



POWER BODYBUILDING:

LEAN BULK

BMFIT LEAN BULK PLAN

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INTRODUCTION

I WANT TO THANK YOU FOR YOUR PURCHASE OF THIS EBOOK! AS MANY OF YOU KNOW, I RELEASED THE GET SHREDDED EBOOK PRIOR TO THIS. I HAD AN IDEA THAT I WANTED TO GET LEAN AND DECIDED THAT I WANTED TO SHARE MY PLAN WITH MY FOLLOWING. I HAD NOT RELEASED ANY EBOOKS PRIOR TO THE GET SHREDDED BOOK, SO I DIDN'T KNOW WHAT TO EXPECT. AS SOON AS I SAW THE SUCCESS THAT MANY PEOPLE WERE GETTING FROM THE GET SHREDDED EBOOK, I GOT VERY EXCITED ABOUT MY NEXT PROJECT. I WAS SO EXCITED THAT IT WAS HARD FOR ME TO KEEP THE IDEA FROM YOU GUYS! THIS BRINGS ME TO THIS EBOOK TODAY!

FOR THOSE OF YOU THAT DON'T KNOW, I USED TO BE VERY SKINNY! I KNOW THAT MANY PEOPLE LOOK AT THE PHYSIQUE THAT I HAVE TODAY AND THEY ASSUME THAT I MUST HAVE ALWAYS BEEN MUSCULAR AND STRONG. WHILE I WAS ALWAYS VERY ATHLETIC, I USED TO BE SKINNY. I WAS SO SKINNY THAT MY FOOTBALL TEAMMATES WOULD SOMETIMES CRACK JOKES ABOUT IT. I WAS ABLE TO ALWAYS FIRE BACK WITH COMMENTS ABOUT HOW I WAS BETTER AT FOOTBALL THAN THEM, BUT THE FACT REMAINED THAT I WAS SKINNY. IT WAS BECAUSE OF MY LOVE FOR SPORTS, AND THE FACT THAT I WAS THIN, THAT I FOUND THE WEIGHT ROOM. AS YOU MAY GUESS, ONCE I FOUND THE WEIGHT ROOM THEN THE REST WAS HISTORY!

I KNEW THAT I WANTED TO WRITE AN EBOOK ON HOW TO LEAN BULK BUT I DIDN'T EXACTLY KNOW WHAT TO WRITE. I COULDN'T WRITE MY CURRENT PLAN BECAUSE WHAT WORKS FOR ME NOW MAY NOT WORK FOR THOSE OF YOU WHO AREN'T AS DEVELOPED AND EXPERIENCED AS I AM. I WAS LEFT WANTING TO WRITE THIS EBOOK SO BAD, BUT NOT KNOWING HOW I WAS GOING TO WRITE IT! I'M BLESSED THAT MANY OF YOU ARE CONSTANTLY EMAILING ME WITH IDEAS FOR THINGS THAT YOU WANT TO SEE. I NOTICED THAT I WAS GETTING A LOT OF EMAILS FROM GUYS WANTING TO KNOW WHAT I HAD DONE TO GET AS BIG AND STRONG AS I HAVE. THEN IT HIT ME! I COULD WRITE A LEAN BULKING EBOOK THAT OUTLINES WHAT TECHNIQUES I HAVE USED IN THE PAST. THOSE OF YOU WONDERING WHAT I HAVE DONE TO GET SO BIG, WILL GET JUST THAT AND EVEN MORE! NOT ONLY WILL YOU GET INFORMATION THAT IS SIMILAR TO WHAT I HAVE ALWAYS DONE IN THE PAST, BUT YOU WILL ALSO GET 2 PLANS THAT I HAVE FOUND TO WORK FROM MY EXPERIENCE. YES, YOU ARE GETTING 2 WORKOUT PLANS IN THIS EBOOK THAT SHOULD BE FOLLOWED FOR A MINIMUM OF 12-16 WEEKS! YOU WILL GET INFORMATION THAT I HAVE GAINED THROUGH EXPERIENCE OF BUILDING UP MY OWN PHYSIQUE AS WELL AS EXPERIENCE THAT I HAVE LEARNED THROUGH MY YEARS OF TRAINING AND COACHING OTHERS!

WHEN I FIRST STARTED WRITING THE OUTLINE FOR THIS BOOK I STRUGGLED BECAUSE I DIDN'T KNOW IF I WANTED TO CATER THE PLAN JUST TO SKINNY GUYS. I FIGURED THAT THIS IS AN EBOOK, A CULMINATION OF THE KNOWLEDGE THAT I HAVE GATHERED, SO WHY NOT MAKE A PLAN THAT CAN BE TWEAKED TO FIT ANYBODY!? YOU CAN MAKE PROGRESS WITH THIS PLAN REGARDLESS OF IF YOU ARE A SKINNY GUY, CHUBBY GUY, SKINNY FAT GUY, YOUNG, OLD, ETC. I HAVE NO DOUBTS THAT YOU CAN GAIN MUSCLE WITH THIS PLAN REGARDLESS OF YOUR BODY TYPE AND EXPERIENCE LEVEL!

LET'S GET STARTED!

KNOWING YOUR BODY TYPE

IT IS IMPORTANT THAT YOU KNOW WHAT BODY TYPE YOU HAVE SO THAT YOU CAN APPROACH A "BULK" PROPERLY. THERE ARE SOME PEOPLE THAT NEED TO EAT EVERYTHING THEY CAN TO GROW. THERE ARE OTHERS THAT GROW EASILY, BUT TEND TO PUT ON BODY FAT. THERE ARE ALSO OTHERS THAT PUT BODY FAT ON EASILY BUT STRUGGLE TO BUILD MUSCLE. YOU WILL NEED TO KNOW WHAT BODY TYPE YOU HAVE SO THAT YOU CAN ADJUST AND MODIFY THE PLAN TO SUIT YOU. WHEN ALL IS SAID AND DONE, THERE IS STILL A SMALL DEGREE OF CUSTOMIZATION THAT NEEDS TO BE DONE BY YOU TO GET THE BEST RESULTS POSSIBLE!

I HAVE CATEGORIZED BODY TYPES INTO 5 GROUPS, WHICH I WILL DETAIL BELOW:

ECTOMORPH

AN ECTOMORPH (ECTO) IS THE FIRST OF THE 3 MAJOR CATEGORIES FOR BODY TYPES. WHEN I STARTED WEIGHT LIFTING I WOULD CLOSELY ALIGN WITH AN ECTOMORPH. AN ECTO IS SOMEBODY WHO IS NATURALLY SKINNY AND SOMEWHAT LEAN. IT IS HARD FOR THIS PERSON TO PUT ON BODY FAT WHILE THEY TRY TO BUILD MUSCLE. THEY DON'T BUILD MUSCLE AS EASY AS THE OTHER BODY TYPES, BUT THEY USUALLY DON'T HAVE TO WORRY ABOUT GETTING FAT EITHER. IF YOU HAVE ALWAYS BEEN SKINNY, CHANCES ARE YOU ARE AN ECTO. IF YOU ARE SOMEBODY WHO TENDS TO EAT WHAT THEY WANT WITHOUT PUTTING ON BODY FAT, THEN YOU ARE LIKELY AN ECTO. ECTOS ARE TYPICALLY NOT AS STRONG AS THE OTHER BODY TYPES BECAUSE THEY DON'T CARRY AS MUCH MASS. THAT BEING SAID, SOME ECTOS ARE GENERALLY VERY STRONG IN STRENGTH TO WEIGHT RATIO. ECTOS NEED TO KEEP A HIGH CALORIE DIET IN ORDER TO BUILD MUSCLE MASS AND SHOULD KEEP CARDIO TO A MINIMUM. ECTOS NEED EVERY CALORIE THAT THEY CONSUME TO GO TOWARDS BUILDING NEW TISSUE. IF YOU STRUGGLE TO BUILD MUSCLE BUT DON'T HAVE A HARD TIME STAYING SKINNY THEN YOU ARE AN ECTOMORPH.

ENDOMORPH

AN ENDOMORPH (ENDO) IS THE EXACT OPPOSITE OF AN ECTOMORPH. THESE PEOPLE TYPICALLY CARRY MORE BODY FAT THAN THEY SHOULD, AND HAVE DONE SO MOST OF THEIR LIFE. IT IS EASY FOR ENDOS TO GAIN SIZE, BUT UNFORTUNATELY A LOT OF THE SIZE THEY GAIN IS ALSO FAT. ENDO'S BUILD MUSCLE QUICKER THAN ECTOS, BUT THEY WILL ALWAYS STRUGGLE WITH ADDED BODY FAT WHEN GROWING. ENDO'S NEED TO CLOSELY MONITOR THEIR DIET TO MAKE SURE THAT THEY ARE GETTING ENOUGH CALORIES TO GROW WITHOUT GETTING TOO MANY CALORIES TO SPILL OVER INTO BUILDING UNWANTED BODY FAT. I FIND THAT ENDOS DON'T SPEND A LOT OF TIME BULKING AND WILL SPEND MOST OF THEIR TIME IN THE GYM FOCUSED ON GETTING LEANER. UNLIKE THE ECTO, THE ENDOMORPH WILL NEED TO INCORPORATE CARDIO AND OTHER TOOLS TO HELP REMAIN LEAN AS THEY FOCUS ON ADDING MUSCLE MASS AND STRENGTH. IF YOU ARE SOMEBODY WHO HAS ALWAYS BEEN BIG AND STRUGGLES WITH BODY FAT THEN YOU ARE LIKELY AN ENDOMORPH.

MESOMORPH

MESOMORPHS (MESO) ARE USUALLY THE BEST BODYBUILDERS AND POWERLIFTERS. A MESO IS SOMEBODY WHO IS IN THE MIDDLE BETWEEN AN ECTOMORPH AND ENDOMORPH. THIS PERSON WILL PUT MUSCLE ON FAIRLY EASILY WITHOUT A LOT OF FAT GAIN. THEY WILL STILL PUT ON MORE FAT THAN THE ECTOMORPH, BUT NOT AS MUCH AS THE ENDOMORPH. THEY WILL PUT ON MORE MUSCLE THAN THE ECTOMORPH, BUT NOT AS EASILY AS THE ENDOMORPH. THIS PERSON WILL USUALLY HAVE A STOCKY AND MUSCULAR BUILD WITHOUT MUCH WEIGHT TRAINING, BUT THEY TYPICALLY HAVE TO WORK AT GETTING SHREDDED. A MESOMORPH IS SOMEBODY WHO WILL LIKELY HAVE A LEAN CHEST, SHOULDERS, ARMS, AND LEGS WHILE STILL CARRYING A LITTLE BIT OF BODY FAT AROUND THE MID SECTION. MESOMORPHS TYPICALLY NEED SOME CARDIO IN THEIR PLAN AS WELL AS A GOOD AMOUNT OF CALORIES TO GROW. A MESOMORPH CAN STILL GET FAT WITH THE WRONG PLAN SO THIS NEEDS TO BE CONSIDERED, BUT THEY WILL RESPOND A LOT BETTER TO BULKING THAN BOTH THE ENDO AND ECTO. IF YOU HAVE ALWAYS BEEN STOCKY, BUT NOT FAT, AND HAVE ALWAYS BEEN FAIRLY STRONG THEN YOU ARE LIKELY A MESOMORPH.

HARD GAINER

A HARD GAINER IS NOT AN ACTUAL CATEGORY. IF ECTOMORPH, MESOMORPH, AND ENDOMORPH ARE ACTUAL TERMS IN A DICTIONARY THEN "HARD GAINER" IS A TERM IN THE URBAN GYM DICTIONARY. I WANTED TO INCLUDE THE HARD GAINER BECAUSE THEY DON'T EXACTLY IDENTIFY WITH ANY OF THE ABOVE 3 CATEGORIES. A HARD GAINER WOULD APPEAR TO BE AN ECTOMORPH AT FIRST, BUT THE MAIN DIFFERENCE WILL FALL IN THE HARD GAINERS MUSCULAR APPEARANCE. MUCH LIKE THE ECTO, A HARD GAINER IS SOMEBODY WHO CAN'T SEEM TO GAIN WEIGHT NO MATTER WHAT THEY DO. THIS PERSON IS NATURALLY SKINNY JUST LIKE THE ECTO AS WELL. THE MAIN DIFFERENCE BETWEEN THE HARD GAINER AND ECTO IS THE HARD GAINER WILL BE SKINNY AND SHREDDED INSTEAD OF JUST SKINNY. AN ECTO MAY BE SKINNY AND POSSIBLY HAVE ABS. A HARD GAINER WILL BE SKINNY BUT ALSO HAVE CLEAR ABS AND STRIATIONS IN MOST OF THEIR MUSCLES. IF YOU ARE SOMEBODY WHO IS VERY SKINNY, HAS HAD ABS FOR AS LONG AS YOU REMEMBER, HAS VISIBLE STRIATIONS IN A LOT OF YOUR MUSCLES, AND CAN'T SEEM TO GAIN WEIGHT THEN YOU ARE CLASSIFIED AS A HARD GAINER. HARD GAINERS WILL NEED TO EAT EVEN MORE CALORIES THAN AN ECTOMORPH TO GROW AND TYPICALLY HAVE A POOR APPETITE. EATING ENOUGH FOOD FOR A HARD GAINER BECOMES JUST AS DIFFICULT AS EATING LESS FOR SOMEBODY TRYING TO LOSE WEIGHT. THE ONE THING ABOUT YOU HARD GAINERS THAT YOU SHOULD GET EXCITED ABOUT IS THE FACT THAT, ALTHOUGH IT WILL TAKE A LONG TIME, ONCE YOU BUILD MUSCLE YOU WILL BE JACKED AND SHREDDED. IF YOU'RE A TRUE HARD GAINER THEN YOU'LL NEVER GET FAT AND, ALTHOUGH SLOW, WILL ONLY BUILD MUSCLE DURING YOUR ENTIRE TIME LIFTING WEIGHTS AND BODYBUILDING.

SKINNY FAT

SOME OF YOU MIGHT HAVE READ THROUGH THE ABOVE DESCRIPTIONS OF PEOPLE AND FELT THAT YOU DIDN'T ASSOCIATE WITH ANY OF THEM. IF THAT'S THE CASE THEN YOU ARE LIKELY "SKINNY FAT". MUCH LIKE THE HARD GAINER, "SKINNY FAT" IS NOT A TECHNICAL DESCRIPTION BUT I THINK THAT IT DESERVES IT'S OWN PLACE.

IF YOU HAVE THE ABILITY TO PUT ON BODY FAT WITHOUT SEEMING TO GAIN ANY MUSCLE MASS THEN YOU MAY BE SKINNY FAT. A SKINNY FAT PERSON IS SOMEBODY WHO USUALLY HAS A VERY THIN FRAME WITH THE EXCEPTION OF THEIR BELLY AND LOVE HANDLES. A SKINNY FAT PERSON MIGHT LOOK THIN IN CLOTHES, BUT LOOK LIKE THEY HAVE TOO MUCH BODY FAT WHEN THEY TAKE THEIR SHIRT OFF. A SKINNY FAT PERSON REALLY HAS THE WORST OF THEM ALL. THIS PERSON BUILDS FAT VERY EASILY WHILE STRUGGLING TO BUILD ANY SORT OF MUSCLE MASS. MUCH LIKE THE MESOMORPH IS THE PERFECT BLEND OF THE POSITIVES OF ENDO AND ECTO...THE SKINNY FAT PERSON IS THE OPPOSITE IN THAT THEY GET THE WORST ATTRIBUTES OF BOTH THE ENDO AND ECTO. DON'T GIVE UP JUST YET! YOU MAY HAVE TO WORK HARDER THAN THE REST OF THE BODY TYPES, BUT YOU CAN STILL MAKE PROGRESS AND IMPROVE YOUR PHYSIQUE JUST LIKE ANYBODY ELSE!

YOU SHOULD NOW HAVE A BETTER UNDERSTANDING OF THE BODY TYPES AND SHOULD BE ABLE TO RELATE MORE TO ONE THAN ANY OF THE OTHERS. YOU'LL NEED TO KNOW THIS SO THAT YOU CAN IMPLEMENT THE FOLLOWING INFORMATION TO SEE THE BEST RESULTS POSSIBLE!

FREQUENCY, VOLUME, AND INTENSITY

IN ORDER TO COMPLETELY GRASP THE TRAINING PLANS BELOW, AND BUILD PLANS IN YOUR FUTURE, YOU WILL NEED TO UNDERSTAND THE DIFFERENCE BETWEEN THESE THREE THINGS AND HOW THEY INTERACT WITH EACH OTHER. THESE THREE THINGS WILL ALWAYS PLAY A ROLE IN ANY TRAINING PLAN AND, WITH A BETTER UNDERSTANDING; YOU CAN FOLLOW AND CREATE ANY TRAINING PLAN WITH MORE EFFICIENCY!

FREQUENCY

WHEN WE BRING UP THE WORD "FREQUENCY" IN A TRAINING PROGRAM THEN WE ARE TALKING ABOUT HOW OFTEN A SPECIFIC MUSCLE OR EXERCISE IS TRAINED. A HIGH FREQUENCY PLAN MAY HAVE YOU TRAINING EVERY MUSCLE 2-3 TIMES PER WEEK. A LOW FREQUENCY PLAN MIGHT HAVE YOU TRAINING EVERY MUSCLE ONLY ONCE PER WEEK. FREQUENCY IS IMPORTANT TO UNDERSTAND BECAUSE I FIND IT IS ONE OF THE BEST THINGS TO ADJUST WHEN MAKING CHANGES TO A PLAN. PEOPLE TALK ABOUT "MUSCLE CONFUSION" A LOT AND THEY DON'T TRULY UNDERSTAND IT. YOUR MUSCLE IS CONNECTED TO YOUR BRAIN, BUT IT DOESN'T HAVE ONE OF IT'S OWN. MUSCLE CONFUSION IS OFTEN BROUGHT UP TO PREVENT ANY SORT OF PLATEAU TO A PLAN. I CHOOSE TO FOLLOW A PLAN UNTIL I PLATEAU. IF I'M MAKING PROGRESS, THEN WHY CHANGE THINGS? IF YOU ARE FOLLOWING A TRAINING PLAN AND YOU HIT A PLATEAU THEN I THINK ADJUSTING THE FREQUENCY IS MORE IMPORTANT THAN ADJUSTING THE EXERCISE SELECTION, ETC. IF YOUR BODY IS USED TO YOU TRAINING THE MUSCLES ONCE PER WEEK, THEN TRAINING THEM TWICE A WEEK IS A NICE SHOCK! THE SAME CAN BE SAID FOR THE OPPOSITE (FROM A HIGH FREQUENCY TO LOW PROGRAM). ALLOWING MORE TIME IN BETWEEN TRAINING SESSIONS TO RECOVER MIGHT BE THE CHANGE THAT IS NEEDED TO CONTINUE TO CHANGE PROGRESS. ALL THAT BEING SAID, WHEN FREQUENCY CHANGES...SO DOES VOLUME AND INTENSITY, WHICH BRINGS ME TO MY NEXT TOPIC.

VOLUME

WHEN WE DISCUSS "VOLUME" IN A TRAINING PLAN THEN WE ARE TALKING ABOUT THE WORKLOAD THAT WE ARE GOING TO THROUGH AT EACH MUSCLE DURING THE SPLIT. A HIGH VOLUME PLAN MIGHT HAVE YOU DOING 5-10 SETS PER EXERCISE, 15+ REPS PER SET, AND 10 EXERCISES PER DAY. A LOW VOLUME PLAN MIGHT HAVE YOU DOING 3-5 SETS PER EXERCISE, 4-6 REPS PER SET, AND 3-5 EXERCISES PER DAY. A POWERLIFTING PROGRAM IS TYPICALLY A LOW VOLUME PROGRAM WHILE AN ENDURANCE PROGRAM WILL LIKELY BE A HIGH VOLUME PLAN. I OFTEN FIND THAT HIGH FREQUENCY PLANS GO WELL WITH HIGH VOLUME PLANS AND LOW FREQUENCY PLANS GO WELL WITH LOW VOLUME PLANS. REGARDLESS OF YOUR STYLE HERE, IF FREQUENCY AFFECTS VOLUME, THEN VOLUME IS ALSO AFFECTED BY INTENSITY, WHICH IS MY NEXT TOPIC.

INTENSITY

THE LAST PIECE TO THIS PUZZLE IS “INTENSITY”. INTENSITY IN A TRAINING PROGRAM IS RELATED TO THE AMOUNT OF WEIGHT THAT YOU ARE USING. IF YOU ARE TRAINING WITH A REALLY HEAVY WEIGHT THEN THAT IS TRAINING WITH HIGH INTENSITY. IF YOU ARE TRAINING WITH A REALLY LIGHT WEIGHT THEN THAT IS LOW INTENSITY. POWERLIFTING IS TYPICALLY A HIGH INTENSITY PROGRAM BECAUSE EACH REP IS PERFORMED WITH A HEAVY WEIGHT THAT REQUIRES A LOT OF EFFORT TO MOVE IT. COINCIDENTALLY A LOT OF POWERLIFTING PROGRAMS ARE LOW VOLUME AND GENERALLY LOW FREQUENCY AS WELL. THERE HAVE BEEN SOME NEW HIGH FREQUENCY, HIGH INTENSITY, HIGH VOLUME (FOR POWERLIFTING STANDARDS) THAT HAVE COME OUT RECENTLY, BUT I WILL SAVE THAT FOR ANOTHER TIME AS IT DOESN'T HAVE MUCH TO DO WITH THIS PLAN. YOU NEED TO UNDERSTAND INTENSITY BECAUSE YOUR VOLUME AND FREQUENCY WILL DICTATE WHAT TYPE OF INTENSITY YOU SHOULD APPLY. FOR EXAMPLE, IF I SAID THAT YOU SHOULD PERFORM 5 SETS OF 3-5 REPS ON AN EXERCISE AND YOU USE A LOW INTENSITY APPROACH THEN YOU WON'T GET ANYTHING DONE. IF YOU USE LOW INTENSITY WITH 3-5 REPS THEN I DOUBT YOU WILL BE PUSHING THE MUSCLE VERY HARD OR COMING ANYWHERE NEAR MUSCLE FAILURE. THE SAME CAN BE SAID FOR AN EXERCISE FOR 3 SETS OF 12-15 REPS. IF YOU CHOOSE HIGH INTENSITY WEIGHT THEN YOU LIKELY WON'T REACH THE 12-15 REP RANGE. INTENSITY FOR LACK OF A BETTER TERM MEANS, “HOW HEAVY THE WEIGHT IS”.

PUTTING IT ALL TOGETHER

UNDERSTANDING THE DIFFERENCE BETWEEN VOLUME, INTENSITY, AND FREQUENCY WILL ALLOW YOU TO APPLY THE RIGHT INTENSITY TOWARDS EACH SET OF EACH WORKOUT IN THIS PLAN. IF I GIVE YOU AN EXERCISE AND SAY TO USE HIGH INTENSITY THEN YOU KNOW WHAT I MEAN. THE SAME CAN BE SAID FOR AN EXERCISE PERFORMED WITH LOW INTENSITY. IF I TELL YOU THE PURPOSE OF A MOVEMENT IS TO TRAIN WITH HIGH VOLUME TO MUSCLE FAILURE THEN YOU KNOW THAT YOU WILL BE PUSHING THE MUSCLE TO FAILURE WITH A LOT OF REPS. IF I EXPLAIN THAT YOU WILL FOLLOW A HIGH FREQUENCY PLAN THEN YOU CAN PREPARE YOURSELF TO HIT THE MUSCLES SEVERAL TIMES PER WEEK. YOU CAN MAKE GREAT PROGRESS WITHOUT UNDERSTANDING THESE THREE THINGS, BUT YOU WILL MAKE EVEN BETTER PROGRESS AND HAVE THE ABILITY TO CREATE BETTER WORKOUT PLANS OF YOUR OWN IN THE FUTURE!

COMPOUND MOVEMENTS VS ISOLATION MOVEMENTS AND ACCESSORY WORK

YOU ARE NOW CAPABLE OF ASSESSING SOMEBODY'S BODY TYPE, AND YOU UNDERSTAND THE RELATIONSHIP BETWEEN VOLUME, INTENSITY, AND FREQUENCY. TO FURTHER UNDERSTAND THE WORKOUT PLANS I WANT TO EXPLAIN ONE LAST PIECE OF THE PUZZLE. WHAT IS THE DIFFERENCE BETWEEN A COMPOUND MOVEMENT AND AN ISOLATION MOVEMENT? WHAT DOES THE TERM “ACCESSORY MOVEMENT” MEAN?

COMPOUND MOVEMENTS WILL REQUIRE THE USE OF MORE THAN ONE MUSCLE AND MORE THAN ONE JOINT AT A TIME. THIS IS THE OPPOSITE OF ISOLATION MOVEMENTS THAT WILL WORK JUST ONE SPECIFIC MUSCLE FROM ONE SPECIFIC JOINT AT A TIME. THE COMPOUND MOVEMENTS ARE THE TYPICAL POWERLIFTS (BENCH, SQUAT, AND DEADLIFT). IF YOU LOOK AT ANY EXERCISE AND YOU CAN SEE MORE THAN ONE JOINT BEING USED THEN IT IS A COMPOUND MOVEMENT. ISOLATION MOVEMENTS ARE THINGS LIKE THE DUMBBELL CURL OR DUMBBELL KICK BACK. WHILE YOU MAY GET SOME OF THE SHOULDER INVOLVED, THESE MOVEMENTS ARE TYPICALLY ONLY AFFECTING THE ELBOW JOINT. WHILE THE BENCH PRESS WILL WORK THE CHEST, SHOULDERS, AND TRICEPS...THE DUMBBELL KICKBACK WILL ONLY AFFECT THE TRICEPS. THE BIGGEST DIFFERENCE IN COMPOUND MOVEMENTS VS ISOLATION MOVEMENTS IS THE FACT THAT COMPOUND WILL TARGET MULTIPLE MUSCLES WHILE ISOLATION MOVEMENTS WILL TYPICALLY WORK JUST ONE MUSCLE.

COMPOUND MOVEMENTS ARE THE BEST AT BRINGING UP STRENGTH AND OVERALL SIZE. YOU WILL HAVE THE ABILITY TO LIFT A HEAVIER WEIGHT SINCE YOU HAVE MORE THAN ONE MUSCLE WORKING TO MOVE IT. THE FACT THAT YOU WILL TARGET MULTIPLE MUSCLES WITH A HEAVIER WEIGHT MAKES THESE MOVEMENTS IDEAL FOR A BULKING PLAN TO ADD OVERALL MUSCLE MASS.

ISOLATION MOVEMENTS ARE GREAT TO USE AFTER YOU HAVE DONE THE HEAVY LIFTING WITH COMPOUND MOVEMENTS. THESE MOVEMENTS ARE GREAT TO BRING UP THE STRENGTH AND MASS OF ONE SPECIFIC MUSCLE. IF YOU WANT BIGGER BICEPS, THEN YOU WILL HAVE TO PERFORM SOME ISOLATION EXERCISES ON JUST THE BICEPS. ISOLATION MOVEMENTS WILL BE PERFORMED WITH LESS WEIGHT AND ONLY WORK ONE MUSCLE AT A TIME. THEY AREN'T AS GOOD FOR BUILDING OVERALL MASS AS THE COMPOUND MOVEMENTS, BUT THEY ARE GREAT FOR BRINGING UP LAGGING MUSCLE GROUPS.

THE TERM "ACCESSORY MOVEMENT" MEANS THAT IT IS ANY MOVEMENT THAT IS NOT A DOMINANT MOVER FOR THAT SPECIFIC MUSCLE. FOR EXAMPLE, THE BENCH PRESS WILL BE THE DOMINANT MOVER FOR THE BENCH/CHEST DAY, AND SOME ACCESSORY WORK MIGHT BE THE DUMBBELL INCLINE OR CABLE CROSSOVER. ACCESSORY MOVEMENTS CAN BE ISOLATION OR COMPOUND AND THEY ARE THERE TO COMPLIMENT THE MAIN MOVEMENT TO HELP YOU IMPROVE.

THE WORKOUT PLANS IN THIS EBOOK, AND ANY WORKOUT PLAN, SHOULD BE A BLEND OF BOTH COMPOUND AND ISOLATION MOVEMENTS. THE APPLICATION OF EACH WILL DETERMINE HOW AFFECTIVE THE PLAN IS. IF YOU BURN A MUSCLE OUT WITH AN ISOLATION MOVEMENT BEFORE YOU HIT YOUR COMPOUND MOVEMENT THEN YOU WILL LIKELY BE WEAKER AND BUILD LESS MUSCLE MASS AND STRENGTH. THAT BEING SAID, THERE ARE TECHNIQUES THAT WILL REQUIRE YOU TO PRE-FATIGUE/WARM UP A CERTAIN MUSCLE PRIOR TO PERFORMING THE COMPOUND LIFTS. I WILL GET TO THAT LATER IN THE EBOOK

DESIGNING A WORKOUT SPLIT

BEFORE WE GET INTO THE ACTUAL WORKOUTS OF THIS EBOOK, I WANT TO TAKE THE TIME TO SHARE MY THEORIES WITH YOU ON HOW I DESIGN MY WORKOUT SPLITS BOTH FOR MYSELF, AND FOR CLIENTS. NOW THAT YOU HAVE A BETTER UNDERSTANDING OF VOLUME, INTENSITY, FREQUENCY, AND THE BODY TYPES, I WILL EXPLAIN THE 3 DIFFERENT PLATFORMS THAT I USE FOR BULKING PROGRAMS AS WELL AS WHICH BODY TYPE BENEFITS THE MOST FROM EACH ONE.

POWERLIFTING ORIENTED

THESE TYPES OF WORKOUTS WILL TYPICALLY BENEFIT THE HARD GAINER, ECTO, AND MESO IN TERMS OF BUILDING MUSCLE MASS. THEY CAN OBVIOUSLY BE USED FOR ANYBODY LOOKING TO INCREASE STRENGTH, BUT THE GOAL OF THIS EBOOK IS TO HELP EDUCATE YOU ON HOW TO INCREASE MUSCLE MASS AND NOT JUST STRENGTH ALONE. THESE PLANS WILL BURN LESS OVERALL CALORIES THAN THE OTHER STYLE OF PLANS SO THEY MAY NOT BE IDEAL FOR THE SKINNY FAT OR ENDOMORPH UNLESS STRENGTH WAS THE ONLY GOAL.

MY POWERLIFTING-ORIENTED PROGRAMS ARE GENERALLY LOW FREQUENCY, LOW VOLUME, AND HIGH INTENSITY. I WILL GENERALLY HAVE THE PERSON HIT EACH MUSCLE GROUP ONCE PER WEEK WITH DOMINANT COMPOUND POWERLIFTING MOVEMENTS FOLLOWED BY ONLY 2-3 ISOLATION MOVEMENTS FOR THE WORKING MUSCLES ON THE DAY. I LIKE TO SPEND MOST OF THE TIME FOCUSING ON IMPROVING STRENGTH ON THE COMPOUND LIFTS WITH THIS TYPE OF PLAN. I WILL FOCUS ON THE COMPOUND MOVEMENTS IN THE SUB 5 REP RANGE FOR 3-5 SETS. SINCE THE WEIGHTS ARE HEAVIER, WE WILL REST MORE IN BETWEEN SETS SO THAT YOU CAN LIFT THE HEAVIEST WEIGHTS POSSIBLE ON EACH SET. THIS CAN LENGTHEN THE WORKOUT, SO IN ORDER TO DO THIS PROPERLY, WE WILL CUT THE VOLUME DOWN BY MINIMIZING THE AMOUNT OF DIFFERENT EXERCISES THAT WE ARE DOING. I FIND THAT KEEPING THE FREQUENCY TO ONCE PER WEEK GIVES THE PERSON ENOUGH TIME TO RECOVER IN BETWEEN SESSIONS. IF I HAVE YOU TRAIN REALLY HEAVY POWERLIFTING STYLE SQUATS MOST OF THE WEEK THEN YOU MAY NOT GET THE CHANCE TO RECOVER IN BETWEEN EACH SESSION. IF YOU CAN'T RECOVER THEN YOU WON'T BUILD MUCH NEW MUSCLE TISSUE.

BODYBUILDING ORIENTED

THESE TYPES OF ROUTINES WILL GENERALLY BENEFIT THE MESO, ENDO, AND SKINNY FAT PERSON BECAUSE THEY ARE HIGH FREQUENCY WITH A LOT OF ACTIVITY THROUGH THE WEEK. YOU CAN BURN A LOT OF CALORIES IN THIS PLAN, SO THE ECTO AND HARD GAINER MIGHT STRUGGLE TO EAT ENOUGH CALORIES TO GROW WHILE FOLLOWING THIS WORKOUT STYLE. THESE PLANS CAN HELP ANYBODY GROW IF THERE ARE SUFFICIENT CALORIES TO GROW. WHEN ALL IS SAID AND DONE, ANY PLAN WILL HELP YOU GROW IF YOUR NUTRITION AND REST IS ON POINT! THESE PLANS ARE HIGH FREQUENCY WHERE I WILL HAVE THE PERSON TRAIN MUSCLES 2-3X PER WEEK, COMPARED TO THE POWERLIFTING ORIENTED PROGRAM OF ONCE PER WEEK. THE INTENSITY IS MODERATE. YOU WON'T TRAIN WITH LIGHT-WEIGHTS, IN FACT, WITH ME YOU'LL NEVER TRAIN WITH LIGHT-WEIGHTS.

THAT BEING SAID, YOU WILL BE LIFTING LIGHTER WEIGHTS THAN YOU WOULD IN THE POWERLIFTING-ORIENTED PROGRAM. I WILL STILL KEEP COMPOUND MOVEMENTS AS THE MAIN LIFTS OF THE DAY, BUT WE WILL NOT BE AS CONCERNED WITH STRENGTH. INSTEAD YOU WILL PERFORM THESE WITH MORE VOLUME IN THE 8-12 REP RANGE AS OPPOSED TO THE 3-5 REP RANGE OF THE POWERLIFTING TYPE PROGRAM. WITH THE WEIGHTS BEING LIGHTER, YOU WILL NOT REQUIRE AS MUCH REST AND CAN MOVE QUICKER THROUGH THE WORKOUT PLAN. SINCE WE ARE MOVING FASTER, I WILL ALSO FOLLOW THE COMPOUND LIFT WITH SEVERAL OTHER COMPOUND LIFTS AND ISOLATION LIFTS. I USUALLY PRESCRIBE 3-4 SETS RANGING ANYWHERE FROM 8-15 REPS PER SET. THE GOAL IS TO LIFT A MODERATE WEIGHT TO FAILURE IN THE HIGHER REP RANGE TO GROW, COMPARED TO THE POWERLIFTING PLAN WHERE WE ARE FOCUSED PURELY ON INCREASING STRENGTH TO INCREASE MUSCLE MASS. BOTH PLANS WILL WORK, BUT ONE MAY BE PREFERRED TO THE OTHER BASED ON YOUR GOALS AND BODY TYPE.

POWER BODYBUILDING ORIENTED

NOW THAT YOU CAN UNDERSTAND THE DIFFERENCE BETWEEN A BODYBUILDING AND POWERLIFTING BASED BULKING PLAN, I WANT TO INTRODUCE YOU TO THE POWER BODYBUILDING STYLE OF TRAINING. THIS IS THE STYLE OF TRAINING THAT I ATTRIBUTE MOST OF MY PROGRESS TO, AND THIS IS THE STYLE OF TRAINING THAT I FOLLOW MOST OF THE YEAR.

YOU GUESSED IT; THIS TYPE OF PROGRAM IS A FUSION OF BODY BUILDING AND POWERLIFTING PRINCIPLES. THIS TYPE OF TRAINING IS ARGUABLY THE BEST WAY TO BUILD MUSCLE MASS AND STRENGTH. WHILE THIS IS A GREAT WAY TO TRAIN FOR MASS AND STRENGTH, IT IS ALSO A VERY DIFFICULT PROGRAM TO DESIGN. BEING THAT THE BODYBUILDING AND POWERLIFTING ORIENTED PLANS ARE ON OPPOSITE ENDS OF THE SPECTRUM, IT SOUNDS IMPOSSIBLE TO FIND THAT MIDDLE GROUND. WHEN ALL IS SAID AND DONE, YOUR POWER-BUILDING PROGRAM SHOULD HAVE SOME HIGH INTENSITY STRENGTH EMPHASIS ON COMPOUND MOVEMENTS AS WELL AS MODERATE INTENSITY VOLUME ON ISOLATION EXERCISES. YOU WILL NEED TO CONTROL THE FREQUENCY SO THAT YOU CAN TRAIN AS OFTEN AS POSSIBLE WHILE STILL GIVING YOURSELF ENOUGH REST TO IMPROVE STRENGTH ON YOUR HEAVY COMPOUND MOVEMENTS.

I LIKE TO FIRST DESIGN THE WORKOUT SPLIT AROUND THE 3 CORE POWERLIFTS (BENCH, SQUAT, AND DEADLIFT). THESE MOVEMENTS ARE TRAINED 1-2 TIMES PER WEEK, USUALLY WITH THE FORMER. FROM THERE I LIKE TO INCORPORATE ALL OF MY ACCESSORY WORK WHICH IS OTHER COMPOUND MOVEMENTS IN A BODYBUILDING REP RANGE, AS WELL AS ALL THE ISOLATION WORK. ONCE YOU HAVE THIS DOWN, THEN YOU CAN SEE WHERE YOU MIGHT BE ABLE TO HIT THE SMALLER MUSCLES 2-3 TIMES PER WEEK. FOR EXAMPLE, YOU MAY HAVE A STANDING BARBELL OVERHEAD PRESS AS YOUR DOMINANT COMPOUND SHOULDER MOVEMENT. YOU WILL ONLY TRAIN THIS ONCE PER WEEK AND FOCUS ON STRENGTH. FOLLOWING THIS YOU WILL HAVE YOUR ACCESSORY BODYBUILDING HYPERTROPHY MOVEMENTS ON THE SAME SHOULDER DAY. THE VOLUME AND INTENSITY IS MAPPED OUT, NOW WHAT ABOUT THE FREQUENCY? I WILL THEN LOOK AT MY OTHER DAYS AND POSSIBLY TOSS SOME EXTRA DELT WORK ON AN ARM DAY OR WITH MY CHEST DAY. I WON'T HAVE THE HEAVY COMPOUND SHOULDER MOVEMENTS ON THIS SECOND DAY, BUT I WILL USE SOME OF THE VOLUME ISOLATION WORK.

SO TO SIMPLIFY EVERYTHING, THE POWER BODYBUILDING ORIENTED PLAN WILL HAVE YOU TRAINING WITH A POWERLIFTING STYLE FOR STRENGTH ON THE COMPOUND LIFTS WITH HIGH INTENSITY, LOW VOLUME, AND LOW TO MODERATE FREQUENCY WHILE THE REST OF THE PLAN IS CATERED TOWARDS A BODYBUILDING ORIENTED APPROACH IN THAT YOU WILL TRAIN WITH MORE VOLUME, LESS INTENSITY, AND MORE FREQUENCY. IT'S A DELICATE BALANCE OF EVERYTHING WE JUST TALKED ABOUT, BUT IT WORKS!

POWER BODY BUILDING ROUTINE WEEKS 1-8

THE FIRST ROUTINE THAT I WANT YOU TO FOLLOW IS A POWER BODYBUILDING ROUTINE. THIS ROUTINE WILL BE MODERATE FREQUENCY, HIGH INTENSITY, AND LOWER VOLUME. THE MAIN FOCUS OF THIS ROUTINE IS TO HELP YOU INCREASE STRENGTH ON THE COMPOUND LIFTS. WE WILL CHOOSE TO LET THE PURSUIT OF STRENGTH BE THE CATALYST TO BUILD NEW MUSCLE TISSUE! IT IS IMPORTANT THAT YOU TRACK THE NUMBERS ON THE SQUAT, BENCH, DEADLIFT, AND OVERHEAD PRESS. WE WANT TO SEE INCREASES IN STRENGTH ON THESE LIFTS WITHIN THE DESIRED REP RANGES. YOU WILL PUSH ONE SET ON ALL OTHER MOVEMENTS TO MUSCLE FAILURE. WHEN STARTING A LEAN BULK PROGRAM, IT IS CRUCIAL TO MAKE SURE THAT YOU HAVE A GOOD FOUNDATION TO DO SO. INCREASING STRENGTH ON THE COMPOUND LIFTS WILL HAVE A CARRYOVER TO ALL OTHER EXERCISES! THESE MOVEMENTS WILL NOT ONLY HELP YOU GET BIGGER AND STRONGER, BUT THEY WILL HELP YOU PUSH YOURSELF ON THE ACCESSORY MOVEMENTS TO HELP YOU ADD MASS AS WELL. WE WANT TO REALLY FOCUS ON BUILDING THAT STRENGTH BASE WITH THIS ROUTINE SO THAT YOU CAN GET EVEN MORE PROGRESS OUT OF THE SECOND ROUTINE THAT I WILL OUTLINE LATER IN THE BOOK! LET'S GET STARTED!

POWER BODYBUILDING ROUTINE

DAY 1: DEADLIFT/BACK

DAY 2: BENCH/CHEST/ARMS

DAY 3: REST

DAY 4: SQUAT/LEGS/CORE

DAY 5: PUSH PRESS/SHOULDERS/ARMS

DAY 6: REST/OPTIONAL CARDIO

DAY 7: REST

DAY 8: REPEAT STARTING WITH DAY 1.

YOU MAY NOTICE THAT THIS IS A 2 DAY ON AND 1 DAY REST APPROACH. YOU WILL HIT EVERY MUSCLE ONCE PER WEEK, WITH THE EXCEPTION OF ARMS THAT YOU WILL HIT TWICE PER WEEK. I WANT TO MAKE SURE THAT WE ARE GIVING THE MUSCLES MAXIMAL REST SO THAT YOU CAN FOCUS ON INCREASING STRENGTH EACH WEEK. EACH BODY TYPE NEEDS TO FOCUS ON MAKING SURE THAT STRENGTH IS INCREASING FROM WEEK TO WEEK IN SOME WAY OR ANOTHER. THIS CAN BE ANOTHER REP WITH THE SAME WEIGHT, AN INCREASE IN WEIGHT, OR EVEN A PARTIAL REP. I WANT YOU TO FOCUS ON DOING ANYTHING THAT IS MORE THAN WHAT YOU DID THE PREVIOUS WEEK. YOU WILL FOLLOW THESE EXACT EXERCISES IN THIS SPECIFIC ORDER FOR THE EXACT SETS, REPS, AND REST PERIODS!

-ECTOMORPH/HARD GAINER: YOU SHOULD BE DOING MINIMAL CARDIO WITH THIS PLAN. YOU NEED TO CONSERVE AS MUCH ENERGY AS POSSIBLE.

-MESOMORPH: YOU CAN DO CARDIO ON THE REST DAYS IF YOU PREFER OR YOU CAN DO 10 MIN HIIT CARDIO POST WORKOUT ON TRAINING DAYS.

-ENDOMORPH: YOU SHOULD BE DOING CARDIO ON DAY'S 3 AND 6, WHICH ARE LABELED AS A REST DAY. YOU WILL LIKELY NEED TO KEEP SOME TYPE OF CARDIO IN THE PLAN TO PREVENT TOO MUCH FAT GAIN. IF YOU DON'T WANT TO DO CARDIO ON THE REST DAYS THEN I SUGGEST 15 MIN HIIT CARDIO POST-WORKOUT ON TRAINING DAYS.

-SKINNY FAT: I WOULD AVOID CARDIO ON THE REST DAYS AND INSTEAD CHOOSE 10 MIN HIIT CARDIO POST WORKOUT ON TRAINING DAYS.

I WANT YOU TO MAKE SURE AND READ THE SECTION ABOUT THE WORKOUT LOGBOOK AND HOW TO IMPLEMENT CARDIO BEFORE STARTING THIS PLAN!

DAY 1: DEADLIFT/BACK

THE OVERALL OBJECTIVE TO THIS DAY IS TO SEE AN INCREASE IN STRENGTH AND PERFORMANCE ON THE DEADLIFT. AFTER THAT, WE FILL THE DAY WITH DOMINANT "THICKNESS" EXERCISES TO HELP YOU BUILD AS MUCH STRENGTH AND DENSITY IN THE BACK AS POSSIBLE.

HYPEREXTENSION: 3 SETS OF 12-15 REPS WITH 30 SECONDS REST.

-DON'T ADD WEIGHT TO THIS EXERCISE AND DON'T WORRY ABOUT PUSHING THE MUSCLE TO FAILURE. I HAVE TOSSED THIS EXERCISE IN AS A WARM UP FOR YOUR GLUTES, HAMSTRINGS, AND ERECTORS OF THE BACK.

STATIONARY LUNGE: 2 SETS OF 8-12 REPS WITH 30 SECONDS REST IN BETWEEN LEGS.

-MUCH LIKE THE HYPEREXTENSION, THIS MOVEMENT IS TOSSED IN THE PROGRAM TO HELP YOU WARM UP FOR THE DEADLIFT. THIS IS A GREAT EXERCISE TO WARM UP THE QUADS, HAMSTRINGS, AND GLUTES.

DEADLIFT: 5 SETS OF 5 REPS WITH 2-3 MINUTES REST IN BETWEEN SETS.

-I WANT YOU TO FOLLOW A PYRAMID SET/REPS STRUCTURE. IT SHOULD LOOK LIKE THIS:

SET 1: WARM UP WEIGHT, WHICH SHOULD BE EASY TO GET 6-8 REPS.

-THIS SHOULD BE VERY LIGHT SO THAT YOU CAN GET SOME MORE BLOOD INTO THE WORKING MUSCLES. THIS IS ALSO A GREAT TIME TO PRACTICE FORM SO THAT IT TRANSLATES OVER TO BETTER FORM ON THE HEAVY SETS.

SET 2: INCREASE THE WEIGHT FOR AN EASY 5 REPS BUT NOT A WARM UP.

-YOU SHOULD PICK A WEIGHT THAT YOU CAN DO FOR AN EASY 5, BUT THAT YOU MAY NOT BE ABLE TO GET FOR 10. WE WANT TO PROVIDE SOME RESISTANCE AND CHALLENGE TO THIS SET, BUT IT SHOULD NOT LEAVE YOU EXHAUSTED.

SET 3: THIS IS YOUR HEAVIEST SET THAT YOU TRACK AND TRY AND INCREASE.

-ONCE YOU CAN GET 5 REPS WITH A WEIGHT THEN I WANT YOU TO INCREASE THE WEIGHT BY 5LBS FOR THE NEXT WORKOUT. IF YOU GET LESS THAN 5 REPS THEN I WANT YOU TO KEEP THE SAME WEIGHT FOR THE NEXT WORKOUT AND TRY AGAIN. IF YOU GOT 3 REPS, THEN YOU WANT TO STRIVE FOR 4, ETC. YOU SHOULD WRITE YOUR WEIGHT AND REPS DOWN IN A LOG BOOK OR YOUR PHONE FOR THIS SET.

SET 4: I WANT YOU TO KEEP THE SAME WEIGHT AS SET 3.

-YOU WILL LIKELY NOT GET A FULL 5 REPS ON THIS SET, AS YOU SHOULD BE FATIGUED FROM SET 3. I WANT YOU TO KEEP THE WEIGHT THE SAME SO THAT WE GET MORE TOTAL REPS FOR THE WORKOUT WITH THE HEAVIEST WEIGHTS POSSIBLE.

SET 5: I WANT YOU TO DROP THE WEIGHT BY 20-30% FROM SETS 3 AND 4.

-YOU WILL BE FATIGUED BY THIS POINT, SO WE NEED TO DROP THE WEIGHT FOR SAFETY REASONS. IF YOU CAN GET MORE THAN 5 REPS ON THIS SET THEN I WANT YOU TO DO IT.

TBAR ROW: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-THIS IS YOUR FIRST ACCESSORY EXERCISE. THE TBAR ROW IS GREAT TO HELP STRENGTHEN THE MID TO UPPER BACK, WHILE ALSO USING THE GLUTES, HAMS, AND ERECTORS TO STABILIZE YOUR TORSO. MAKE SURE TO USE A CHALLENGING WEIGHT BUT WE WANT TO MAKE SURE TO GET A FULL CONTRACTION. REMEMBER THAT PERFORMING THIS EXERCISE WITH PERFECT FORM IS FAR MORE CRUCIAL THAN THE WEIGHT THAT YOU ARE USING.

WIDE GRIP CABLE ROW: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

-THIS IS A GREAT EXERCISE TO COMPLIMENT THE TBAR ROW AS IT WILL WORK MANY OF THE SAME MUSCLES. I LIKE THE DIFFERENCE IN THE STRENGTH CURVE (HOW THE WEIGHT IS APPLIED TO THE MUSCLE) COMPARED TO FREE WEIGHT MOVEMENTS. YOUR BACK AND HIPS SHOULD BE TIRED FROM THE DEADLIFT AND TBAR ROW, SO I AM CHOOSING A CABLE MOVEMENT TO HELP FINISH THE BACK WITHOUT FURTHER FATIGUING THE HIPS AND ERECTORS.

WIDE GRIP LAT PULLDOWN: 4 SETS OF 8-12 REPS WITH 1 MIN REST.

-THIS DAY IS DOMINANTLY COMPOUND "THICKNESS" EXERCISES. THE WIDE GRIP PULLDOWN IS THE ONLY MOVEMENT THAT IS CLASSIFIED AS A "WIDTH" EXERCISE. I NEVER BELIEVED THAT ONE SHOULD FOCUS TOO MUCH ON THE DIFFERENCES BETWEEN WIDTH AND THICKNESS. IF YOU BUILD A THICK BACK THEN IT WILL GET WIDER AS WELL!

SMITH MACHINE SHRUGS: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-I AM CHOOSING TO DO SHRUGS ON THE SMITH MACHINE SO THAT WE CAN TAKE AS MUCH OF YOUR HIPS AND ERECTORS OUT OF THE EQUATION AS POSSIBLE. YOU WILL BE FATIGUED AT THIS POINT IN TIME SO WE WANT TO CHOOSE A MOVEMENT THAT WILL TARGET THE TRAPS WITHOUT RISKING INJURY TO ANYTHING ELSE. I'VE INCREASED THE REPS FOR THIS MOVEMENT AS WELL. THE DEADLIFTS WILL HIT THE TRAPS WITH HEAVY WEIGHT AND I WANT THIS MOVEMENT TO BE FOCUSED ON A FULL CONTRACTION AND ENDING THE WORKOUT WITH A STRONG PUMP! THE TRAPS ARE A CRUCIAL MUSCLE FOR STRENGTH ON ALL THE POWERLIFTS, AND THEY ARE ALSO A MUSCLE THAT GIVES SOMEBODY A BIGGER LOOK. THERE ARE PLENTY OF PEOPLE WITH BIG TRAPS AND SMALL EVERYTHING ELSE THAT STILL LOOK BIG TO PEOPLE. SO MAKE SURE TO PUT IN SOME WORK HERE!

DAY 2: BENCH/CHEST/ARMS

THE MAIN OBJECTIVE OF THIS DAY IS TO FOCUS ON IMPROVING THE STRENGTH ON THE BENCH PRESS. SINCE THE PECS ARE A SMALLER MUSCLE THAN THE BACK, WE WILL THEN FILL THE DAY WITH BODYBUILDING CHEST MOVEMENTS FOLLOWED BY BOTH THE BICEPS AND THE TRICEPS. THE CHEST WON'T REQUIRE AS MUCH EFFORT AND ENERGY AS THE BACK SO IT IS A PERFECT MUSCLE TO PAIR WITH OTHER SMALL MUSCLE GROUPS LIKE YOUR ARMS.

FLAT BARBELL PRESS: SAME PYRAMID AS THE DEADLIFT FROM DAY 1.

-YOU WILL FOLLOW THE SAME PYRAMID AS THE DEADLIFT FROM DAY 1 EXCEPT I HAVE TWO SMALL CHANGES FOR YOU. THE FIRST CHANGE IS THAT I WANT YOU TO PERFORM SET 1 TWICE. WE DON'T HAVE AN EXERCISE BEFORE THIS, SO I WANT YOU TO TAKE MORE TIME TO PROPERLY WARM UP. THE SECOND CHANGE IS THAT I WANT YOUR 5TH SET TO BE A 50% WEIGHT DROP FROM YOUR HEAVIEST WEIGHT FROM SETS 3 AND 4. ON THE 5TH SET I WANT YOU TO REP 50% OF YOUR MAX WEIGHT TO COMPLETE FAILURE. TRY AND GET AS MANY REPS AS YOU CAN AND TRACK THAT WEIGHT/REPS AS WELL!

DUMBBELL INCLINE PRESS: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

-WE NOW INCREASE THE VOLUME AND TOSS IN THE VARIABLE OF USING EACH SIDE OF YOUR BODY SEPARATELY FROM ONE ANOTHER. WHEN YOU MOVED THE BARBELL, THE MUSCLES FROM BOTH SIDES OF YOUR BODY CONTRIBUTED TO THAT. NOW THAT WE ARE USING DUMBBELLS, THE RIGHT SIDE IS RESPONSIBLE FOR THE RIGHT SIDE, AND THE LEFT IS RESPONSIBLE FOR THE LEFT. I FIND THAT THIS HELPS TO PREVENT MUSCLE IMBALANCES AS WELL AS HELPS INCREASE THE STRENGTH OF EACH SIDE ON IT'S OWN!

HAMMER STRENGTH DECLINE: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-THE DECLINE MOVEMENTS WILL DO MORE FOR BUILDING UP YOUR CHEST THAN ANYTHING. OUR MAIN GOAL TODAY IS TO FOCUS ON BENCH PRESS STRENGTH, BUT I ALWAYS TOSS IN DECLINE MOVEMENTS TO MAKE SURE THAT THE CHEST IS GETTING PLENTY OF STIMULATION TO GROW! IF YOU DON'T HAVE A HAMMER STRENGTH MACHINE THEN YOU CAN USE A REGULAR BARBELL DECLINE. I PREFER THE HAMMER STRENGTH BECAUSE YOU ARE FATIGUED AT THIS POINT IN THE WORKOUT. YOU CAN SAFELY USE A HEAVIER WEIGHT AND PURSUE MUSCLE FAILURE WITHOUT RISKING INJURY. IF THE MUSCLE FAILS ON A DECLINE BENCH THEN YOUR SPOTTER HAS TO SAVE YOUR LIFE AND PREVENT THE BAR FROM POSSIBLY DECAPITATING YOU! WELL MAYBE NOT THAT EXTREME, BUT IF YOU FAIL ON THE HAMMER STRENGTH THEN THE WEIGHT JUST COMES TO A SAFE STOP.

PEC DECK: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-WE ARE NEARING THE END OF THE CHEST PORTION OF THIS WORKOUT AND I ALWAYS LIKE TO USE SOME TYPE OF A FLYE MOVEMENT AS A FINISHING EXERCISE. THE PEC DECK IS GREAT BECAUSE IT TAKES MOST OF YOUR ARMS OUT OF THE EQUATION WHILE ALLOWING YOU TO FOCUS ON THE CONTRACTION OF YOUR CHEST! YOU'LL ALSO NOTICE THAT I INCREASED THE VOLUME ON THIS MOVEMENT. YOU HAVE ALREADY HIT THE CHEST HARD WITH HEAVY WEIGHT, AND YOU CAN'T GO TOO HEAVY ON A PEC DECK, SO THIS IS A PERFECT TIME TO FOCUS ON THE CONTRACTION AND LEAVE THE PECS PUMPED WITH BLOOD TO FINISH THE CHEST WORK ON THE DAY.

DIPS: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-YOU MAY NEED TO GET A DIP BELT TO ADD RESISTANCE TO THIS EXERCISE IF YOUR BODY WEIGHT IS NOT ENOUGH. THE DIPS WILL ALSO TARGET THE CHEST THE MORE YOU LEAN FORWARD. I WANT YOU TO TRY AND REMAIN AS UPRIGHT AS POSSIBLE BECAUSE OF THIS. THE TRICEPS WILL TAKE MORE OF THE WORK THE FURTHER UPRIGHT YOU REMAIN. BOTH YOUR CHEST AND TRICEPS WILL BE FATIGUED AT THIS POINT, BUT THE DIPS ARE A CORNERSTONE MOVEMENT THAT HELPS ADD MASS AND STRENGTH TO THE TRICEPS, PECS, AND SHOULDERS. IT IS A GREAT TRANSITIONAL EXERCISE FROM THE PECS TO THE TRICEPS.

SKULLCRUSHER: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-YOUR TRICEPS SHOULD BE PRETTY FATIGUED AT THIS POINT, BUT I STILL WANT TO GIVE THEM SOME ISOLATION WORK. STRONG TRICEPS EQUAL A STRONG BENCH! IT IS ALSO IMPORTANT TO NOTE THAT THE TRICEPS MAKE UP THE BULK OF YOUR ARM. THEY ARE A MUCH LARGER MUSCLE THAN THE BICEPS. SO IF YOU WANT MAXIMAL GAINS, AND BIGGER ARMS, THEN YOU NEED TO MAKE SURE TO PAY ATTENTION TO YOUR TRICEPS.

DUMBBELL KICK BACK: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-I WANT YOU TO PERFORM THESE WITH ONE ARM AT A TIME. THIS MOVEMENT WILL BE YOUR TRICEP FINISHER ON THE DAY. THE KICKBACK IS A HUMBLING EXERCISE. MOST OF THE TIME WE FOCUS ON EXTENDING OUR ARMS IN FRONT OF US OR STRAIGHT DOWN; THIS IS ONE OF THE ONLY MOVEMENTS WHERE YOU WILL EXTEND (PRESS) BEHIND YOU. THIS GIVES THEM A UNIQUE WAY OF TARGETING THE TRICEPS. YOU CAN'T GO VERY HEAVY WITH THEM SO THIS MAKES THEM A GREAT FINISHING EXERCISE.

BARBELL CURL: 3 SETS OF 6-8 REPS WITH 1-2MINUTE REST.

-THE BARBELL CURL IS THE CORNERSTONE MOVEMENT FOR BIG BICEPS. WE HIT THEM HARD AND HEAVY FOR 3 SETS TO TRY AND GET THE MOST OUT OF TODAY'S BICEPS TRAINING WITHOUT A LOT OF EXERCISES AND VARIATIONS. I HAVE INCREASED YOUR REST TIME FOR THIS MOVEMENT SO THAT YOU CAN FOCUS ON GOOD FORM WITH THE HEAVIEST WEIGHT POSSIBLE.

HAMMER CURL: 3 SETS OF 6-8 REPS PER ARM WITH 1 MINUTE REST.

-I PREFER TO PERFORM THESE IN AN ALTERNATING FASHION. SO YOU WILL PERFORM A CURL WITH THE RIGHT ARM, THEN LEFT, THEN RIGHT, ETC. FOR A TOTAL OF 12-16 REPS. I ALSO SUGGEST TO DO THESE WITHOUT STRAPS SO THAT YOU CAN WORK ON YOUR FOREARMS AND GRIP STRENGTH AS WELL! THE HAMMER CURL IS A GREAT MOVEMENT FOR THE BRACHIALIS AND BRACHIORADIALIS. THE LONG MUSCLE ON TOP OF YOUR FOREARM AND SIDE OF THE BICEP GETS HIT HARD WITH THIS MOVEMENT! YOU CAN'T HAVE BIG ARMS WITHOUT WORKING THESE MUSCLES AS WELL! TO TOP IT OFF, THIS IS ONE OF THE BEST MOVEMENTS FOR A STRONGER GRIP THAT WILL CARRYOVER TO MOST OTHER EXERCISES!

DUMBBELL WRIST CURL: 2 SETS OF 20-25 REPS WITH 30 SECONDS REST IN BETWEEN ARMS.

-YOU WILL PERFORM THIS EXERCISE WITH ONE ARM AT A TIME. I WANTED TO FINISH THE ARM DAY WITH A FOREARM ONLY MOVEMENT. THIS WILL BE A QUICK EXERCISE TO END THE DAY. THE FOREARMS GET HIT HARD ON ALMOST EVERY UPPER BODY MOVEMENT SO WE DON'T NEED TO SPEND AS MUCH TIME AND ENERGY ON THEM WITH THIS PLAN.

DAY 4: SQUAT/LEGS/CORE

I GAVE YOU A DAY OF REST PRIOR TO LEG DAY BECAUSE LEG DAY SHOULD BE THE HARDEST DAY IN THIS PROGRAM! THE MAIN FOCUS ON TODAY WILL BE ON INCREASING THE STRENGTH ON THE SQUAT! THE SQUAT IS THE KING OF ALL EXERCISES AND MAKING IMPROVEMENTS ON THE SQUAT WILL CAUSE YOU TO GET STRONGER AND BUILD MUSCLE EVERYWHERE! I WILL ADD SOME CORE WORK TO THIS DAY BECAUSE YOU CAN'T GET STRONGER OVERALL IF YOU DON'T BUILD A STRONGER CORE AS WELL!

HYPEREXTENSION/LUNGE: YOU WILL PERFORM THESE THE SAME WAY YOU DID ON DAY 1. THEY WILL BE USED AS A WARM UP BEFORE WE GET INTO SQUATS.

SQUAT: I WANT YOU TO FOLLOW THE SAME EXACT PYRAMID AS THE DEADLIFT ON DAY 1.

LEG PRESS: 5X10 PYRAMID WITH 1-2 MINUTES REST.

-I WANT YOU TO FOLLOW A SIMILAR PYRAMID AS THE COMPOUND LIFTS. WITH THIS PYRAMID I WANT YOU TO INCREASE THE WEIGHT TO THE THIRD SET BEING THE HEAVIEST BUT I WANT YOU TO DROP THE WEIGHT BY ROUGHLY 20% FOR SET 4 AND DROP AGAIN FOR SET 5. YOU WILL BE SOMEWHAT FATIGUED AFTER THE SQUAT PYRAMID, BUT WE STILL WANT ANOTHER MODERATELY HEAVY COMPOUND MOVEMENT. THE LEG PRESS IS ARGUABLY THE BEST MACHINE FOR BIG LEGS AND 2ND BEST EXERCISE FOR BUILDING THE LEGS RIGHT BEHIND THE SQUAT. IN THIS ROUTINE WE WILL HIT BOTH OF THEM!

STIFF LEG DEADLIFT: 5 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-THIS WILL NOT BE A PYRAMID BUT INSTEAD AN INCREASE IN WEIGHT UP TO THE 5TH SET BEING THE HEAVIEST. I WANT YOU TO PERFORM THIS WITH A 3 SECOND DECENT. YOU SHOULD CONTROL THE WEIGHT THE WHOLE TIME. THIS MOVEMENT IS NOT ABOUT HOW MUCH WEIGHT YOU CAN LIFT, BUT RATHER HOW MUCH WEIGHT YOU CAN CONTROL. THE GLUTES WILL WORK ON THE CONTRACTION, BUT THE HAMSTRINGS WILL GET HIT VERY HARD TO STABILIZE THE WEIGHT ON BOTH THE ECCENTRIC AND CONCENTRIC PARTS OF THE LIFT. THIS MOVEMENT WILL INCREASE THE SIZE OF YOUR GLUTES AND HAMSTRINGS AS WELL AS HELP YOU INCREASE STRENGTH ON YOUR SQUAT AND DEADLIFT!

GLUTE BRIDGE: 5 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-I WANT YOU TO PERFORM THESE WITH WEIGHT AND HOLD THE CONTRACTION AT THE TOP OF THE LIFT FOR A 2 SECOND COUNT. THE SQUATS AND DEADLIFTS WILL HIT THESE MUSCLES HARD WITH HEAVY WEIGHT. I LIKE TO INCORPORATE THESE TO NOT ONLY BUILD MUSCLE AND STRENGTH IN THE GLUTES, BUT TO HELP YOU LEARN TO FIRE YOUR GLUTES TO PROTECT YOUR LOWER BACK. IMPROVING STRENGTH AND MIND MUSCLE CONNECTION HERE WILL KEEP YOU SAFER ON THE SQUATS AND DEADLIFTS, AS WELL AS HELP YOU INCREASE STRENGTH!

SEATED OR STANDING CALF RAISE: 5 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-MAKE SURE TO PERFORM THESE WITH A FULL CONTRACTION AND TO STRETCH EACH CALF FOR 15 SECONDS IN BETWEEN SETS. CALVES ARE OFTEN A NEGLECTED MUSCLE BECAUSE THEY AREN'T FUN TO TRAIN. IF YOU BUILD AN IMPRESSIVE SET OF CALVES THEN IT WILL NOT ONLY HELP YOU LOOK MORE MUSCULAR, BUT IT WILL HELP WITH ATHLETICISM AS WELL!

HANGING LEG RAISE: 50 TOTAL REPS IN AS MANY SETS AND WITH AS MUCH REST AS YOU NEED. I WANT YOU TO ADD 5 REPS EACH WORKOUT. WEEK 2 WILL BE 55, WEEK 3 60, ETC.

-YOU MAY USE STRAPS IF YOU NEED TO. ONLY COUNT FULL REPS! IF YOU GET TO THE POINT WHERE YOU CAN'T PERFORM A FULL REP THEN STOP AND REST. THIS SHOULDN'T BE SOMETHING THAT YOU JUST BREEZE THROUGH UNLESS YOU ALREADY HAVE A STRONG CORE. IF YOU DO, THEN THIS MOVEMENT IS MORE FOR MAINTENANCE. IF YOU DON'T THEN THIS WILL HELP YOU IMPROVE. THE DEADLIFT AND SQUAT, ALONG WITH OTHER COMPOUND MOVEMENTS, WILL WORK THE CORE AS WELL. THESE LIFTS WILL DO MORE FOR CORE STRENGTH THAN ANYTHING. THAT BEING SAID, A STRONG CORE IS THE FOUNDATION FOR ANY STRENGTH ATHLETE. IF WE CAN TOSS A LITTLE BIT OF CORE WORK INTO THE PLAN TO HELP WITH THIS, THEN WE WILL!

INCLINE SIT UPS ON A DECLINE BENCH: 50 TOTAL REPS IN AS MANY SETS AND WITH AS MUCH REST AS YOU NEED. YOU WILL ALSO INCREASE THE REPS EACH WORKOUT AS YOU WOULD THE HANGING LEG RAISE.

-I WANT YOU TO PERFORM THESE IN THE SAME FASHION AS THE HANGING LEG RAISE IN THAT YOU WILL ONLY COUNT FULL REPS. THE HANGING LEG RAISE WORKED THE CORE BY RAISING THE LEGS TO THE MID LINE. WE ARE NOW GOING TO DO THE OPPOSITE. BOTH EXERCISES ARE ACCOMPLISHING THE SAME THING, BUT WE ARE HITTING THEM FROM TWO DIFFERENT ANGLES. YOUR LEGS WILL BE FATIGUED AND FINISHED BY THIS POINT IN THE WORKOUT. WORKING ON CORE STRENGTH IS A GREAT WAY TO FINISH THE LEG/SQUAT DAY!

DAY 5: OVERHEAD PRESS / SHOULDERS / ARMS

AT THIS POINT IN THE WEEK, THE ARMS HAVE ALREADY BEEN HIT ONCE AND THE SHOULDERS HAVE BEEN HIT INDIRECTLY ON YOUR BENCH DAY. WE WANT TO FOCUS THIS DAY AROUND INCREASING THE STRENGTH ON THE STANDING PUSH PRESS. AFTER THAT WE WILL WORK ON INCREASING THE SIZE OF YOUR DELTOIDS WITH BODYBUILDING MOVEMENTS, FOLLOWED BY THE SECOND ARM DAY OF THE WEEK.

REVERSE PEC DECK: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-I LIKE TO START THE SHOULDER DAY WITH A REAR DELT EXERCISE. REAR DELTS HELP IMPROVE THE OVERALL WIDTH TO YOUR SHOULDERS AND ARE OFTEN A NEGLECTED BODY PART BY MANY. NOT ONLY WILL THIS MOVEMENT TARGET THE REAR DELTS, BUT IT WILL ALSO WARM UP THE UPPER BACK, WHICH PLAYS A ROLE IN STABILITY FOR THE OVERHEAD PRESS!

PULL UPS: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-YOU MAY BE THINKING THAT THIS ISN'T A SHOULDER EXERCISE AND YOU ARE CORRECT! THAT BEING SAID, THE PULL UP IS A GREAT WAY TO WARM UP THE SHOULDERS, ARMS, AND BACK BEFORE GETTING INTO OUR PRESSING MOVEMENTS ON THE DAY. NOT ONLY THAT, BUT THE PULL UP IS A GREAT MOVEMENT TO HELP GENERATE STRENGTH AND POWER TO CARRY OVER TO THE OTHER POWERLIFTS AS WELL!

STANDING PUSH PRESS: I WANT YOU TO FOLLOW THE SAME PYRAMID STYLE AS THE BENCH PRESS.

-THIS IS THE MAIN MOVEMENT THAT WE ARE WORKING ON THIS DAY AND WE WANT TO FOCUS ON INCREASING STRENGTH HERE. BEING THAT IT IS AN UPPER BODY PRESS, I WANT YOU TO FOLLOW THE SAME EXACT SET AND REP SCHEME AS THE BENCH PRESS!

SEATED DUMBBELL OVERHEAD PRESS: 3 SETS OF 8-12 REPS WITH 1-2 MINUTES REST.

-WE FOLLOW OUR HEAVY PRESS WITH A SEATED DUMBBELL PRESS. MUCH LIKE THE DBELL INCLINE, THIS MOVEMENT IS GREAT BECAUSE IT ALLOWS BOTH SIDES OF THE BODY TO WORK INDEPENDENTLY OF ONE ANOTHER. I ALSO LIKE TO GET A LITTLE MORE VOLUME WITH OUR OVERHEAD PRESSING WORK THAN THE STANDING PUSH PRESS ALONE! I'VE INCREASED THE REPS HERE TO MAKE THIS MORE BODYBUILDING ORIENTED INSTEAD OF POWERLIFTING.

SEATED DUMBBELL LATERAL RAISE: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-I WANT YOU TO PERFORM THESE WITH BOTH ARMS AT THE SAME TIME. FOCUS ON KEEPING THE TENSION ON THE LATERAL (SIDE) DELT. THIS IS A GREAT EXERCISE TO FOLLOW THE HEAVY PRESSING TO HELP PUSH MORE BLOOD INTO THE DELTS. THE LATERAL DELT IS ALSO THE PART OF THE DELT THAT GIVES YOU WIDTH AND A "CAPPED" LOOK TO YOUR SHOULDERS!

SEATED DUMBBELL FRONT RAISE: I WANT YOU TO PERFORM THESE WITH BOTH ARMS AND IN THE SAME SET AND REP SCHEME AS THE LATERAL RAISE.

-I AM FORCING YOU TO WORK EACH DELT INDEPENDENTLY BY USING DUMBBELLS. I AM ALSO FORCING YOU TO USE A LIGHTER WEIGHT AND FOCUS ON USING THE FRONT DELT TO MOVE THE WEIGHT BY MAKING YOU PERFORM THE LIFT WITH BOTH ARMS AT THE SAME TIME. IF YOU ARE SEATED THEN YOU CAN'T USE YOUR TORSO TO SWING THE WEIGHT UP. IF YOU WERE TO PERFORM THESE WITH ONE ARM AT A TIME THEN YOU CAN TWIST TO GENERATE MOMENTUM. USING YOUR TORSO WILL TAKE SOME OF THE STRESS OFF OF THE DELT AND PREVENT YOU FROM OPTIMALLY USING THE ANTERIOR DELTOID TO MOVE THE WEIGHT. FOCUS ON THE CONTRACTION HERE INSTEAD OF HOW MUCH WEIGHT YOU ARE USING!

VGRIP PRESSDOWN: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-I WANT YOU TO PERFORM THESE WITH A STRONG CONTRACTION AND A 3 SECOND NEGATIVE AS YOU RETURN TO THE STARTING POSITION. TRY NOT TO LEAN TOO FAR INTO THE VGRIP SO THAT YOU KEEP THE STRESS ON YOUR TRICEPS AND OFF OF YOUR DELTS AND PECS.

ROPE PRESSDOWN: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-I WANT YOU TO SWITCH OUT THE VGRIP FOR THE ROPE AND PERFORM THE SAME TYPE OF PRESSDOWN WITH THE 3 SECOND NEGATIVE. ALLOW THE ROPE TO COME TOGETHER AT THE START OF THE LIFT AND FINISH BY SPREADING THE ROPE APART. THIS MOVEMENT IS NOT ABOUT HOW MUCH WEIGHT YOU CAN USE, SO FOCUS ON GOOD FORM AND GETTING A STRONG SQUEEZE AND CONTRACTION ON EACH REP!

SEATED DUMBBELL PREACHER CURL: 3 SETS OF 8-12 REPS PER ARM WITH 1 MINUTE REST.

- WE USED A HEAVY BARBELL TO WORK THE BICEPS EARLIER IN THE WEEK. I NOW WANT TO SPEND SOME TIME WORKING ON AN ISOLATION MOVEMENT LIKE THE PREACHER CURL. THE DBELL WILL FORCE YOU TO FOCUS ALL OF YOUR EFFORT ON ONE BICEP AT A TIME. PICK A WEIGHT THAT ALLOWS YOU TO GET A FULL STRETCH AT THE BOTTOM. PARTIAL REPS DO HAVE THEIR PLACE IN SOME PROGRAMS, BUT I DON'T WANT TO SEE YOU DOING THEM HERE.

REVERSE THUMB-LESS GRIP BARBELL CURL: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-I WANT YOU TO GRAB A BARBELL WITH A REVERSE GRIP AS WELL AS A "THUMBLESS" AKA "SUICIDE" GRIP. BY TAKING YOUR THUMB OUT OF THE PICTURE, I AM FORCING YOU TO SQUEEZE THE BARBELL WITH THE REST OF YOUR HAND THAT WILL TARGET THE FOREARM. THIS MOVEMENT WILL WORK THE BRACHIALIS AND BRACHIORADIALIS SIMILAR TO THE HAMMER CURL. AGAIN, THIS MOVEMENT IS NOT ONE TO BE DONE WITH VERY HEAVY WEIGHT. THIS IS WHY I HAVE YOU DOING 12-15 REPS INSTEAD OF 6-8, OR 8-12 REPS. I WANT YOU TO FOCUS ON THE CONTRACTION OF THE MUSCLES. THIS IS A GREAT WAY TO FINISH OUT BICEP DAY AND INCREASE GRIP STRENGTH AT THE SAME TIME.

DUMBBELL WRIST CURL: I WANT YOU TO PERFORM THE SAME MOVEMENT, SETS, REPS, AND REST AS THE WRIST CURL THAT YOU DID ON DAY 2 OF THIS PROGRAM.

CONCLUSION FOR THE POWER BODYBUILDING PLAN

I WOULD LIKE TO SEE YOU FOLLOW THIS SPLIT FOR A MINIMUM OF 8 WEEKS. YOU NEED TO GIVE THE PLAN SOME TIME TO FOCUS ON STRENGTH PROGRESSION! YOU WON'T BUILD A LOT OF STRENGTH IN 2-3 WEEKS. THE PURPOSE OF THIS PLAN IS TO INCREASE STRENGTH AND MUSCLE MASS WHILE PREPARING YOU FOR THE FOLLOWING WORKOUT PROGRAM WHICH YOU WILL FOLLOW FOR WEEKS 9-16.

MANY OF YOU MAY ASK HOW MUCH WEIGHT YOU SHOULD USE ON THE EXERCISES THAT ARE NOT STRENGTH FOCUSED. I SUGGEST THAT YOUR FIRST SET IS SOMEWHAT LIGHT SO THAT YOU CAN GET ACCLIMATED TO THE MOVEMENT. YOUR SECOND SET AND BEYOND SHOULD BE WITH THE HEAVIEST WEIGHT THAT YOU CAN USE WITHIN THE DESIRED REP RANGE. IF YOU FAIL TO HIT YOUR REPS THEN YOU WENT TOO HEAVY AND YOU NEED TO DROP THE WEIGHT FOR THE NEXT SET. IF YOU WENT OVER THE DESIRED REPS THEN YOU NEED TO GO HEAVIER ON THE NEXT SET!

JUST REMEMBER THAT THE MORE WORK THAT YOU PUT IN WITH THIS PLAN THEN THE MORE RESULTS YOU WILL SEE WITH THE SECOND PLAN IN THIS EBOOK!

HIGH VOLUME/FREQUENCY BODYBUILDING PLAN WEEKS 9-16

NOW THAT YOU HAVE COMPLETED THE POWER BODYBUILDING PLAN, YOU SHOULD HAVE A GREAT FOUNDATION WITH STRENGTH AND SOME NEWLY ADDED MUSCLE. AS I SAID ABOVE, WE USED STRENGTH AS THE MAIN FOCUS AND MEANS TO INCREASE MUSCLE MASS IN THE LAST PLAN. THE FREQUENCY WAS LOW WHERE WE ONLY HIT THE MUSCLE ONCE PER WEEK (WITH THE EXCEPTION OF ARMS). YOU WILL NOT TRANSITION INTO A HIGH FREQUENCY, HIGH VOLUME, BODYBUILDING PLAN. YOU WILL HIT EVERY MUSCLE TWICE PER WEEK WITH A GREATER VARIETY OF EXERCISES AND A LOT MORE VOLUME! I WANTED TO BUILD THE STRENGTH FOUNDATION BEFORE DOING THIS PLAN SO THAT YOU CAN USE A HEAVIER WEIGHT WITH THE VOLUME PLAN. I STILL WANT YOU TO KEEP THE WEIGHTS AS HEAVY AS POSSIBLE WITHIN THE DESIRED REP RANGE. WE MAY NOT BE FOCUSING ON STRENGTH AND NUMBERS IN THIS PLAN, BUT THAT DOESN'T MEAN THAT YOU WILL BE TRAINING WITH LIGHT WEIGHTS. WE WILL BE FOCUSING ON VOLUME, GETTING A GREAT PUMP, AND PUSHING THE MUSCLE WITH ENDURANCE AS MUCH AS STRENGTH. THIS WILL BE A GREAT CHANGE, COMPARED TO THE POWER BODYBUILDING PLAN, TO HELP YOU CONTINUE TO PROGRESS!

HIGH FREQUENCY AND VOLUME BODYBUILDING ROUTINE .

DAY 1: BACK/CHEST

DAY 2: LEGS

DAY 3: DELTS/ARMS

DAY 4: REST

DAY 5: REPEAT STARTING WITH DAY 1.

THIS IS A 3 DAY ON AND 1 DAY REST SPLIT. DO NOT CONFUSE THIS WITH THE 2 DAY ON 1 DAY REST PLAN THAT YOU JUST COMPLETED. WE WILL BE HITTING EVERY MUSCLE GROUP OVER 3 DAYS WITHOUT REST, REST JUST ONE DAY, AND THEN REPEAT IT. THIS IS TWICE THE FREQUENCY AS THE OLD PLAN WHERE YOU WOULD TRAIN HALF THE MUSCLES OVER 2 DAYS, REST 1 DAY, TRAIN THE OTHER HALF OVER 2 DAYS, THEN REST FOR 2 DAYS BEFORE REPEATING. THE WORKOUTS FOR THE FOLLOWING PLAN WILL NOT INCLUDE AS MANY STRESSFUL EXERCISES (LIKE THE POWERLIFTS) BECAUSE YOU WILL STRUGGLE TO RECOVER WITH THE HIGH FREQUENCY OF THIS PLAN. INSTEAD WE WILL CHOOSE VOLUME SO THAT YOU CAN RECOVER IN BETWEEN EACH CYCLE OF THE 3 WORKOUT DAYS AND CONTINUE TO PROGRESS.

-ECTOMORPH/HARD GAINER: JUST LIKE THE POWER BODYBUILDING PLAN, YOU SHOULD LIMIT THE AMOUNT OF CARDIO YOU DO SO THAT YOU CAN CONSERVE AS MUCH ENERGY AS POSSIBLE. WE WANT ALL OF THE CALORIES YOU'RE CONSUMING TO GO TOWARDS MUSCLE GROWTH. WE NEED ALL THE CALORIES WE CAN GET!

-MESOMORPH: FEEL FREE TO TOSS 10 MINUTES HIIT CARDIO IN POST WORKOUT, BUT REMEMBER THAT THE VOLUME AND FREQUENCY OF THIS PLAN CAN BE FAT BURNING IN AND OF ITSELF. EXTRA CARDIO MIGHT LIMIT YOUR GAINS, SO KEEP AN EYE ON IT. DO NOT DO CARDIO ON THE REST DAY. YOU NEED THAT DAY TO RECOVER AND GROW.

-ENDOMORPH: THIS PLAN SHOULD HELP YOU PREVENT FAT GAIN BECAUSE YOU SHOULD BE KEEPING THE HEART RATE HIGHER AND BURNING MORE CALORIES. THAT BEING SAID, I WOULD ADVISE 15MIN HIIT CARDIO POST WORKOUT ON WORKOUT DAYS ONLY. YOU WILL ALSO NEED TO USE THE REST DAY AS A DAY OF RECOVERY AND SHOULD NOT BE DOING CARDIO ON THAT DAY.

-SKINNY FAT: I WANT TO SEE YOU DO 10 MIN HIIT CARDIO ON WORKOUT DAYS ONLY. YOU WILL REST COMPLETELY ON REST DAYS SO THAT YOU CAN RECOVER IN BETWEEN TRAINING SPLIT CYCLES. IF YOU FIND THAT YOU ARE NOT GAINING FAT, BUT ALSO AREN'T ADDING MUSCLE THEN CUT YOUR CARDIO BACK AND RELY ON THE PLAN TO KEEP YOU LEAN AS YOU GROW!

I WANT YOU TO MAKE SURE AND READ THE SECTION ABOUT THE WORKOUT LOGBOOK AND HOW TO IMPLEMENT CARDIO BEFORE STARTING THIS PLAN!

DAY 1: BACK/CHEST

UNLIKE THE FIRST TRAINING SPLIT, WE DO NOT HAVE A MAIN FOCUS ON THIS DAY. WE WILL BE INCORPORATING A COMPOUND SET TO ONE EXERCISE, AND DROP SETS TO TWO EXERCISES. THE MAIN GOAL FOR THIS DAY IS TO WORK THE ANTAGONISTIC MUSCLES OF THE CHEST AND BACK, GET A SOLID PUMP, PUSH THE MUSCLE TO FATIGUE AND FAILURE, AND THEN GO HOME AND RECOVER!

PULL UPS COMPOUND SET WITH LAT PULLDOWN: I WANT YOU TO PERFORM AS MANY BODYWEIGHT PULL UPS AS YOU CAN AND THEN IMMEDIATELY PERFORM THE LAT PULLDOWN TO FAILURE AT 75% OF YOUR BODYWEIGHT. DO THIS FOR 3 SETS WITH 1 MINUTE REST IN BETWEEN SETS.

-THIS WILL BE A GREAT WARM UP FOR THE BACK FOR THIS DAY. NOT ONLY THAT, BUT YOUR BODY HAS BEEN USED TO TRAINING WITH HEAVY COMPOUND MOVEMENTS. WE ARE NOW HITTING THE MUSCLE TO FAILURE WITH A COMPOUND SET OF TWO EXERCISES HITTING THE SAME MUSCLE. THE CHANGE IN VOLUME AND INTENSITY WILL BE A DIFFERENT TYPE OF STRESS FOR THE MUSCLE AND SHOULD HELP YOU PROGRESS!

CLOSE GRIP CABLE ROW: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-I WANT YOU TO ADD WEIGHT TO EACH SET WITH THE 4TH SET BEING THE HEAVIEST. I WANT YOU TO PERFORM A DROP SET TO FAILURE ON THE 4TH SET. THE DROP SET SHOULD LOOK LIKE THIS:

SET 1: LIGHTER WARM UP.

SET 2: DIFFICULT TO HIT THE 8-12 REPS BUT NOT FAILURE.

SET 3: YOU SHOULD STRUGGLE TO HIT 8-12 REPS BUT STILL GET IT.

SET 4: YOU SHOULD PICK A WEIGHT THAT YOU LIKELY CAN'T GET 8 REPS AND GO TO FAILURE. ONCE YOU HIT FAILURE THEN DROP THE WEIGHT BY 30LBS AND GO TO FAILURE ONCE MORE.

-THIS IS A SIMPLE SINGLE DROP SET TO HELP ADD SOME VOLUME TO YOUR SET, AND ALLOW YOU TO PUSH THE MUSCLE FURTHER THAN YOU HAVE WITH THE PREVIOUS PLAN.

SINGLE ARM DUMBBELL ROW: 3 SETS OF 8-12 REPS PER ARM WITH 1 MINUTE REST IN BETWEEN ARMS.

-I WANT YOU TO USE THE DUMBBELL RACK OR A BENCH FOR SUPPORT. KEEP THE TORSO AT ROUGHLY A 45 DEGREE ANGLE AND ALLOW FOR THE DEEPEST STRETCH POSSIBLE ON THE ECCENTRIC PORTION OF THE LIFT. WHEN YOU CONTRACT THE MUSCLES AND MOVE THE WEIGHT ON THE CONCENTRIC, I WANT YOU TO FOCUS ON THE SQUEEZE OF THE MUSCLES IN BETWEEN YOUR SCAPULA AND YOUR SPINE. YOU SHOULD FEEL IT PINCH TOGETHER. WE ARE TOSsing THIS MOVEMENT IN TO HELP YOU BUILD MORE DENSITY IN YOUR MID AND UPPER BACK!

2 ARM DUMBBELL ROW: 2 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-YOU WILL NOT USE ANY SUPPORT ON THIS MOVEMENT, AS YOU WILL BE PERFORMING THE DBELL ROW WITH BOTH ARMS SIMULTANEOUSLY. THIS TYPE OF DUMBBELL ROW WILL HELP STRENGTHEN THE ERECTORS, GLUTES, AND CORE TO KEEP YOUR TORSO UPRIGHT AS YOU ROW. I THINK THAT IT IS A SOLID FINISHER AFTER PERFORMING HEAVY SINGLE ARM DUMBBELL ROWS. YOU SHOULD BE FATIGUED AT THIS POINT AND NOTICE THAT I HAVE INCREASED THE REP RANGE. THIS MEANS THAT YOU WILL BE DECREASING THE WEIGHT TO PERFORM THIS MOVEMENT PROPERLY.

DUMBBELL SHRUG: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-SINCE YOU ARE ALREADY AT THE DBELL RACK, I WANT TO TOSS IN SOME DUMBBELL SHRUGS TO FINISH OFF THE TRAPS FOR THE DAY. THE DBELL ROW WILL ALSO ACTIVATE THE TRAPS TO A DEGREE, BUT I WANT TO DIRECTLY WORK THEM IN THIS PLAN AS WELL! THE REP RANGE IS FAIRLY HIGH, SO FOCUS ON A FULL CONTRACTION AND FEEL A SOLID PUMP IN THE MUSCLE. THIS MOVEMENT IS NOT ABOUT HOW HEAVY YOU CAN GO, BUT HOW WELL YOU CAN ACTIVATE THE TRAPS!

DUMBBELL PULL OVER: 2 SETS OF 12-15 REPS WITH 1 MINUTE REST IN BETWEEN SETS.

-THIS IS A GREAT EXERCISE TO FINISH OFF THE BACK AND WARM UP THE PECS BEFORE GETTING INTO YOUR CHEST WORKOUT ON THE DAY.

FLAT BENCH DUMBBELL PRESS: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-WE ARE SWITCHING THE BARBELL FOR THE DBELL IN THIS SPLIT. I KNOW THAT YOU HAVE BEEN DOING DBELL INCLINE PRESS, BUT THE FLAT PRESS WILL TARGET THE PECS FROM A DIFFERENT ANGLE. YOU WILL BE PERFORMING THIS EXERCISE FIRST FOR CHEST, SO MAKE SURE THAT YOU GIVE YOURSELF A COUPLE SOLID WARM UP SETS BEFORE GETTING TO YOUR HEAVIER LIFTING.

HAMMER STRENGTH INCLINE PRESS: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-I WANT YOU TO PERFORM A "REST PAUSE" SET ON YOUR 3RD SET OF THIS EXERCISE. THIS IS HOW YOU SHOULD PERFORM THE REST PAUSE SET:

SET 3:

1ST ROUND -X WEIGHT TO FAILURE IN THE 8-12 REP RANGE.

REST FOR 15 SECONDS.

2ND ROUND - SAME WEIGHT TO FAILURE.

REST FOR 15 SECONDS.

3RD ROUND - SAME WEIGHT TO FAILURE.

DONE.

-YOU SHOULD GET THE MOST REPS WITH THE FIRST ROUND OF THE DROP SET. YOU WILL LIKELY GET FEWER REPS EACH ROUND AND THIS IS OK. THE GOAL OF A REST-PAUSE SET IS TO HELP YOU GET MORE TOTAL REPS WITH A HEAVY WEIGHT THAN YOU COULD POSSIBLY GET WITH A STRAIGHT SET ALONE.

DECLINE DUMBBELL FLYE: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-YOU CAN PERFORM THIS ON ANY DECLINE BENCH. THIS IS AN EXERCISE WHERE YOU WILL NOT FOCUS ON HOW MUCH WEIGHT YOU ARE USING. KEEP THE WEIGHT LIGHT TO MODERATE AND FOCUS ON THE STRETCH AND CONTRACTION OF THE PECS WITH EACH REP. YOU WILL BE FATIGUED BY THIS POINT IN THE WORKOUT SO I WANT YOU TO CHOOSE A WEIGHT THAT YOU CAN HANDLE TO PREVENT THE RISK OF INJURY.

CABLE CROSS OVER: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-THIS IS ONE OF MY FAVORITE FINISHERS FOR CHEST ON A HIGH VOLUME DAY. I WANT YOU TO PERFORM 2 SETS FROM THE HIGH PULLEY FOLLOWED BY 2 SETS FROM THE LOW PULLEY. AT THIS POINT IN THE WORKOUT, YOUR PECS SHOULD BE FATIGUED AND ALREADY PUMPED. WE WANT TO USE THIS EXERCISE TO HELP YOU PUSH AS MUCH BLOOD INTO THE MUSCLE AS POSSIBLE AND FINISH TODAY'S WORKOUT FEELING PUMPED AND FATIGUED!

DAY 2: LEGS

WE WILL NOT BE TRAINING HEAVY BACK SQUATS ON THIS DAY, AND WE WILL NOT BE DOING ANY DIRECT CORE WORK AS WELL. WE WILL BE REPLACING THE BACK SQUAT WITH FRONT SQUAT IN A HIGHER VOLUME STYLE. WE WILL BE CHANGING THINGS UP WITH THIS LEG DAY AND INCORPORATE A WIDER VARIETY OF EXERCISES TO TARGET THE MUSCLES FROM DIFFERENT ANGLES. WE WILL ALSO INCREASE THE REPS ON THE DAY AS WELL. YOU SHOULD HAVE A GREAT STRENGTH BASE AND STRONG LEGS AFTER THE FIRST PROGRAM, SO NOW WE WANT TO USE THAT STRENGTH AND REALLY TARGET THE ENDURANCE OF THE MUSCLE WITH THE HEAVIEST WEIGHT POSSIBLE!

LEG EXTENSION: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-I WANT YOU TO PERFORM THE 3RD SET WITH A SINGLE DROP SET TO FAILURE. YOU SHOULD DROP ROUGHLY 20% IN WEIGHT FROM YOUR HEAVIEST WEIGHT FOR YOUR DROP SET FOR THIS EXERCISE. THIS WILL ALSO HELP WARM UP THE QUADS BEFORE WE GET INTO SOME OF THE HEAVIER LIFTING.

LYING LEG CURL: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-I WANT YOU TO DO THE SAME SINGLE DROP SET WITH THE LEG CURL THAT YOU DID WITH THE LEG EXTENSION. THIS MOVEMENT IS PLACED SECOND IN TODAY'S WORKOUT SO THAT WE CAN WARM THE HAMSTRINGS UP BEFORE GETTING INTO THE HEAVIER EXERCISES.

FRONT SQUAT: 5 SETS OF 6-8 REPS WITH 1-2 MINUTES REST IN BETWEEN SETS.

-WE ARE SWITCHING THINGS UP COMPARED TO THE BACK SQUAT IN THE PREVIOUS PROGRAM. I AM STILL KEEPING THE REPS RELATIVELY LOW SO THAT YOU CAN TRAIN WITH A FAIRLY HEAVY WEIGHT. MOST PEOPLE ARE WEAKER ON THE FRONT SQUAT THAN THE BACK SQUAT, SO YOU WILL HAVE TO DECREASE THE WEIGHT BECAUSE OF THAT. I AM ALSO INCREASING THE REPS TO 6-8 INSTEAD OF 5. THIS WILL ALSO ALLOW YOU TO USE A SLIGHTLY LIGHTER WEIGHT. WE ARE SLIGHTLY INCREASING THE VOLUME AND TRAINING THE SQUAT IN A DIFFERENT FORM WITH THE FRONT SQUAT. THIS WILL BE YOUR CORNERSTONE MOVEMENT ON TODAY'S LEG DAY.

GOBLET SQUAT: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-THE GOBLET SQUAT IS GREAT TO HELP INCREASE THE STRENGTH OF THE GLUTES AND HIPS. YOU WILL USE THE GLUTES AND HIPS TO HELP KEEP THE TORSO UPRIGHT DURING THE MOVEMENT. THE WIDER STANCE WILL ALSO MAKE IT DIFFICULT TO USE MORE QUAD. THIS MOVEMENT WILL DO MORE FOR THE GLUTES AND HAMSTRINGS THAN ANYTHING. I AM KEEPING THE REPS HIGH BECAUSE I WANT YOU TO FOCUS ON THE VOLUME HERE. YOU WILL LIKELY BE FATIGUED AFTER THE FRONT SQUAT, AND THE GOBLET SQUAT ISN'T THE BEST MOVEMENT TO TRAIN HEAVY AS IT IS. SO FOCUS ON USING THE GLUTES, FEEL A STRETCH IN THE HAMSTRINGS, AND KEEP THE WEIGHT MODERATE FOR THIS EXERCISE.

WALKING LUNGE: 3 SETS OF 12-15 REPS PER LEG WITH 1-2 MINUTES REST.

-I WANT TO TRAIN THIS MOVEMENT AFTER YOU ARE FATIGUED, SO I AM PLACING IT LATER IN THE WORKOUT ORDER. FEEL FREE TO USE DUMBBELLS TO INCREASE THE RESISTANCE ON THIS MOVEMENT AS WELL. I PREFER THE WALKING LUNGE TO THE STATIONARY LUNGE WITH THIS PROGRAM.

DUMBBELL STIFF LEG DEADLIFT: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-THE DIFFERENCE BETWEEN THE BARBELL VARIATION AND THE DBELL IS MINIMAL. I WANTED TO MIX THINGS UP SO I AM TOSSING IN THE DUMBBELL VARIATION WITH THIS PLAN COMPARED TO THE BARBELL FROM THE PREVIOUS PLAN. I DO LIKE THAT EACH DUMBBELL WILL PULL INDEPENDENTLY COMPARED TO A BARBELL. YOU CAN ALSO KEEP THE DBELL CLOSER TO YOU AND SOME PEOPLE NOTICE A BETTER STRETCH IN THE HAMSTRINGS WITH THE DBELL COMPARED TO THE BARBELL. FOCUS ON THE STRETCH OF THE HAMSTRING ON THE DESCENT AND USE THE GLUTES TO STABILIZE THE TORSO ON THE CONTRACTION.

SEATED LEG CURL: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-I KNOW WE HIT THE LYING LEG CURL EARLIER IN THE PLAN, BUT I FIND THAT IT IS EASIER TO COMPLETE THE REPETITIONS ON THE SEATED LEG CURL WHEN YOU ARE FATIGUED. YOU WILL BE FATIGUED AT THIS POINT IN THE PLAN SO WE CHOOSE THIS MOVEMENT TO FURTHER TARGET THE HAMSTRINGS AND GET WORK DONE DESPITE THE FATIGUE. I WANT YOU TO TOSS IN A SINGLE DROP SET TO FAILURE ON YOUR LAST SET OF THIS EXERCISE AS WELL.

SEATED OR STANDING CALF RAISE: 4 SETS OF 20-25 REPS WITH 1 MINUTE REST.

-WE ARE DRAMATICALLY INCREASING THE VOLUME ON THIS MOVEMENT COMPARED TO THE PREVIOUS PROGRAM. I WANT YOU TO USE A LIGHT TO MODERATE WEIGHT AND REALLY FOCUS ON THE SQUEEZE AND CONTRACTION WITH EITHER MOVEMENT. YOU ARE USED TO 5 SETS OF 8-12 REPS WITH A HEAVIER WEIGHT. WE ARE DOUBLING THE REPS AND LOSING 1 SET. THIS WILL BE A NICE CHANGE AND THE MUSCLE WILL RESPOND WELL.

DAY 3 DELTS/ARMS

WE DON'T HAVE A CENTER POINT EXERCISE ON THIS DAY. INSTEAD OF FOCUSING ON STRENGTH WITH OVERHEAD PRESSING MOVEMENTS, WE WILL NOW USE A TRI SET AND MULTIPLE DROP SETS TO REALLY INCREASE THE VOLUME FOR THE DELTS AND ARMS. THE VOLUME FOR THESE MUSCLE GROUPS WAS LOW IN THE LAST PROGRAM AND WE WILL BE DOING THE EXACT OPPOSITE WITH THIS DAY. KEEP THE WEIGHTS LIGHT AND MODERATE TO MAKE SURE THAT YOU CAN HIT YOUR TARGET REP RANGE WITH THE BEST FORM POSSIBLE!

PULL UPS: 3 SETS OF BODYWEIGHT TO FAILURE.

-I KNOW THAT WE HIT THIS EARLIER IN THE WEEK, BUT I STILL LIKE THE IDEA OF USING PULL UPS TO WARM UP THE MUSCLES IN THE BACK PRIOR TO GETTING INTO OUR DELT WORK.

TRI-SET (REVERSE DBELL FLYE, LATERAL RAISE, FRONT RAISE): 3 SETS OF 8-12 REPS PER MOVEMENT WITHOUT REST IN BETWEEN MOVEMENTS AND 1-2 MINUTES REST IN BETWEEN THE TRI-SET. -I WANT YOU TO PERFORM ALL OF THESE WITH DUMBBELLS. YOU CAN PERFORM THEM SEATED OR STANDING. CHOOSE A WEIGHT THAT YOU WILL USE FOR ALL 3 MOVEMENTS. YOU SHOULD START WITH THE REVERSE FLYE AND AS SOON AS YOU FINISH YOUR 8-12 REPS THEN IMMEDIATELY TRANSITION TO THE LATERAL RAISE FOLLOWED BY THE FRONT RAISE.

ONCE YOU COMPLETE ALL THE REPS FOR ALL 3 EXERCISES, THEN YOU WILL TAKE YOUR REST PERIOD. THIS IS A GREAT WAY TO REALLY HAMMER ALL 3 HEADS OF THE DELTS WITH VERY HIGH VOLUME.

HAMMER STRENGTH SEATED OVERHEAD PRESS: 4 SETS OF 8-12 REPS WITH 1-2 MINUTES REST.

-THIS WILL BE YOUR ONLY OVERHEAD MOVEMENT FOR DELTS WITH THIS PROGRAM. WE JUST SPENT THE LAST 8 WEEKS BUILDING UP THE STRENGTH ON THE BARBELL PUSH PRESS. WE WANT TO LET THAT STRENGTH TRANSFER OVER TO THIS MOVEMENT SO THAT YOU CAN USE THE HEAVIEST WEIGHT POSSIBLE IN THE DESIRED REP RANGE. FOCUS YOUR ENERGY HERE WITH HEAVIER WEIGHT AND THEN LET THE REST OF THE PROGRAM FOCUS ON VOLUME AND THE PUMP.

BARBELL CABLE UPRIGHT ROW: 4 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-I WANT YOU TO PERFORM THESE FROM A LOW CABLE PULLEY. THE STRENGTH CURVE OF THE CABLE WILL ALLOW YOU TO KEEP A CONSTANT TENSION ON THE DELT THROUGHOUT THE WHOLE MOVEMENT. I FIND THAT SOME PEOPLE WILL INCORPORATE MORE TRAP AND MID BACK WITH THE WAY THE WEIGHT IS DISTRIBUTED WITH A STANDARD BARBELL. THIS IS A GREAT EXERCISE TO REALLY FOCUS ON THE LATERAL HEAD AND GAIN SOME WIDTH TO YOUR SHOULDERS.

BODYWEIGHT DIPS: 3 SETS OF BODYWEIGHT TO FAILURE WITH 1 MINUTE REST IN BETWEEN SETS.

-WE WILL STILL INCORPORATE THE DIP IN THIS ROUTINE, BUT WE WILL ONLY DO IT WITH BODYWEIGHT. WE WANT TO USE BODYWEIGHT BECAUSE THE DELTOIDS WILL BE SEVERELY FATIGUED BY THE TIME WE GET TO THIS MOVEMENT. THE DIPS WILL HELP FINISH OFF THE DELTS AND WARM UP THE TRICEPS BEFORE WE GET INTO OUR TRICEP WORK ON THE DAY. MAKE SURE TO KEEP AN UPRIGHT POSTURE TO MINIMIZE THE AMOUNT OF CHEST INVOLVEMENT WITH THIS MOVEMENT.

SEATED BARBELL OVERHEAD EXTENSION: 3 SETS OF 8-12 REPS WITH 1 MINUTE REST.

-WE WILL TOSS THIS EXERCISE IN THE ROUTINE TO TARGET THE LONG (INNER) HEAD OF THE TRICEPS. THIS MOVEMENT WILL TARGET THAT PART OF THE TRICEPS BETTER THAN A SKULL CRUSHER. I WANTED TO KEEP ONE OF THESE TYPES OF HEAVY TRICEPS EXERCISES SO THAT WE CAN CONTINUE TO BUILD THE ARM AND LET THAT STRENGTH OF THE TRICEP TRANSFER OVER TO THE BENCH PRESS AND OVERHEAD PRESS IN THE FUTURE. PUSH YOURSELF WITH WEIGHT HERE, BUT KEEP THE WEIGHT MODERATE ENOUGH SO THAT YOU KEEP THE STRESS OFF OF THE ELBOW JOINT. YOUR FORM MATTERS MORE THAN THE WEIGHT USED.

CABLE TRICEP KICKBACK: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-AS I MENTIONED IN THE PREVIOUS PLAN, THE KICK BACK IS A UNIQUE ANGLE TO TRAIN THE TRICEPS. I AM SWITCHING THINGS UP FROM THE DUMBBELL TO THE CABLE. THE STRENGTH CURVE WILL CHANGE AND YOU'LL HAVE THE CABLE STACK PULLING THE LOWER ARM DOWN AND FORWARD COMPARED TO THE PREVIOUS DBELL THAT JUST WANTED TO MOVE DOWNWARDS. YOU WILL DO THIS FOR HIGH VOLUME AND I WANT YOU TO CHOOSE A WEIGHT THAT ALLOWS YOU TO COMPLETE THE REPS AS YOU GET A FULL CONTRACTION WITH EACH REP.

STANDING ALTERNATING DUMBBELL CURL: 3 SETS OF 8-12 REPS PER ARM WITH 1 MINUTE REST.

-YOU WILL ALTERNATE ARMS WITH EACH REP FOR A TOTAL OF 16-24 REPS. MAKE SURE TO PICK A WEIGHT THAT ALLOWS YOU TO COMPLETE ALL THE REPS FOR THIS EXERCISE. NOT ONLY DID WE INCREASE THE VOLUME, BUT WE WILL PERFORM THESE STANDING UP SO THAT YOU CAN GET SOME CORE WORK AS WELL. MANY DON'T KNOW THAT THE CORE IS USED WITH THE ALTERNATING EXERCISES LIKE THIS TO KEEP THE TORSO UPRIGHT AND RIGID.

CABLE BARBELL CURL (21'S): 3 SETS OF 15 REPS WITH 1 MINUTE REST.

-THE TRADITIONAL "21'S" WAS PERFORMED WITH 7 REPS 3 TIMES, BUT I WILL MODIFY THAT TO FIT THIS INTO THE PLAN. I WANT YOU TO PERFORM ALL REPS FROM THE LOW PULLEY OF A CABLE STACK. I WANT YOU TO PERFORM 5 REPS GOING FROM THE BOTTOM OF THE LIFT TO THE MIDDLE OF THE LIFT AND THEN BACK DOWN. ONCE YOU COMPLETE THOSE 5 THEN I WANT YOU TO PERFORM 5 REPS FROM THE MIDDLE OF THE LIFT TO THE TOP OF THE LIFT. AFTER YOU COMPLETE THOSE 5 THEN I WANT YOU TO PERFORM 5 FULL REPS TO FINISH THE SET. HAVING TO STOP AND CONTROL THE WEIGHT AT THE MID POINT OF THE REP WILL CAUSE AN ADDED STRESS TO THE MUSCLE THAT CAN HELP INCREASE VOLUME AND BUILD A BIGGER PAIR OF BICEPS!

ROPE HAMMER CURL: 3 SETS OF 12-15 REPS PER ARM WITH 30 SECONDS REST IN BETWEEN ARMS.

-YOU WILL PERFORM THESE WITH 1 ARM AT A TIME AND REST IN BETWEEN ARMS. THE STRENGTH CURVE OF THE ROPE HAMMER CURL IS DIFFERENT THAN THE DUMBBELL, BUT THE TARGET MUSCLES REMAIN THE SAME. I WANT YOU TO PERFORM A SINGLE DROP SET ON THE LAST SET OF THIS EXERCISE.

BARBELL WRIST CURL: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-YOU WILL PERFORM THE SAME MOTION AS THE DBELL WRIST CURL EXCEPT THAT YOU WILL DO THESE WITH A BARBELL AND BOTH ARMS SIMULTANEOUSLY. WE STILL WANT TO MAKE SURE TO TRAIN THE FOREARMS IN ANY SPLIT TO FURTHER BUILD THE ARM AND INCREASE GRIP STRENGTH THAT TRANSFERS OVER TO MOST WEIGHT LIFTING EXERCISES!

CONCLUSION FOR THE HIGH VOLUME, HIGH FREQUENCY, BODYBUILDING PLAN

THIS PLAN IS MUCH DIFFERENT THAN THE FIRST PLAN IN THIS EBOOK. THE REASON THAT I MADE SUCH A DIFFERENCE IS BECAUSE YOU CAN BUILD MUSCLE USING BOTH STYLES OF TRAINING. I HAVE ALWAYS BOUNCED BACK AND FORTH BETWEEN POWER BODYBUILDING TYPE PLANS AND HIGH FREQUENCY, HIGH VOLUME, BODYBUILDING TYPE PLANS. BOTH WILL WORK BUT NEITHER WILL WORK FOREVER, SO YOU HAVE TO MAKE A CHANGE NOW AND THEN!

MANY PEOPLE TALK ABOUT "MUSCLE CONFUSION". THE THING IS, THE MUSCLES CAN'T BE CONFUSED BECAUSE THEY DON'T HAVE A MIND OF THEIR OWN OUTSIDE OF YOUR BRAIN THAT THEY ARE CONNECTED TO. TOO MANY PEOPLE CHANGE THEIR ROUTINES FAR TOO FREQUENTLY AND THEY NEVER SEE ANY PROGRESS. YOU NEED TO STICK WITH A PLAN AND FOCUS ON IMPROVEMENTS OF EACH EXERCISE TO TRULY SEE GAINS. THIS IS WHY I LIKE THE POWER BODYBUILDING STYLE BECAUSE WE LITERALLY FOCUS ON STRENGTH NUMBERS. TYPICALLY AS STRENGTH GOES UP THEN LEAN MUSCLE INCREASES. ONCE WE GET A CERTAIN LEVEL OF STRENGTH AND WE PLATEAU THEN I FIND THAT A SWITCH IN FREQUENCY AND VOLUME SEEMS TO BE THE ANSWER TO KEEP PROGRESSING! YOU COULD SAY THAT THE DIFFERENT PROGRAM IS DESIGNED TO CONFUSE THE MUSCLE. WHAT I WANT YOU TO FOCUS ON IS THAT THE MUSCLE WILL NOT GROW UNLESS YOU PUT IT IN AN UNCOMFORTABLE POSITION. AS YOU TRAIN AND MAKE PROGRESS, THEN THAT IS THE MUSCLES ADAPTING TO TRAINING. ONCE THEY ADAPT THEN THEY ARE NO LONGER STRESSED. THIS IS WHEN YOU SWITCH THINGS UP, THE STRESS CHANGES, AND PROGRESS CONTINUES.

TECHNICALLY YOU CAN ALTERNATE BETWEEN THESE TWO PLANS INDEFINITELY AND AS LONG AS YOU ARE USING HEAVIER WEIGHTS EACH TIME YOU CHANGE PLANS, THEN YOU SHOULD BE SLOWLY ADDING LEAN MUSCLE! IF YOU DON'T WANT TO FOLLOW THESE EXACT PLANS THEN YOU CAN CERTAINLY ALTERNATE BETWEEN THESE TWO STYLES AND CREATE YOUR OWN PLAN. THE OPTIONS ARE ENDLESS AND THE GAINS WILL CONTINUE TO COME!

CARDIO ON A LEAN BULK PLAN

CARDIO IS ALWAYS A VALUABLE TOOL; IT JUST DEPENDS ON HOW YOU USE IT. MANY PEOPLE ONLY THINK OF CARDIO AS A CALORIE AND FAT BURNING TOOL TO BE USED WHEN "CUTTING". THIS IS NOT THE CASE. CARDIO IS ONE OF THE BEST THINGS THAT YOU CAN DO FOR HEALTH AND OVERALL ENDURANCE. WE SHOULD ALWAYS STRIVE TO BE HEALTHIER, SO I SUGGEST KEEPING SOME TYPE OF CARDIO INTO YOUR PLAN. THIS CAN BE IN THE FORM OF TRI SETS AND DROP SETS WITH WEIGHTS, OR IT CAN BE DONE ON A CARDIO MACHINE. IF YOU USE CARDIO TO INCREASE YOUR ENDURANCE THEN YOUR WEIGHT TRAINING WILL IMPROVE AS WELL. THERE IS NOTHING WORSE THAN THE MUSCLE HAVING MORE STRENGTH IN THE TANK TO GET MORE REPS, BUT YOU CAN'T BECAUSE YOU AREN'T IN GOOD SHAPE. LACKING CARDIO ENDURANCE WILL PREVENT OPTIMAL PERFORMANCE IN THE GYM, WHICH WILL HINDER GAINS IN LEAN MUSCLE MASS. IF YOU PLAN TO ADD CARDIO THEN YOU WILL NEED TO INCREASE YOUR CALORIES TO MAKE UP FOR THE CALORIES LOST WHILE PERFORMING THE CARDIO. OUTSIDE OF HEALTH AND ENDURANCE BENEFITS, CARDIO CAN HELP YOU GAIN LEAN MASS AS WELL! IT JUST DEPENDS ON YOUR BODY TYPE AND HOW YOU USE IT.!

ECTOMORPH/HARD GAINER

TYPICALLY THE ONLY TIME THAT I WILL PRESCRIBE CARDIO TO AN ECTOMORPH/HARD GAINER IS WHEN THEY ARE HAVING TROUBLE EATING. ONE OF THE BEST THINGS THAT CARDIO WILL DO IS STIMULATE APPETITE IN THIS TYPE OF PERSON. I DON'T LIKE LONG DISTANCE CARDIO FOR THIS BODY TYPE AS I FEEL THAT WILL BE DETRIMENTAL TO YOUR PROGRESS. I PREFER NO MORE THAN 10 MINUTES OF HIIT CARDIO POST WEIGHT TRAINING 2 TIMES PER WEEK AND THAT'S IT. THIS CAN BE ENOUGH CARDIO TO IMPROVE HEALTH, ENDURANCE, AND APPETITE IF ANY OF THOSE ARE A PROBLEM.

MESOMORPH

THE MESOMORPH WILL USUALLY RESPOND WELL TO 10-15 MINUTES HIIT CARDIO DONE POST WORKOUT, OR AT A SEPARATE POINT IN TIME, EVERY WORKOUT DAY. I DON'T LIKE LONG DISTANCE CARDIO FOR THE MESOMORPH BECAUSE THIS WILL TYPICALLY HINDER PROGRESS. THE MESOMORPH BUILDS MUSCLE MASS EASIER THAN AN ECTO. I'VE FOUND THAT MOST MESOMORPHS HAVE NO PROBLEMS ADDING MASS WHILE DOING CARDIO, AND IF ANYTHING, THE CARDIO HELPS KEEP THEM LEANER AS THEY GROW.

ENDOMORPH

THE ENDOMORPH IS THE ONLY BODY TYPE THAT I WILL PRESCRIBE CARDIO IN ANY BULKING PLAN. LISS CARDIO ON THE INCLINE TREADMILL OR STAIR MASTER FOR 20-30 MINUTES SEEMS TO WORK WELL TO HELP PREVENT THE ENDOMORPH FROM ACCUMULATING TOO MUCH FAT IN A BULKING PHASE. I AM ALSO NOT AGAINST 10-15 MIN HIIT CARDIO POST WORKOUT AS WELL. IDEALLY I WOULD LIKE TO SEE THE ENDOMORPH GET THEIR CARDIO COMPLETED IN THE MORNING AND DO WEIGHTS ONLY IN THE AFTERNOON AND EVENING. I REALIZE THAT THIS ISN'T ALWAYS POSSIBLE; IF YOU ARE AN ENDOMORPH THEN I SUGGEST THAT YOU PERFORM YOUR CARDIO POST WORKOUT OR SEPARATELY FROM THE WORKOUT WHEN POSSIBLE. I WILL ALSO NOTE THAT I AM NOT AGAINST CARDIO ON REST DAYS FOR ENDOMORPHS AS WELL. IT'S VERY HARD TO DO TOO MUCH CARDIO FOR AN ENDOMORPH. YOU WILL FOREVER BE WORKING AGAINST YOUR BODY GENETICALLY WANTING TO STORE EXTRA BODY FAT VERY EASILY.

SKINNY FAT

I FIND THAT THOSE THAT ARE CLASSIFIED AS SKINNY FAT WILL TYPICALLY VARY IN THEIR RESPONSE TO CARDIO. REMEMBER THAT SKINNY FAT PEOPLE BUILD FAT EASILY AND HAVE A HARD TIME BUILDING MUSCLE MASS. IF YOU DO TOO MUCH CARDIO THEN YOU RUN THE RISK OF NOT PUTTING ON ANY SIZE. IF YOU DO TOO LITTLE THEN YOU RUN THE RISK OF BUILDING TOO MUCH BODY FAT. I FIND THAT THE SKINNY FAT PERSON USUALLY HAS THE BEST LUCK WITH 10-15 MIN HIIT CARDIO POST WORKOUT. THIS IS ENOUGH TO KEEP FAT GAIN TO A MINIMUM AND IS NOT ENOUGH CARDIO TO PREVENT ANY MUSCLE GAIN.

I HIGHLY SUGGEST INCORPORATING SOME LEVEL OF CARDIO INTO THIS PLAN AS WELL. IF YOU CAN FIGURE OUT YOUR BODY TYPE, AND IMPLEMENT CARDIO ACCORDINGLY, THEN I HAVE NO DOUBT THAT CARDIO CAN HELP ENHANCE YOUR GAINS DURING THIS LEAN BULK.

THE IMPORTANCE OF A LOGBOOK

I WANT TO BRING UP A VERY IMPORTANT FACTOR FOR ANYBODY LOOKING TO MAKE PROGRESS IN ANYTHING RELATED TO WEIGHTLIFTING, ESPECIALLY WHEN TRYING TO ADD LEAN MASS. I SUGGEST THAT YOU KEEP A DETAILED LOGBOOK OF YOUR ENTIRE WORKOUT ROUTINE.

I KNOW THAT SOUNDS LIKE A LOT OF WORK, SOUNDS CRAZY, AND MAYBE A LITTLE BIT OCD. THERE ARE MOMENTS IN LIFE WHEN THE PEOPLE THAT ARE THE MOST INSANE WITH SOMETHING WILL MAKE THE MOST PROGRESS. THIS IS BECAUSE THESE PEOPLE PAY ATTENTION TO ALL OF THE LITTLE DETAILS. IF YOU PAY ATTENTION TO THE DETAILS THEN THE BIG PICTURE TAKES CARE OF ITSELF.

YOU WANT TO KEEP A LOGBOOK OF YOUR ENTIRE WORKOUT ROUTINE BECAUSE THIS ALLOWS YOU TO TRACK PROGRESS AND MAKE ADJUSTMENTS. MANY PEOPLE WILL REMEMBER WHAT THEIR MAXES ARE ON LIFTS. SOME PEOPLE WILL REMEMBER HOW MUCH WEIGHT THEY USED ON CERTAIN EXERCISES WITH THEIR LAST WORKOUT. IT'S RARE TO FIND SOMEBODY WHO CAN REMEMBER EVERY DETAIL ABOUT HIS OR HER WORKOUT. THIS IS WHERE A LOGBOOK BECOMES BENEFICIAL!

I SUGGEST TRACKING THE WEIGHT USED AND REPS FOR THE TOP SETS OF EACH EXERCISE IN YOUR WORKOUT. THE TOP SET IS THE HEAVIEST SET THAT YOU PERFORM FOR ANY GIVEN EXERCISE. THIS IS ESPECIALLY IMPORTANT WITH THE POWER BODYBUILDING WORKOUT ABOVE. YOU WANT TO NOT ONLY SEE STRENGTH PROGRESS ON THE COMPOUND LIFTS, BUT YOU WANT TO PROGRESS THROUGH THE WHOLE PROGRAM AS WELL. WHAT HAPPENS WHEN YOU START TO STALL ON THE HEAVY COMPOUND LIFTS? IF YOU GO A COUPLE WEEKS WITHOUT MAKING STRENGTH IMPROVEMENTS THEN YOU CAN GET DISCOURAGED AND FEEL STUCK. IF YOU TRACK THE TOP SETS OF ALL THE OTHER EXERCISES THEN YOU CAN SEE PROGRESS IN THOSE MOVEMENTS AS WELL. IF YOUR BENCH PLATEAUS FOR 2-3 WEEKS, BUT YOUR OTHER CHEST MOVEMENTS INCREASE, THEN YOU ARE STILL MAKING PROGRESS AND I CAN GUARANTEE THAT YOU ARE STILL BUILDING MUSCLE.

YOU CAN EVEN KEEP A WORKOUT LOG FOR WHEN YOU ARE CUTTING AS WELL. THE MOST IMPORTANT ASPECT TO THIS IS THAT IT IS DATA COLLECTION. YOU CAN LITERALLY SEE THE NUMBERS CHANGE FROM WEEK TO WEEK AND VISUALLY SEE YOUR PROGRESS DOWN ON PAPER. MAKING PROGRESS WITH YOUR BODY WILL OFTEN MOVE SO SLOW THAT YOU CAN'T SEE IT UNLESS YOU HAVE SOME METHOD OF MEASURING IT. THE LOGBOOK IS THE BEST WAY TO MEASURE YOUR WORKOUT SUCCESS.

SO IN CONCLUSION, KEEP A LOGBOOK AND TRY AND BEAT IT. IF YOU CONTINUE TO BEAT YOUR LOGBOOK THEN IT'S ONLY A MATTER OF TIME BEFORE YOU HAVE ACCUMULATED A LOT OF MUSCLE MASS AND STRENGTH!

MUSCLE HYPERTROPHY AND PROTEIN SYNTHESIS

MUSCLE HYPERTROPHY IS THE PROCESS AT WHICH THE MUSCLE GETS BIGGER. IT DOES THIS BY INCREASING THE SIZE OF THE CELL AS WELL AS INCREASING THE AMOUNT OF GLUCOSE THE BODY STORES IN THE MUSCLE AS GLYCOGEN. YOUR TRAINING WILL AFFECT MUSCLE HYPERTROPHY. STRESSING THE MUSCLE, USING THE METHODS I'VE OUTLINED ABOVE, IS HOW YOU STIMULATE MUSCLE HYPERTROPHY AND GET VISUALLY LARGER MUSCLES ON YOUR BODY.

ONE OF THE KEY TERMS TO UNDERSTAND WHEN WANTING TO INCREASE MUSCLE HYPERTROPHY IS "PROTEIN SYNTHESIS". PROTEIN SYNTHESIS IS A PROCESS AT WHICH THE BODY BUILDS LARGER MUSCLE TISSUE. YOU CANNOT STIMULATE PROTEIN SYNTHESIS WITHOUT TRIGGERING A CASCADE OF EFFECTS THROUGH WEIGHT TRAINING. THE SECONDARY THING THAT IS CRUCIAL FOR THIS IS AMINO ACIDS. IF WE STRESS THE MUSCLE WITH WEIGHT TRAINING, AND AMINO ACIDS ARE PRESENT, THEN WE CAN INCREASE PROTEIN SYNTHESIS AND MUSCLE SIZE!

THAT ALL SOUNDS VERY SIMPLE BUT UNFORTUNATELY, THE BODY IS VERY COMPLICATED. I FEEL THAT I HAVE A GOOD GRASP ON HOW TO BUILD MUSCLE TISSUE, BUT EVEN I AM STILL CONFUSED WHEN I'M TRYING TO LEARN MORE ABOUT THE BODY! THIS BRINGS ME TO MY NEXT POINT. IN A PERFECT WORLD, THE BODY CAN ONLY BUILD MUSCLE MASS. AS YOU KNOW, THIS IS NOT THE CASE. IF THE BODY ONLY BUILT MUSCLE THEN ALL YOU WOULD NEED TO DO IS TAKE AMINO ACIDS (FROM PROTEIN) AND PUSH YOURSELF IN THE GYM. HOWEVER, THE BODY CAN ALSO CATABOLIZE (BURN) MUSCLE TISSUE. THE BODY ALSO HAS THE ABILITY TO CONVERT AMINO ACIDS INTO GLUCOSE (GLUCONEOGENESIS) AND BURN THOSE OFF AS FUEL AS WELL! YOU MAY BE THINKING...THIS SUCKS!

THE WAY TO GUARANTEE PROTEIN SYNTHESIS AND MUSCLE HYPERTROPHY IS TO FIRST TRAIN VERY HARD AND STRESS THE MUSCLE. YOU CAN DO THIS BY FOLLOWING THE ADVICE THAT YOU'VE PREVIOUSLY READ IN THIS PLAN. AFTER THAT YOU NEED TO SUPPLY THE MUSCLE WITH AMINO ACIDS AND KEEP THE ENERGY REQUIREMENTS OF THE BODY IN A SURPLUS SO THAT THE BODY WILL NOT USE THOSE AMINO ACIDS FOR FUEL. IF YOU DO NOT EAT IN A CALORIC SURPLUS THEN YOU WILL BURN MUSCLE TISSUE AND THE PROTEIN YOU CONSUME AS FUEL INSTEAD OF BUILDING IT INTO BIGGER MUSCLE TISSUE.

IF YOU EAT TOO MUCH THEN THE BODY WILL BUILD MUSCLE AND START STORING FAT AS WELL. YOU CAN SEE THAT THERE IS A FINE BALANCE OF FIRST STRESSING THE MUSCLE IN THE GYM, FOLLOWING THAT YOU NEED TO EAT PLENTY OF PROTEIN AND MAINTAIN A CALORIC SURPLUS, BUT YOU CAN'T BE IN TOO MUCH OF A SURPLUS OR ELSE YOU WILL ADD UNWANTED BODY FAT. THIS BRINGS ME TO THE NEXT SECTION IN THIS EBOOK, BUT FOR NOW I WANT YOU TO UNDERSTAND THE TERM MUSCLE HYPERTROPHY, PROTEIN SYNTHESIS, AND HOW THEY PLAY A ROLE IN HELPING YOU GROW!

BUILDING YOUR DIET

NOW THAT YOU HAVE A GREATER UNDERSTANDING ON THE NECESSITY OF A CALORIC SURPLUS FOR MUSCLE GROWTH, WHERE DO WE START WITH THE DIET? THE FIRST THING THAT YOU WILL NEED TO KNOW IS WHAT YOUR ROUGH CALORIC MAINTENANCE IS. IT WON'T MATTER WHAT MACRO RATIO YOU FOLLOW OR ANY WEIGHT GAINING SUPPLEMENTS YOU TAKE IF YOU DON'T KNOW WHERE YOUR CALORIC MAINTENANCE IS. SO HOW DO WE FIND THIS?

FINDING THE CALORIC MAINTENANCE

I MENTIONED THE LOGBOOK FOR YOUR WORKOUT PREVIOUSLY. WE USED TO HAVE TO KEEP A FOOD LOG ON PAPER, BUT FORTUNATELY WE NOW HAVE APPS THAT DO IT FOR US IN OUR PHONES. WITH THE INVENTION OF THE NEW DIET APPS, YOU NOW HAVE THE ABILITY TO MAKE IT EASY TO FIND OUT HOW MANY CALORIES YOU CONSUME AND HOW MANY OF EACH MACRO YOU CONSUMED TO HIT THAT CALORIE NUMBER. I SUGGEST THAT YOU USE ONE OF THESE APPS AND JUST TRACK YOUR FOODS FOR 2 WEEKS. DON'T WORRY ABOUT DIETING AND DON'T WORRY ABOUT MACROS, JUST TRACK YOUR FOODS SO WE CAN GET SOME DATA. ONCE YOU HAVE 2 WEEKS WORTH OF INFORMATION THEN I WANT YOU TO FIND THE AVERAGE INTAKE OF EACH MACRO AS WELL AS THE AVERAGE INTAKE OF CALORIES THAT YOU CONSUME PER DAY. WHILE YOU ARE DOING THIS, I WANT YOU TO WEIGH YOURSELF ON A SCALE EVERY MORNING AS SOON AS YOU WAKE UP. IF YOU GAINED WEIGHT OVER THOSE 2 WEEKS THEN YOU ARE IN A CALORIC SURPLUS. IF YOU LOST WEIGHT OVER THOSE TWO WEEKS THEN YOU ARE IN A DEFICIT. IF YOU MAINTAINED YOUR WEIGHT, THEN YOUR CALORIC NUMBER IS CLOSE TO YOUR CALORIC MAINTENANCE. IF YOU FIND THAT YOU GAINED FAR TOO MUCH WEIGHT, OR LOST FAR TOO MUCH WEIGHT DURING THOSE TWO WEEKS THEN I SUGGEST MAKING CHANGES IN INCREMENTS OF 500 CALORIES. TAKE THE FOLLOWING 2 SCENARIOS FOR EXAMPLE:

-PERSON A GAINED 10LBS DURING THE TWO WEEKS THEY WERE TRACKING THEIR FOODS. THEIR DAILY CALORIC INTAKE WAS 3000 CALORIES. I WOULD HAVE THEM CONSUME 2500 CALORIES PER DAY FOR ANOTHER 10-12 DAYS AND SEE IF THE WEIGHT GAIN STALLS. IF WEIGHT GAIN STALLS, THEN ITS SAFE TO SAY THEIR CALORIC MAINTENANCE IS ROUGHLY 2500 CALORIES PER DAY. IF IT DROPS THEN IT IS LIKELY BETWEEN 2500 AND 3000 CALORIES PER DAY. IF THEY CONTINUE TO GAIN WEIGHT THEN THEY NEED TO DROP IT TO 2000 CALORIES PER DAY AND RE-ASSESS THEIR WEIGHT. YOU CAN SEE HOW I MADE CHANGES IN INCREMENTS OF 500 CALORIES. YOU WILL DO THIS AND TRACK IT FOR 10-12 DAYS AND RECORD ANY CHANGES. DO THIS UNTIL YOU FIND YOUR CALORIC MAINTENANCE.

-PERSON B LOST 10LBS DURING THE TWO WEEKS THEY WERE TRACKING THEIR FOODS. THEIR DAILY CALORIC INTAKE WAS 3000 CALORIES. I WOULD HAVE THEM CONSUME 3500 CALORIES FOR THE NEXT 10-12 DAYS. IF THEIR WEIGHT LOSS STALLS THEN WE HAVE FOUND THEIR CALORIC MAINTENANCE. IF THAT PERSON GAINED WEIGHT THEN THEIR CALORIC MAINTENANCE IS SOMEWHERE BETWEEN 3000 AND 3500 CALORIES PER DAY. IF THEY CONTINUE TO LOSE WEIGHT THEN THEY NEED TO BUMP THEIR CALORIES TO 4000 PER DAY AND RE-ASSESS THEIR WEIGHT. JUST LIKE PERSON A, WE MAKE CHANGES IN INCREMENTS OF 500 CALORIES AND TRACK FOR 10-12 DAYS. YOU WILL DO THIS UNTIL YOU FIND YOUR CALORIC MAINTENANCE.

THERE ARE MANY MATHEMATICAL FORMULAS TO USE TO DETERMINE YOUR CALORIC MAINTENANCE. I AM NOT AGAINST THESE, BUT I FIND THAT THE BEST WAY TO FIND YOUR MAINTENANCE IS TO TRACK WHAT IS GOING ON WITH YOUR BODY AND MAKE ADJUSTMENTS. THESE FORMULAS ARE MADE ASSUMING THAT ALL PEOPLE OF A CERTAIN SIZE BURN CALORIES THE SAME WAY. ONE THING I'VE FOUND IS THAT WE NEED TO FACTOR IN SOMEBODY'S INDIVIDUAL METABOLISM AND GENETICS. WE CAN'T TREAT ALL PEOPLE OF THE SAME SIZE, THE SAME WAY. THIS IS WHY I BELIEVE THAT MY METHOD OF FINDING ONE'S CALORIC MAINTENANCE WORKS BEST IF THAT PERSON IS PATIENT AND DILIGENT ENOUGH TO TRACK THEIR FOODS AND MAKE CHANGES UNTIL WE ARRIVE AT THEIR MAINTENANCE LEVEL.

NOW THAT YOU KNOW YOUR CALORIC MAINTENANCE, WHERE DO WE GO FROM HERE?

MACRO RATIOS PER BODY TYPE

I CAN'T SAY THAT THESE RATIOS WILL WORK FOR YOU WITH 100% ACCURACY. IF THERE IS ONE THING I'VE LEARNED WITH ONLINE COACHING, IT'S THAT EACH PERSON TENDS TO HAVE THEIR OWN UNIQUE RESPONSE TO THEIR NUTRITIONAL AND TRAINING PLAN. I HAVE FOUND THAT IT IS FAR MORE COMMON FOR A LARGE GROUP OF PEOPLE TO SEE PROGRESS FROM A SIMILAR TRAINING PLAN (LIKE THE PLANS EARLIER IN THIS BOOK) THAN THEY ARE TO FOLLOW A BLANKET DIET PLAN. THIS IS WHY I'M CHOOSING TO MAKE THIS SECTION MORE ABOUT TRYING TO EDUCATE AND GUIDE YOU DOWN THE RIGHT PATH TO BE ABLE TO CREATE AND MODIFY YOUR OWN DIET TO SEE RESULTS. SO KEEP IN MIND, THESE MACRO RATIOS ARE MY THEORIES BASED ON WHAT I HAVE FOUND TO WORK WITH CLIENTS, BUT THERE IS NOTHING THAT MAKES THEM A RULE AND GUARANTEES THAT THEY WILL WORK FOR YOU. YOU WILL LIKELY HAVE TO MODIFY AND ADJUST THEM AS YOU LEARN YOUR BODY AND GAIN EXPERIENCE IN THE WORLD OF LIFTING WEIGHTS AND MAKING GAINS! YOU CAN ALWAYS GET MY SERVICES AT WWW.BRADLEYMARTYN.COM/ONLINECOACHING IF YOU NEED FURTHER HELP WITH YOUR MEAL PLAN OR IF YOU DON'T WANT TO HAVE TO THINK OR WORRY TOO MUCH ABOUT IT. SIMPLY TELL ME THAT YOU ARE FOLLOWING THE TRAINING PLANS FROM THIS BOOK AND I CAN CREATE A CUSTOM MEAL PLAN TO GO WITH IT!

I WANT YOU TO REMEMBER THAT THESE RATIOS ARE SUGGESTIONS FOR HOW TO PUT ON LEAN MUSCLE. THESE ARE NOT NECESSARILY THE RATIO'S THAT I MAY FOLLOW IF I WERE WRITING A FAT LOSS DIET FOR THESE BODY TYPES.

THE FOLLOWING RATIOS ARE IN THE FOLLOWING ORDER: PROTEIN/CARBOHYDRATES/FATS.

ECTOMORPH: 40/40/20 – 30/40/30

I'VE FOUND THAT MOST ECTOMORPHS NEED MORE CARBOHYDRATES THAN THE OTHER BODY TYPES. MY THEORY IS THAT THEIR BODIES ARE VERY EFFICIENT WITH ENERGY AND NUTRIENT ASSIMILATION. THESE PEOPLE WILL PROCESS AND UTILIZE THE ENERGY THEY CONSUME INSTEAD OF STORE IT. I HAVE HAD GREATER SUCCESS PUTTING MY ECTOMORPH CLIENTS ON A HIGHER CARB PLAN BECAUSE OF THIS. YOU'LL NOTICE THE SECOND RATIO 30/40/30, AND YOU MAY BE WONDERING WHY THE PROTEIN IS SO LOW. TRUTHFULLY, YOU DON'T NEED A TON OF PROTEIN TO GROW AS LONG AS YOUR CALORIC ENERGY REQUIREMENTS ARE MET. SOME ECTOMORPHS WILL NEED TO USE FATS TO HIT THEIR CALORIC GOAL. IN THIS CASE, I DON'T WANT TO DROP CARBS TO ADD FATS. INSTEAD, I WILL MAKE A SLIGHT DROP IN PROTEIN AND ADD FATS. EITHER OF THESE RATIOS SHOULD BE A GOOD STARTING POINT FOR ECTOMORPHS.

MESOMORPH: 50/30/20 – 50/20/30

YOU MAY BE WONDERING WHY THE HIGH PROTEIN WHEN I JUST SAID THAT YOU DON'T NEED A TON OF PROTEIN TO BUILD MUSCLE MASS FOR AN ECTOMORPH. WELL, MOST MESOMORPHS WILL CARRY MORE MUSCLE TISSUE THAN THE REST OF THE BODY TYPES. I HAVE HAD GREATER SUCCESS BY GIVING THIS TYPE OF PERSON MORE PROTEIN TO MAKE UP THEIR TOTAL CALORIC REQUIREMENT. MESOMORPH'S TYPICALLY DON'T NEED A LOT OF CARBOHYDRATES TO STAY FULL AND MAINTAIN PERFORMANCE. IN THIS CASE YOUR PERCENTAGE OF CALORIES FROM FATS AND CARBS IS FAIRLY CLOSE. IF YOU CARRY MORE BODY FAT AND ARE CLOSE TO BEING AN ENDOMORPH THEN I SUGGEST THE 50/20/30. IF YOU ARE THE TYPICAL MESOMORPH, AND ARE MORE MUSCULAR THAN YOU ARE FAT, THEN I SUGGEST STARTING WITH THE 50/30/20 APPROACH.

ENDOMORPH: 50/20/30 – 60/20/20

MOST OF MY SUCCESS WITH HELPING ENDOMORPH'S ADD LEAN MUSCLE IS SIMILAR TO THE MESOMORPH BUT FOR A DIFFERENT REASON. THE BODY CAN CONVERT PROTEIN INTO GLUCOSE IF IT NEEDS TO. I KEEP FATS AND CARBOHYDRATES RELATIVELY LOW FOR ENDOMORPHS BECAUSE OF THEIR ABILITY TO BUILD FAT EASILY. INSTEAD, I WOULD LIKE TO SEE THIS BODY TYPE BE IN A CALORIC SURPLUS TO GROW AND USE EXCESS PROTEIN TO DO IT. THIS WAY THE BODY WILL USE PROTEIN AS PROTEIN UNTIL IT NEEDS TO USE IT FOR FUEL. AT THIS POINT, IT WILL CONVERT THE PROTEIN INTO GLUCOSE. THIS IS LESS EFFICIENT THAN CONSUMING CARBOHYDRATES FOR FUEL AND WILL REQUIRE SOME ENERGY TO MAKE THE CONVERSION. MY THEORY IS THAT WE WILL RELY ON THIS INEFFICIENCY TO HOPEFULLY PREVENT TOO MUCH FAT GAIN AS OPPOSED TO INCREASING FATS OR CARBS AND MAKING IT EASIER FOR THE BODY TO STORE BODY FAT. IN THE END, THE CALORIC SURPLUS NUMBER OVER MAINTENANCE WILL AFFECT FAT GAIN A LOT MORE THAN HOW YOU GET THE CALORIES. IF WE ASSUME THAT YOUR TOTAL CALORIES ARE IN ORDER, THEN I PREFER YOU GET THEM IN THESE RATIOS.

SKINNY FAT: 40/20/30

PEOPLE CLASSIFIED AS "SKINNY FAT" ARE SOMETIMES THE HARDEST TO GAUGE WHAT MACRO RATIO THEIR DIET SHOULD BE. SOME OF THEM ACT MORE LIKE ECTOMORPHS AND OTHERS RESPOND LIKE ENDOMORPHS. I WOULD SAY THAT GENERALLY I HAVE HAD MORE SUCCESS WITH MY CLIENTS BY USING A LOWER CARBOHYDRATE APPROACH. YOU WILL GET MOST OF YOUR CALORIES FROM PROTEIN AND FATS. MY THEORY FOR THIS IS THAT WE NEED ESSENTIAL AMINO ACIDS FROM PROTEIN AND ESSENTIAL FATTY ACIDS FROM FATS TO MAINTAIN BODILY FUNCTIONS AND GROW. CARBOHYDRATES WILL HAVE AN EFFECT ON INSULIN, BUT OVERALL I VIEW THEM AS PURELY AN ENERGY SOURCE. IF WE MAKE SURE THAT YOU ARE IN A CALORIC SURPLUS WHILE KEEPING CARBOHYDRATE INTAKE TO A MINIMUM, THEN I THINK THE SKINNY FAT BODY TYPE WILL UTILIZE THE FATS AND PROTEIN FOR THE BUILDING OF MUSCLE AND REPLENISHMENT OF MUSCLE GLYCOGEN WITHOUT EXCESS GLYCOGEN FROM CARBS BEING STORED AS BODY FAT. I DON'T HAVE MORE THAN ONE RATIO FOR THE SKINNY FAT PERSON. I TYPICALLY START WITH A 40/20/30 SPLIT AND ADJUST ACCORDINGLY FROM THERE.

HARDGAINER: 100/100/100

YOU PROBABLY READ THAT RATIO AND GOT CONFUSED. I DON'T BLAME YOU. IT'S NOT POSSIBLE TO FOLLOW THAT. MY POINT WITH THAT RATIO IS THAT TRUE HARD GAINERS NEED TO JUST FOCUS ON THEIR TOTAL CALORIC INTAKE. I HAVE HAD BETTER SUCCESS WITH HAVING HARD GAINERS SHOOT FOR 1.5G OF PROTEIN PER POUND OF BODYWEIGHT AND THEN USING AS MUCH CARBS AND FATS AS WE NEED TO HIT THE CALORIC GOAL. THE BIGGEST PROBLEM HARD GAINERS HAVE IS GETTING ENOUGH CALORIES IN THEIR DIET COMBINED WITH TYPICALLY A POOR APPETITE. I WILL UTILIZE LIQUID CARBS AND ADDED FATS/OILS IN A HARDGAINER'S DIET TO HIT THEIR CALORIC GOAL. IF THE HARDGAINER GETS TO A CALORIC SURPLUS WITH SUFFICIENT PROTEIN THEN IT DOESN'T MATTER WHAT THEIR CARBS AND FAT RATIO IS IN COMPARISON. FOCUS ON GETTING ENOUGH PROTEIN AND ENOUGH CALORIES AND YOU WILL GROW. I WILL OUTLINE SOME TIPS FOR HARDGAINERS BELOW. BUT FIRST I WILL TALK ABOUT A CALORIC SURPLUS.

CALORIC SURPLUS

AS I PREVIOUSLY MENTIONED, YOU WILL NEED TO BE IN A CALORIC SURPLUS TO GROW. YOU CAN'T ADD MUSCLE TISSUE WITHOUT HAVING THE EXTRA ENERGY TO DO SO. IF YOU EAT AT, OR BELOW, YOUR CALORIC MAINTENANCE THEN YOUR BODY WILL NOT HAVE THE MATERIALS AND ENERGY THAT IT NEEDS TO GROW. IF YOU WANT TO BUILD A BIGGER HOUSE BUT YOU DON'T GIVE THE WORKERS THE MATERIALS NEEDED TO DO IT, THEN HOW CAN THEY DO IT? IT WON'T MATTER HOW MANY WORKERS YOU HAVE OR WHAT TOOLS THEY USE, IF THEY DON'T HAVE THE MATERIALS THEN THEY CAN'T GET THE JOB DONE.

ENDOMORPH: I LIKE TO KEEP THE ENDOMORPHS AT NO MORE THAN A 500 CALORIE SURPLUS DUE TO THE ENDOMORPHS ABILITY TO PUT ON BODY FAT EASILY. I WOULD SUGGEST STARTING AT A 250-300 CALORIE SURPLUS AND INCREASE SLOWLY UNTIL WEIGHT GAIN OCCURS. MOST ENDOMORPHS WILL CONSTANTLY BE STRUGGLING WITH THE ADDITION OF BODY FAT WHILE THEY ARE TRYING TO BUILD LEAN MUSCLE. WE HAVE TO TAKE THIS INTO CONSIDERATION WHEN CHOOSING A CALORIC SURPLUS. THIS MAY BE A SLOWER APPROACH WITH WEIGHT GAIN, BUT I AM HOPING THAT ONE CAN KEEP THEIR BODY FAT LEVELS REASONABLE BY KEEPING THE WEIGHT GAIN MOVING AT A SLOW PACE. THE LAST THING AN ENDOMORPH WANTS IS TO START A BULK AND HAVE TO CUT AFTER ONLY 2 WEEKS. IF WE START WITH A HIGH CALORIC SURPLUS THEN THIS CAN POSSIBLY HAPPEN. IF WE KEEP THE WEIGHT GAIN SLOW AND STEADY, WE CAN HAVE A MUCH MORE PRODUCTIVE LEAN BULK.

SKINNY FAT: I WILL TREAT THE SKINNY FAT BODY TYPE THE SAME AS I WILL AN ENDOMORPH. I WILL START WITH A 250-300 CALORIE SURPLUS AND WORK UP ACCORDINGLY. THE MAJOR DIFFERENCE I'VE FOUND WITH SKINNY FAT VERSUS ENDOMORPH BODY TYPES IS THAT SOME SKINNY FAT PEOPLE WILL STRUGGLE TO GAIN MUSCLE AND WEIGHT JUST LIKE AN ECTOMORPH. THE FIRST RESPONSE IS TO DRAMATICALLY INCREASE THE CALORIES, BUT WE HAVE TO REMEMBER THAT THE SKINNY FAT BODY TYPE HAS THE ABILITY TO ACCUMULATE FAT GAIN FAIRLY EASILY. IT IS BECAUSE OF THIS THAT WE ALSO WANT TO FOLLOW THE SLOW AND STEADY APPROACH. THIS WILL ALLOW FOR EASIER DIET MANIPULATIONS AND ADJUSTMENTS SO THAT ONE CAN MAKE SURE THAT THE WEIGHT THEY ARE ADDING IS LEAN MASS INSTEAD OF JUST BODY FAT.

HARDGAINER: I START THE HARD GAINER IN A 1000 CALORIE OR MORE SURPLUS. I HAVE COACHED SOME HARDGAINERS THAT NEVER SEEMED TO PUT ON MUCH BODY FAT. IT WAS AS IF THESE PEOPLE COULDN'T EAT ENOUGH CALORIES TO GET FAT. IF THIS IS THE CASE, THEN WE WANT TO START WITH A HIGH CALORIC SURPLUS AND CONTINUE TO INCREASE THE CALORIES AS THE WEIGHT COMES ON. THE HARDGAINER'S CALORIC MAINTENANCE IS A BIT TRICKY BECAUSE IT WILL CERTAINLY CHANGE AS ONE GAINS WEIGHT. WE HAVE TO BE CONSCIOUS OF THIS AND BUMP THE CALORIES WHENEVER WEIGHT GAIN SEEMS TO STALL FOR MORE THAN 7-10 DAYS. HARDGAINERS WILL ALWAYS BE CONSUMING A LOT OF FOOD AND NEED TO MAKE SURE THAT THEY ARE DILIGENT WITH THE DIET TO CONSUME ENOUGH TO GROW. AT THE END OF THE DAY, IF A HARDGAINER DOESN'T EAT A SUFFICIENT SURPLUS, THEN THEY WILL NOT GROW.

KEEP IN MIND THAT THESE ARE GENERAL RULES FOR YOU TO START. YOU MAY FIND THAT YOU DON'T FIT IN WITH THESE GUIDELINES ONCE YOU GET STARTED, AND THIS IS FINE! THE GOAL HERE IS TO TEACH YOU WHAT CALORIC NUMBERS YOU SHOULD START WITH. THERE ISN'T A DIET THAT WILL WORK WITHOUT ADJUSTMENTS. I CAN HELP GUIDE YOU ON WHERE TO START, BUT IT WILL BE UP TO YOU TO MONITOR YOUR PROGRESS AND MAKE ADJUSTMENTS ACCORDINGLY. THE TAKE HOME MESSAGE FOR THIS SECTION OF THE EBOOK IS THAT YOU HAVE TO EAT IN A CALORIC SURPLUS TO GROW, BUT NOT SO MUCH OF A SURPLUS THAT YOU GAIN TOO MUCH BODY FAT. THERE IS A FINE BALANCING ACT, BUT IF YOU CAN ACCOMPLISH THIS THEN YOU WILL MAKE SLOW AND STEADY PROGRESS IN LEAN MUSCLE MASS!

TIPS TO GET THE CALORIES IN

THIS SECTION WILL DOMINANTLY BE CATERED TOWARDS THE ECTOMORPHS AND THE HARD GAINERS. THE OTHER BODY TYPES TYPICALLY DON'T HAVE AN ISSUE WITH APPETITE AND MEETING THEIR CALORIC REQUIREMENTS TO GROW. THAT BEING SAID, IF YOU ARE ONE THAT STRUGGLES TO CONSUME ENOUGH FOOD TO GROW THEN THIS SECTION CAN HELP!

ADDITIONAL FATS

I FIRST WANT TO REMIND EVERYBODY THE CALORIES PER MACRO. CARBOHYDRATES AND PROTEIN CONSUME 4 CALORIES PER GRAM. FAT CONTAINS 9 CALORIES PER GRAM. THIS MEANS THAT THE VOLUME OF FOOD THAT YOU CONSUME WILL ALWAYS YIELD IN FAT GIVING YOU THE MOST CALORIES. 100G OF PROTEIN OR CARBS IS EQUAL TO 400 CALORIES. 100G OF FAT IS EQUAL TO 900 CALORIES. THIS IS THE SAME WEIGHT IN FOOD, BUT FATS WILL GIVE YOU MORE THAN TWICE THE CALORIES!

IT IS IMPORTANT TO KNOW THIS BECAUSE FATS CAN BE A GREAT WAY TO HELP ONE GET INTO A CALORIC SURPLUS WHEN THEY FEEL THAT THEY COULDN'T CONSUME ANOTHER MEAL. MY FAVORITE FAT SOURCES TO ADD TO A DIET ARE THE FOLLOWING:

AVOCADO, MACADAMIA NUT OIL, OLIVE OIL, ALMOND BUTTER, PEANUT BUTTER, COCONUT OIL, PASTURE FARMED BUTTER, RAW WALNUTS, RAW ALMONDS, RAW CASHEWS, RAW MACADAMIA NUTS, UDO'S OIL, FISH OIL, AND FLAXSEED OIL.

THE FATS FROM THAT LIST ARE KNOWN AS "HEALTHY FATS" BECAUSE THEY ARE DOMINANTLY MONOUNSATURATED FATS. I WANT TO MAKE A NOTE THAT ANY FAT IN EXCESS CAN BE UNHEALTHY, EVEN IF IT IS DEEMED "HEALTHY" BY SOCIETY. THAT BEING SAID, IF I WERE TO ADD A LOT OF EXTRA FAT TO MY DIET, I WANT TO TRY AND ADD MOSTLY MONOUNSATURATED FAT SOURCES.

THE BEST WAYS TO INCORPORATE MORE FATS INTO YOUR DIET WILL BE THE FOLLOWING:

- 1-2 TBSP OF ANY OF THE LISTED OILS WITH MEALS
- 1-2 TBSP OF ANY OF THE LISTED BUTTERS WITH MEALS OR IN BETWEEN MEALS
- SNACKING ON RAW NUTS WITH AND IN BETWEEN MEALS.
- ADDING ANY OF THE LISTED FATS TO A PROTEIN SHAKE AND BLENDING.

AS PREVIOUSLY MENTIONED, FATS ARE A VERY DENSE SOURCE OF CALORIES AND AN EASY WAY TO ADD CALORIES WITHOUT A LOT OF EFFORT. I UNDERSTAND THAT EATING EXTRA FAT FROM AVOCADO OR NUT BUTTERS MAY NOT BE IDEAL. IN THIS CASE IT'S BEST TO STICK WITH OILS. YOU CAN TAKE 1-2 TBSP OF ANY OF THE OILS, EVEN WHEN YOU ARE FULL, AND ADD AN EXTRA 150-300 CALORIES. IF YOU MEASURE OUT MIXED NUTS INTO SNACK BAGS AND SPACE THAT SNACK THROUGHOUT THE DAY THEN YOU CAN EASILY ADD ANOTHER 200-300 CALORIES ON YOUR DAY WITHOUT DISRUPTING YOUR MEALS. JUST REMEMBER, FATS ARE A DENSE SOURCE OF CALORIES AND WILL ARGUABLY BE THE EASIEST WAY TO INCREASE YOUR CALORIES IF YOU ARE HAVING TROUBLE HITTING YOUR CALORIC GOALS.

ADDITIONAL CARBOHYDRATES

OUTSIDE OF FATS, ANOTHER GREAT WAY TO INCREASE YOUR CALORIES IS WITH THE ADDITION OF LIQUID CARBOHYDRATES. THIS WILL DOMINANTLY BE SUGAR, BUT IF YOU NEED THE EXTRA CARBS IN YOUR DIET THEN SUGAR MAY BE THE BEST AND EASIEST WAY TO HIT THOSE NUMBERS. I WILL OUTLINE THE USE OF SUPPLEMENTAL CARBS LATER IN THE EBOOK, BUT USING AN INTRA WORKOUT CARB DRINK IS ONE OF THE EASIEST WAYS TO INCREASE YOUR TOTAL CARBOHYDRATE AND CALORIC INTAKE. MOST PEOPLE ARE BURNING CALORIES IN THE GYM AND YOU WILL BE TOO! IF THE GOAL IS TO LEAN BULK, THEN WE MIGHT AS WELL USE THIS TIME TO CONSUME CALORIES, THAT WON'T DISRUPT THE WORKOUT, AS WELL!

ANOTHER EASY WAY TO ADD LIQUID CARBS TO YOUR DIET IS BY USING GATORADE, FRUIT JUICES, OR THE EQUIVALENT. IF YOU ADD THESE TO YOUR MEALS THEN YOU WILL GET A SURPLUS OF CARBS. IT IS EASY TO GET ANOTHER 30-50G OF CARBS IN A DRINK WITH A MEAL THAT WON'T AFFECT YOUR ABILITY TO FINISH YOUR FOOD AS WELL. I WOULD AVOID DRINKING TOO MUCH SUGARY CARB SOURCES IN BETWEEN MEALS AS THIS MAY AFFECT YOUR APPETITE AND PREVENT YOU FROM BEING ABLE TO EAT ALL OF THE WHOLE FOOD IN YOUR DIET PLAN.

I HAVE BEEN ASKED ABOUT SODA AND I AM NOT A FAN OF DOING THIS. I DON'T HAVE AN ISSUE WITH THE SUGAR, BUT SODA DOES NOT CONTAIN ANY SORT OF NUTRITION OUTSIDE OF THE SUGAR. IF YOU WERE TO ADD IN FRUIT JUICE THEN YOU WILL BE GETTING SOME ANTIOXIDANTS. IF YOU WERE TO ADD IN SOMETHING LIKE GATORADE, THEN AT LEAST YOU ARE GETTING SOME ELECTROLYTES. THIS MAKES BOTH OF THESE OPTIONS BETTER THAN SODA. I AM NOT AGAINST HAVING SODA ON OCCASION AS THE SUGARS CAN HELP YOU HIT YOUR CARBOHYDRATE AND CALORIC GOALS, BUT YOU HAVE SO MANY BETTER OPTIONS SO I WOULD NOT CONSIDER SODA A GOOD SOURCE OF HITTING YOUR CARBOHYDRATE AND CALORIC GOALS.

ADDITIONAL PROTEIN

ADDING PROTEIN TO A DIET IS TRICKY BECAUSE PROTEIN TENDS TO HELP PEOPLE FEEL MORE "FULL". THIS CAN PREVENT YOU FROM GETTING OTHER MEALS IN AND THEREFORE LOWERING YOUR TOTAL CALORIC INTAKE. THAT BEING SAID, INCLUDING PROTEIN SHAKES INTO YOUR DIET IS AN EASY WAY TO HELP YOU HIT YOUR CALORIC NUMBER. INCLUDING "EXTRA" SHAKES MAY BE DETRIMENTAL AS THOSE SHAKES CAN AFFECT APPETITE AND SOMETIMES END UP REPLACING FOOD. THIS CAN BE A BIG PROBLEM.

THE BEST WAY THAT I HAVE FOUND TO INCREASE YOUR TOTAL PROTEIN INTAKE IS WITH THE ADDITION OF AN ESSENTIAL AMINO ACID SUPPLEMENT. YOU CAN HAVE THIS IN BETWEEN MEALS OR THROUGHOUT THE DAY WITHOUT IT HAVING MUCH OF AN EFFECT ON APPETITE. THIS IS ALSO A GREAT WAY TO MAKE SURE THAT YOUR BODY HAS A SUFFICIENT FLOW OF AMINO ACIDS THROUGHOUT THE DAY. THIS CAN HELP PREVENT MUSCLE CATABOLISM (BURNING MUSCLE) AND HELP WITH THE REBUILDING OF MUSCLE FOR MORE GAINS!

AS YOU CAN SEE, THERE ARE WAYS IN WHICH YOU CAN INCREASE YOUR TOTAL NUMBER OF CALORIES THROUGHOUT THE DAY WITH THE ADDITION OF JUST ONE OR ALL THREE MACROS. IT WOULD BE IDEAL TO CONSUME MORE WHOLE FOODS WHENEVER POSSIBLE. YOU WILL ONLY IMPLEMENT THESE METHODS IF YOU FEEL THAT YOU CAN'T TAKE ANOTHER BITE OR MANAGE TO EAT ANY FURTHER FOOD. YOU CAN THEN USE THESE METHODS TO HELP YOU GET JUST A FEW MORE CALORIES THAT CAN BE THE DIFFERENCE BETWEEN GROWING AND STAYING THE SAME.

DIETARY SUPPLEMENTS

WHILE THERE ARE SCAM SUPPLEMENTS IN THE INDUSTRY, THERE ARE ALSO SEVERAL THAT HAVE BEEN PROVEN TO WORK AND WILL STILL HAVE VALUE IN YOUR LEAN BULKING PLAN. I WANT TO POINT OUT THAT YOU SHOULD FIRST STICK WITH THE SUPPLEMENTS THAT WILL AID THE DIET. AFTER ALL, THEY ARE CALLED "DIETARY SUPPLEMENTS", AKA "INGREDIENTS TO SUPPLEMENT YOUR DIET". IF THE PRODUCT ISN'T DESIGNED TO DO THIS THEN YOU HAVE TO HAVE A CLEAR PURPOSE FOR WHY YOU ARE TAKING THAT SUPPLEMENT. "THIS SUPPLEMENT BUILDS MUSCLE", IS NOT A CLEAR PURPOSE. YOU NEED TO MAKE SURE THAT YOU FULLY UNDERSTAND THE PURPOSE OF EVERYTHING THAT YOU TAKE. HERE ARE SOME TYPES OF SUPPLEMENTS THAT CAN BE USEFUL FOR YOUR LEAN BULKING PLAN!

PERI-WORKOUT SUPPLEMENTATION

THESE WILL BE THE SUPPLEMENTS THAT YOU TAKE BEFORE (PRE), DURING (INTRA), AND AFTER (POST) YOUR WORKOUT SESSION.

PRE-WORKOUTS: THE CATEGORY OF "PRE-WORKOUT" CONTAINS PRODUCTS THAT USE STIMULANTS, CREATINE, AND SOME OTHER PERFORMANCE ENHANCING INGREDIENTS TO HELP YOU GET A BETTER WORKOUT. THE POSITIVE EFFECT TO USING THESE SUPPLEMENTS IS THAT YOU WILL CERTAINLY HAVE A MORE PRODUCTIVE WORKOUT. THE NEGATIVE EFFECTS STEM FROM THE FACT THAT THESE PRODUCTS USE A WIDE VARIETY OF STIMULANTS, IN HIGH DOSES, TO GET THE JOB DONE. THESE STIMULANTS CAN CAUSE THE BODY TO INCREASE THE AMOUNT OF CALORIES THAT IT BURNS AS WELL AS DECREASE APPETITE. THIS IS NOT A BAD THING FOR ANY OF THE BODY TYPES OUTSIDE OF THE ECTOMORPHS AND THE HARD GAINERS. THOSE TWO BODY TYPES NEED ALL THE CALORIES THAT THEY CAN GET. OVERLOADING YOUR BODY WITH STIMULANTS MAY NOT BE THE BEST IDEA TO MAKE GAINS. IF YOU ARE GOING TO BE USING PRE-WORKOUT SUPPLEMENTS FOR PERFORMANCE, THEN YOU NEED TO MAKE SURE TO INCREASE YOUR CALORIC INTAKE TO MAKE UP FOR THE LOST CALORIES CAUSED BY THE USE OF PRE-WORKOUTS.

A GOOD TIP TO HELP PREVENT THE CATABOLIC (MUSCLE BURNING) NATURE OF PRE-WORKOUTS IS TO ADD BCAA OR A CARBOHYDRATE DRINK TO THEM BEFORE YOUR WORKOUT.

INTRA-WORKOUT: THIS IS A GREAT TIME TO GET IN EXTRA CARBOHYDRATES AND FAST DIGESTING AMINOS! YOU WILL WANT TO GET A SUPPLEMENTAL CARBOHYDRATE FORM THAT IS FAST DIGESTING. YOU WILL WANT TO DO THE SAME WITH YOUR AMINO ACIDS. IT IS IDEAL TO USE AN ESSENTIAL AMINO ACID OR A BCAA SUPPLEMENT DURING THIS TIME. THE ADDITION OF CARBOHYDRATES AND AMINOS WILL NOT ONLY HELP INCREASE YOUR TOTAL CALORIES, BUT IT WILL HELP PREVENT MUSCLE CATABOLISM AND PROMOTE MUSCLE ANABOLISM (GAINS). WHEN YOU TRAIN A MUSCLE, YOU PUSH A BUNCH OF BLOOD INTO THAT MUSCLE. WE MIGHT AS WELL USE THIS TIME TO FLOOD THAT MUSCLE WITH GLUCOSE (CARBOHYDRATES) AND AMINOS (BCAA, ETC.). IF WE USE THE BLOOD TO SHUTTLE THESE INGREDIENTS INTO THE MUSCLE THEN WE SHOULD GET A FASTER RECOVERY TIME AND MORE EFFICIENT MUSCLE GROWTH! THE ADDITION OF THESE SUPPLEMENTS WILL NOT ONLY HELP WITH GROWTH, BUT THEY WILL HELP WITH INCREASING PERFORMANCE AND ENDURANCE AS WELL!

POST-WORKOUT: YOU HAVE LIKELY HEARD THAT DRINKING A PROTEIN SHAKE AFTER THE WORKOUT IS IDEAL. YOU ARE CORRECT. I ADVISE THAT YOU GET A SHAKE FROM A FAST DIGESTING PROTEIN SOURCE LIKE WHEY ISOLATE OR HYDROLYSATE. THIS WILL FLOOD THE BODY WITH THE ESSENTIAL AMINO ACIDS THAT IT NEEDS TO RECOVER AND GROW! POST-WORKOUT IS ANOTHER GREAT TIME TO ADD IN ADDITIONAL CARB SOURCES IF NECESSARY AS WELL. YOU HAVE PROBABLY SEEN ME JOKE AROUND ABOUT EATING SOUR PATCH KIDS, BUT THIS IS A GREAT TIME TO DO THAT! ANY CARBOHYDRATE INTAKE POST WORKOUT WILL HELP TO SPIKE INSULIN, WHICH IS RESPONSIBLE FOR SHUTTING DOWN THE BURNING PROCESSES OF THE BODY AND INCREASING THE STORING AND RECOVERY PROCESSES. PROTEIN AND CARBS ARE ESSENTIAL POST WORKOUT TO MAKE THE MOST GAINS. I WOULD ALSO LIKE TO SEE YOU EAT A MEAL WITHIN 1-2 HOURS AFTER HAVING YOUR POST WORKOUT SHAKE. WE JUST DAMAGED THE MUSCLE WITH TRAINING AND WE WANT TO MAKE SURE TO FEED IT TO GROW AS SOON AS POSSIBLE!

WEIGHT GAINING SUPPLEMENTS

THE MOST COMMON PROBLEM I SEE IN PEOPLE WHO USE WEIGHT GAINERS IS THAT THEY THINK THE PRODUCT IS DESIGNED TO PUT THE WEIGHT ON THEM. THIS IS ONLY PART TRUE. A WEIGHT GAINER IS SOMETHING THAT MUST BE TAKEN IN ADDITION TO THE FOOD THAT YOU CONSUME! IF YOU DRINK A WEIGHT GAINER IN REPLACEMENT OF A MEAL THEN YOUR CALORIES WON'T INCREASE. IF YOU DON'T HAVE A SURPLUS OF CALORIES THEN YOU WON'T GROW. A WEIGHT GAINER IS ONLY DESIGNED TO HELP YOU GET INTO A CALORIC SURPLUS ON THE DAY. THIS HAS TO BE CONSUMED IN ADDITION TO YOUR REGULAR FOOD. ONE WAY TO INCORPORATE A WEIGHT GAINER IS DURING A TIME WHEN YOU SHOULD EAT A MEAL, BUT DON'T HAVE TIME TO. IT IS EASY TO PREPARE A SHAKE AND HAVE IT THEN. I AM ALSO A FAN OF HAVING A WEIGHT GAINER SHAKE BEFORE BED AT NIGHT. MOST PEOPLE WILL BE FULL BY THIS POINT IN THE EVENING AND STRUGGLE TO EAT FOOD. THIS IS WHEN YOU CAN MAKE A WEIGHT GAINER SHAKE AND SLOWLY DRINK IT TO END YOUR DAY IN A CALORIC SURPLUS. THE TAKE HOME POINT HERE IS THAT WEIGHT GAINERS SHOULD ONLY BE USED TO HELP YOU GET INTO A CALORIC SURPLUS ON TOP OF THE FOOD THAT YOU ARE CONSUMING.

PERFORMANCE ENHANCEMENT

THE PRODUCTS IN THIS CATEGORY ARE OFTEN THE MOST APPEALING. THE MARKETING PROMISES ALL SORTS OF GAINS, BUT UNFORTUNATELY MOST OF THEM LET YOU DOWN. THERE ARE SOME PERFORMANCE ENHANCERS THAT HAVE THEIR PLACE, BUT THEIR PLACE IS TO ENHANCE PERFORMANCE AND NOT RECOVERY. IT IS IMPORTANT TO KNOW THE DIFFERENCE BECAUSE AN INCREASE IN PERFORMANCE DOES NOT MEAN MORE GAINS UNLESS YOU ALSO HAVE AN INCREASE IN RECOVERY. IT WON'T MATTER HOW HARD YOU BREAK THE MUSCLE DOWN IF YOU CAN'T PUT IT BACK TOGETHER.

SOME OF THE MOST POPULAR PRODUCTS IN THIS CATEGORY ARE THE CREATINES, NITRIC OXIDE BOOSTERS, AND TESTOSTERONE BOOSTERS. TESTOSTERONE BOOSTERS ARE ONLY GOING TO WORK IN PEOPLE OVER THE AGE OF 40 YEARS OLD. THERE ARE TIMES WHERE THEY DON'T EVEN WORK THEN. I ADVISE THAT YOU SPEND YOUR MONEY ELSEWHERE. NITRIC OXIDE BOOSTERS CAN HELP INCREASE STRENGTH AND ENDURANCE IN SOME. THEY ALSO HELP GIVE A BIGGER PUMP, WHICH MAKES THE GYM MORE FUN. OUTSIDE OF THAT, THEY DON'T DO MUCH FOR MUSCLE RECOVERY AND GROWTH. YOU CAN ADD A NITRIC OXIDE BOOSTER LIKE AGMATINE TO YOUR PRE WORKOUT IF YOU WANT THE INCREASE IN PERFORMANCE, BUT KNOW THAT IT WON'T BE DOING MUCH FOR MUSCLE GROWTH.

CREATINE IS ARGUABLY ONE OF THE MOST PROVEN PERFORMANCE ENHANCING SUPPLEMENTS THERE IS. I HAVE NO ISSUE WITH THE ADDITION OF CREATINE INTO YOUR SUPPLEMENT STACK. ONE COULD MAKE AN ARGUMENT FOR CREATINE AIDING IN MUSCLE RECOVERY AND I WOULD AGREE. THAT BEING SAID, I STILL BELIEVE CREATINE IS BEST SERVED AS A PERFORMANCE ENHANCER. IT CAN HELP YOU LIFT A HEAVIER WEIGHT FOR MORE REPS. IF WE COMBINE THE HEAVIER WEIGHT, MORE REPS, AND CALORIC SURPLUS, THEN WE WILL SEE MORE GAINS.

THE TAKE HOME MESSAGE HERE IS THAT IF A PRODUCT DOESN'T HELP YOU RECOVER AND GROW THEN IT SHOULD TAKE A BACK SEAT TO ONE THAT DOES.

HEALTH SUPPLEMENTS

HEALTH SUPPLEMENTS DON'T GET NEARLY THE RESPECT THAT THEY DESERVE! MOST PEOPLE GET BORED WITH THEM BECAUSE THEY ARE ALL ABOUT THE GAINS AND HEALTH IS A SECONDARY CONCERN! WHAT IF I TOLD YOU THAT THESE HEALTH SUPPLEMENTS CAN HELP YOU MAKE MORE GAINS!?

FIRST AND FOREMOST I WILL SAY THAT A GOOD FISH OIL SUPPLEMENT SHOULD BE HIGH ON YOUR LIST. FISH OIL SUPPLEMENTS CONTAIN ESSENTIAL FATTY ACIDS. THE KEY WORD THERE IS "ESSENTIAL." THIS MEANS THAT YOU HAVE TO CONSUME THESE FATTY ACIDS IN YOUR DIET AS YOUR BODY CAN'T PRODUCE THEM. UNLESS YOU HAVE A DIET THAT IS HIGH IN FISH THEN A FISH OIL SUPPLEMENT IS NECESSARY TO GIVE YOUR BODY THE ESSENTIALS THAT IT NEEDS TO REMAIN HEALTHY AND GROW.

A SOLID GREENS SUPPLEMENT IS ALSO IDEAL. THIS IS ESPECIALLY TRUE FOR THOSE THAT ARE BULKING! MOST PEOPLE THAT ARE STRUGGLING TO GET INTO A CALORIC SURPLUS WILL LIKELY NOT BE CONSUMING THAT MANY LEAFY-GREEN VEGGIES. WHO WANTS TO FILL THEIR STOMACH UP WITH SOMETHING THAT DOESN'T HAVE THAT MUCH CALORIES? I HIGHLY SUGGEST A GREENS SUPPLEMENT IF YOU FIND THAT YOU ARE NOT CONSUMING THAT MANY VEGGIES IN YOUR LEAN BULK DIET. A FIBER SUPPLEMENT IS ALSO A GOOD THING TO CONSIDER IN ADDITION TO YOUR GREENS PRODUCT.

IF YOU ABUSE YOUR DIGESTIVE SYSTEM WITH HIGH CALORIES THEN IT IS IMPORTANT TO TAKE CARE OF IT. I SUGGEST LOOKING INTO A DIGESTIVE ENZYME SUPPLEMENT AS WELL AS A GOOD PROBIOTIC! DON'T BE CHEAP WITH PROBIOTICS. THIS IS DEFINITELY A SUPPLEMENT THAT IS WORTH SPENDING THE EXTRA MONEY ON A GOOD ONE. THE ENZYMES CAN HELP TAKE SOME OF THE STRAIN OFF OF YOUR DIGESTIVE SYSTEM WHILE HELPING YOUR BODY BETTER ASSIMILATE THE FOOD THAT YOU ARE CONSUMING. PROBIOTICS ARE A HIGHLY UNDERRATED SUPPLEMENT THAT IS IMPORTANT TO MAINTAIN OVERALL GUT HEALTH. BOTH OF THESE PRODUCTS WILL MAKE IT EASIER ON YOUR DIGESTIVE SYSTEM WHILE YOU PUSH THE BOUNDARIES OF CONSUMING A HIGH CALORIE DIET.

REMEMBER, IF YOU AREN'T HEALTHY THEN YOU WON'T GROW. THESE HEALTH PRODUCTS ARE DESIGNED TO KEEP YOUR BODY FUNCTIONING AT 100% AND MAKE IT EASIER FOR YOUR BODY TO BUILD NEW MUSCLE TISSUE!.

CONCLUSION

THE LAST PIECE OF INFORMATION THAT I WANT TO PROVIDE IS THE TWO-STEP FORWARD AND ONE-STEP BACK APPROACH. IT IS NOT POSSIBLE FOR MOST OF YOU TO PUT ON PURELY LEAN MUSCLE. MANY OF YOU WILL BULK UNTIL YOU FEEL YOU'VE PUT ON TOO MUCH BODY FAT AND THEN YOU WILL CUT AGAIN. IT IS NOT POSSIBLE TO ADD PURELY LEAN MASS WITHOUT THE ADDITION OF SOME BODY FAT. THIS IS WHY IT IS IMPORTANT TO BULK TWO-STEPS FORWARD UNTIL YOU'VE ACCUMULATED TOO MUCH FAT MASS, AND THEN CUT ONE-STEP BACKWARDS. IF YOU DO THE MATH THEN YOU WILL FIND THAT YOU ARE STILL ONE-STEP AHEAD FROM WHERE YOU STARTED. YOU WILL LIKELY CONSTANTLY REPEAT THESE STEPS FOR THE DURATION OF YOUR FITNESS JOURNEY! I AM STILL DOING IT TODAY!

IT IS ALSO IMPORTANT TO REMIND YOURSELF THAT IT WILL TAKE YOU MANY YEARS TO TRULY ACHIEVE THE RESULTS THAT YOU WANT. PEOPLE OFTEN WANT RESULTS IN A MATTER OF WEEKS, OR MONTHS, WHEN IN REALITY IT WILL TAKE YEARS AND YEARS TO TRULY SEE GREAT RESULTS! BE PATIENT! AS LONG AS YOU ARE WORKING TOWARDS A BETTER YOU EACH AND EVERY DAY, THEN IT IS ONLY A MATTER OF TIME UNTIL YOU ARE SEEING THE RESULTS THAT YOU WANT TO SEE! THIS IS A LIFESTYLE TO FOLLOW AND NOT JUST A WORKOUT PLAN!

I HOPE THAT THIS EBOOK HAS PROVIDED YOU WITH A SOLID PLAN THAT HELPS YOU PUT ON LEAN MUSCLE MASS. ASIDE FROM THAT, I HOPE THAT YOU NOW HAVE THE KNOWLEDGE TO DECIPHER BODY TYPES IN BOTH YOURSELF AND IN OTHERS. I HOPE THAT MY PERSONAL SUGGESTIONS FOR EACH BODY TYPE WILL HELP YOU CREATE BETTER PLANS AND HELP OTHERS IN THE FUTURE! YOU SHOULD HAVE A GREATER UNDERSTANDING OF MY FAVORITE TRAINING METHODS FOR EACH BODY TYPE AS WELL AS MY DIET TECHNIQUES FOR EACH BODY TYPE. LASTLY, I HOPE TO HAVE CLEARED UP ANY SORT OF CONFUSION ON WHAT SUPPLEMENTS WILL WORK TO HELP YOU REACH YOUR GOALS!

THANK YOU FOR YOUR CONSTANT LOVE AND SUPPORT! IT IS THE MOTIVATION THAT I NEED TO KEEP DOING WHAT I DO. I HAVE BEEN BLESSED WITH THE ABILITY TO HELP MILLIONS OF PEOPLE ALL AROUND THE WORLD AND I HOPE THAT THIS EBOOK IS A REPRESENTATION OF THAT! ABOVE ALL, I HOPE THAT THIS EBOOK HELPS YOU IMPROVE AS WELL AS HELPS YOU HELP OTHERS! I STAND BY MY MOTTO OF, "LET'S GET BETTER TOGETHER."

LET'S MAKE SOME GAINZ!.

Bob Myles 

