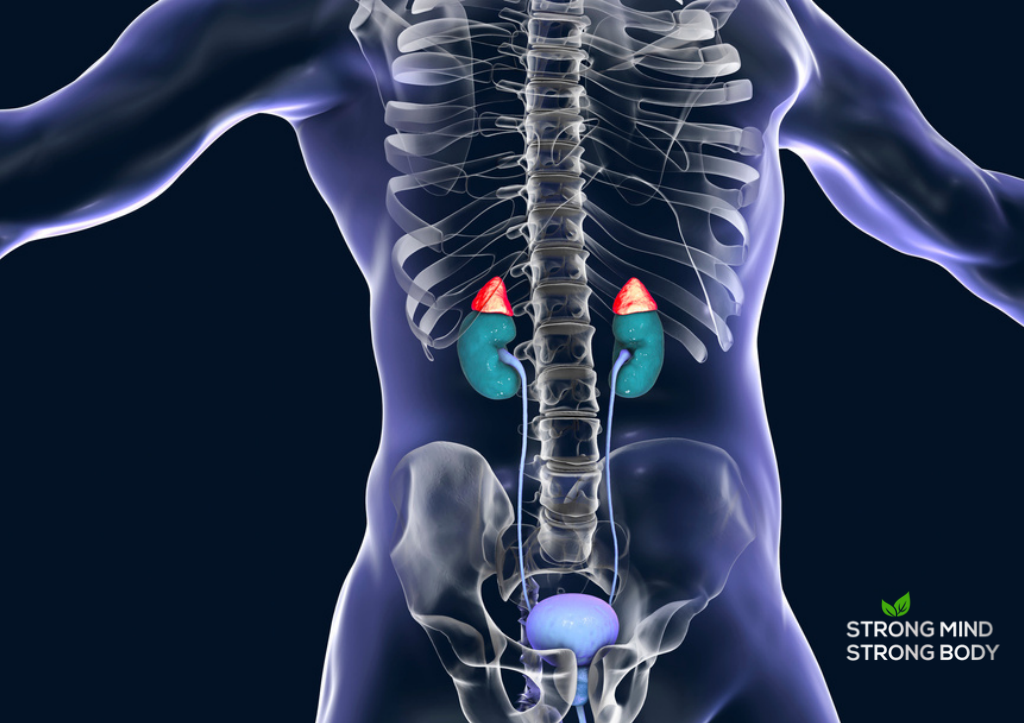
Having a workout log. keeping a detailed workout log so you can know and keep your workouts and goals focused. You can also measure your progress and go back to certain times when you need to and also figure out what is going wrong if you are not getting your weight and why you are not getting it.

When you log your mind is actually looking at the progress and what it needs and wants to do and you are mentally training your mind and encoding everything in your memory so it is at the top of mind.

YOU can grow what you can measure

"Example, why didn't i get the weight this week when i got the weight the last 3 weeks? see your log oh i didn't drink and go out all night the last three weeks and the alcohol and lack of sleep could have messed this week up possibly?

This makes you more self aware.




STRONG MIND
STRONG BODY

HORMONES

Hormones are chemical messengers secreted by your endocrine system. You can also trigger your anabolic hormones to build lean muscle mass, but when you trigger your catabolic hormones you can decrease muscle growth and repair, as well as inhibit fat loss.

There are six main hormones when it comes to building lean muscle mass. Insulin, IGF-I, Testosterone, Glucagon, Cortisol, and Growth Hormone.

The first hormone insulin is released by the pancreas. With insulin you can have effects that are good for you and promote muscle building or you can have bad effects that negate muscle building. Insulin can promote muscle building but can also promote fat synthesis. When you eat food it is broken down into glucose and is released into your blood stream. Remember glucose is just sugar. Insulin can also lower your blood sugar when your blood sugar gets too high. Insulin allows for uptake of glucose by the cells in your body, including muscle cells.

You never want to have too much sugar because when there is extra sugar it gets stored into body fat because your muscles can store it all and is limited. So basically you're able to control how much insulin your body creates by controlling sugar intake.

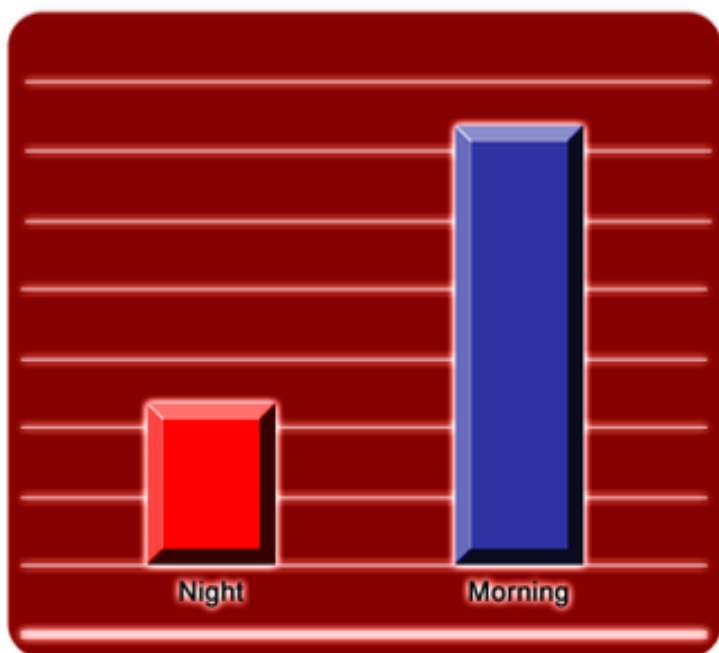
Carbs are easily converted into sugar because carbs are your main supply for energy. Carbs also are a result of the largest release of insulin and converted to glucose for the body.

The second hormone is IGF-1. IGF-1 is kind of similar to insulin. Lots of people don't know what it stands for (insulin-like growth factor1). IGF-1 is a molecular structure that causes anabolic effects and is a hormone that is produced when human growth hormone is stimulated by the liver. IGF-1 Decreases body fats it improves skin and helps you have a good night's rest. If you have high levels of IGF-1 then it would be easier to build lean muscle mass. IGF-1 will not be released when insulin levels are low so make sure you work out and then consume a high carb-post exercise meal that will increase your insulin levels and as a result release IGF-1.

The third hormone is the hormone that people are most familiar with. Testosterone establishes your sexual identity. Testosterone is a great hormone to learn about and have increased knowledge about. It can help burn fat and cause muscle growth. The best way to control your testosterone levels is through hard work in the gym with workouts that are high in intensity and an excellent diet.

Vitamins also have a role in Testosterone levels. You want to keep your vitamins balanced with the right amount of manganese, Zinc, vitamin B and vitamin C. You won't believe this but fat intake is necessary to build lean muscle mass. It stimulates your Testosterone production. But don't eat saturated fats, have fats that are healthy for you like fats in fish, (omega 3) or cholesterol from egg yolks.. Cholesterol is on fat and cholesterol is needed to stimulate Testosterone levels. Also keep in mind, try not to be stressed out. Being stressed can lower your Testosterone levels. Another thing to stay away from is alcohol and marijuana because alcohol lowers T levels and marijuana and codeine also decrease T levels. Again, stick to a well balanced diet.

It's really simple to understand; the less sleep you get, the more your body is in a catabolic state and catabolic hormones are released. The more sleep you get the more your body releases anabolic hormones.



Hormones are very important for your success in building lean muscle mass and you want to do as many things to maximize your chances of increasing the anabolic hormones. You can't stop it but when you get older your T levels decrease. Try to stay emotionally stress free and don't over train. T levels are also the highest in the morning compared to the evening. You have to worry about when you don't get erections because that means you don't have a lot of testosterone in your body. If you want to fix that fix your diet have less stress and have high intensity workouts with out over training.

Studies have shown diets with really low fat cause low T levels. When you exercise it is a great way to raise Testosterone levels. If you work out too much then your T levels can decrease and if you work out to little then they will also decrease.

The fourth hormone is Glucagon which is very similar to insulin. It has good and bad effects just like insulin. Glucagon is released by the pancreas and is known for raising low blood sugar levels. Glucagon is released for energy after Glucagon breaks muscle down and burns fat. If you find that your blood sugar is low then you haven't ate in a while. Some bad things about Glycogen is when you sleep Glucagon breaks down muscle for fuel if your blood sugar is low and you haven't eating for a couple of hours.

The fifth hormone is a catabolic hormone. Cortisol is released when you are stressed mentally and physically, when you don't get enough sleep, when you over train and you don't eat and feel hunger. Cortisol prevents protein synthesis by converting amino acids into glucose for the body's energy. Which breaks your muscles down and stores fat and does not build lean muscle mass.

Another colossal element to preventing Cortisol to be released is getting the right amount of sleep. When you get eight hours of sleep on the regular basis then you are doing the right thing but if you get under 8 hours of sleep then Cortisol can be released. You also don't want to over train because when you over train your muscles get over worked and your body releases Cortisol and you can actually have your muscles deplete and you can lose muscle mass.

When you work out and have high set workouts with short rest periods and workout to frequently your cortisol levels can rise. To prevent Cortisol levels rising after every couple months of working out take a week off so your muscles can rest and recovery And try not to be stressed out mentally because Cortisol is released when you are stressed out. When you are in the cutting phase try not to starve yourself too much because too much restriction of calories when you diet can increase levels of Cortisol. That is the main reason you lose muscle tissue when you cut weight. Remember when you are in the cutting stage, don't deprive yourself of micro and macro nutrients because Cortisol levels increase.

An unstoppable way of Cortisol being released is when you get older; your body naturally releases it. That's why when you're younger you can work out longer and harder. Another thing not to do is constantly raise your adrenaline levels because when your adrenaline levels are raised, a lot of Cortisol is released.

The sixth hormone is GH. Growth Hormone works with your Testosterone to build muscle mass and lose fat and strengthen bones and connective tissue. That is a big factor to building lean muscle mass, strength and size. GH increases cartilage growth and promotes immune cell function. GH also has an effect on every organ in the body.

Raising Growth Hormone can be aided by resistance training and proper sleep patterns. When you sleep your body releases a massive amount of GH in the first half hour of sleep. The best way in my opinion is training with high intensity, if you keep strain on your muscles GH levels will increase.

An important way to Keep GH levels high is eat a well-balanced diet with consistent amount of carbs, proteins and fats. Your blood sugar levels stabilize when you eat right with 6 meals a day on a regular basis. If you have too much sugar then you can block your GH levels from burning fat for fuel to help your body

GH is released when your blood sugar is low mainly because of your diet sleep and exercise routines. GH burns fat and moves stored fat into the blood stream and is used as energy. It also promotes protein synthesis.



Health tips

Testosterone is key to building Lean muscle mass and feeling energized.



OVER TRAINING

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

Training too hard can lead to injury. You can pull ligaments, strain muscle parts or tear tendons. Each person is able to handle different amounts of training depending on what their body is accustomed to.

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 really 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.

Over training can also halt muscle growth and result in loss of muscle. There is a difference between a workout 'burn', and danger pain. Workout burn will be triggered by lactic acid build up in the muscle due to simple a lack of oxygen in the muscle. If adequate oxygenation is not maintained, lactic acid begins to build in your muscle cells, and there will be an increase of carbon dioxide in the blood. Adequate oxygen intake and regulating the pace of your exercise is critical to an efficient workout.



Health tips

Anytime you are in bad health it never just happens. It takes long time of not staying healthy and builds up slowly until it is a health problem.



DO YOUR BEST

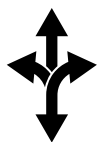
Before you start any workout routine or diet plan I always encourage beginners who do not have much experience always prepare their mindset first. Prepare to have dedication discipline and encourage yourself to have intrinsic motivation. Sometimes you don't want to go workout. Motivation will not keep you going consistently alone. You just have to do it.

Just like with making any health decision from advanced workout routine or starting an extreme diet plan or even just quitting smoking cigarettes. You can't quit unless you first really truly want to quit and make the difference.

If you don't want to do something you're not going to do it. No matter how many outside influences and reasons. but on the other hand if you have a desire to do it then you will find a way and work without other influences..

Remember a big key to building muscle mass is using your mind and mental imagination. Really think and figure out why do you want to get into shape? Where do you want to be or end up? Think of the feeling of success when you continuously knock down your goals.

Remember take small steps to achieving your big goals. Have patients and good luck to you.



The best time to start is to start now.

REPEAT