



# How to Get Larger, Stronger, And More Powerful!

*Don't settle for quick-fix approaches and scam products. Use these actionable tips and strategies to help quickly and effectively build muscle and gain strength like you've never known before.*

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## Introduction

If you're reading this right now, one thing is for certain and that is that you are serious about creating a transformation to get larger.

Whether you've put in some time in the gym already working towards the goal of building lean muscle mass and are now looking to take things up a notch, gaining strength like you've never known before. You are ready to dominate in the gym.

The great news is that by learning the correct technique to go about this process, you are positioning yourself one step ahead of the game.

With so many different quick-fix approaches out there in the muscle building world, it's easy to get swept up into an approach that just is not going to work if you hope to see success with your efforts.

You may read about what others do in their program, thinking you can do the same thing. But remember, what works for someone who already has built up that firm base of muscle mass tissue is not going to work for someone who hasn't yet achieved this.

You need an approach that is instead going to work with your body, where you're currently at. You need an approach that uses tried and true strategies to help you build up more lean muscle mass that will stand the test of time.

This is going to require a three-pronged approach, taking into account your diet, your workout, as well as the supplements that you are using.

One of the top things that you need to keep in mind as you go about this approach is that building muscle is a 24/7 effort.

It's not something that you'll do for one hour a day while you're in the gym and that's that.

You need to be 'on your game' all day long because everything you do is going to influence the results you get.

Now, this does depend, to some degree, on just how large and strong you want to get. Those who are really interested in pushing the barrier and reaching ‘massive status, are going to have to push harder and be more precise with their approach.

The larger you get, the harder your body is going to fight you to gain any more muscle mass. It’s hard for your body to maintain it, so if it had its way, it would stay the same size as you are now.

So just be aware right from the top that the larger you want to get here, the less room for error there will be and the slower your progress may seem as you approach that end goal.

Fortunately, we will be teaching you some techniques throughout the course of this book on how you can outsmart your body’s efforts to keep you the same size so that you can keep making progress, seeing size and strength increases every week.

We’re going to start this guide out with a brief explanation of what it takes to get larger successfully and from there, we’ll move on to talk about the various exercises that need to be in place with your protocol.

It’s a must to structure your workout properly so that you don’t just end up wasting precious time in the gym.

From that point, we’ll provide you with a clear plan of action for your workout sessions so that you can get started immediately.

These workouts will have the objective of challenging the body; overloading the muscle tissues to make it do work like it has never done before – which is vitally important if you are going to see success here.

The last thing you want to do is spin your wheels, maintaining the same physique day after day, month after month.

Sadly, though, this is what ends up happening to too many people – right before they fall off the bandwagon.

After you’ve been given the workout program set-up, then we’ll move on and cover the nutritional elements that you need to know in order to see best results.

Nutrition is a huge part of the game when it comes to getting stronger and larger and can easily account for up to 80% of the results you see.

While exercise is definitely an important component – there’s no denying that, nothing is going to overcome a bad diet.

If you aren’t eating properly, you can exercise all you want in the gym, but you are still not going to see the results that you’re after.

We’ll give you the in’s and out’s of proper eating strategies to get larger and stronger and once you understand that, we’ll show you a meal plan that you can use to help realize your goals.

It’s important you do have a plan in place because those who neglect planning their diet often wind up eating foods they shouldn’t and once again, not seeing results.

Plan to succeed and success will be yours.

From there, we’ll finish up by talking about the key supplements that you can use that will take your muscle building up a notch.

While these aren’t absolutely required, they can make the process move along more smoothly and quickly, so many people do choose to use them and will benefit from doing so.

Once we’ve finished this section, you should be all set to move forward and see the results that you’re after.

So, if you’re ready, let’s get started with a brief summary of what it takes to get larger and stronger in a hurry.

## Chapter 1: The Requirements of Getting Strong

Now that you've set the goal to get stronger and larger, you have a mission in mind and hopefully are prepared to attack that mission with everything that you've got.

You're ready to work hard, put forth full effort, and (provided you use the techniques discussed in this program), see the results that you're after.

Understanding the key requirements that must be in place for weight gain to take place is going to be step one to getting on the right track.

So what's needed?

What must you be doing to get results?

Here is a list of things that you need to be getting into place.

### A Calorie Surplus

You've likely heard it before and it must be said again, when it comes to mass gain, calories matter most.

It doesn't matter what other gimmicky programs or certain muscle building supplements may tell you, if you want to see weight gain results, you absolutely must be consuming more calories than you burn off each day.

This is the basic laws of science as energy cannot be created or destroyed so if you're only eating enough energy to fuel all your daily activities and body processes, how would you ever build *new* muscle tissue?

Clearly you wouldn't – you're only meeting your basic needs.

While the foods you eat will determine whether you build fat mass or muscle mass (which we will get into more details on shortly), it's your calorie balance at the end of the day that will establish which direction your body weight moves.

I just added a calorie counter to our site, [click here](#) to determine how many calories you will need per day to build more lean muscle mass.



### Sufficient Physical Stress

Second, the next element that needs to be in place to help ensure you build muscle is a sufficient physical stress load.

Basically, if you don't tell your body it needs to grow stronger – you don't send it any sort of message saying that it must adapt to handle a task it's never done before, your body will be happy to stay the same.

By doing a proper workout program, you will provide that stimulus so that you are more likely to adapt, growing stronger in the process.

### Rest and Recovery

The third requirement that must be in place for successful muscle building is a good amount of rest and recovery.

Building muscle and the workouts that go along with it is a stressful thing for your body. Make no mistake about this.

You are forcing it to try and perform tasks that it really can't handle normally. In fact, these tasks are so intense that you are breaking the body down as you perform them. Your body is really not going to be so happy about that.

You're going to feel tired – this is normal and natural after starting up on a muscle building intense workout program.

If you aren't supplying the necessary rest for your body to repair those breaks, what do you think will happen? You'll just continue to get weaker and weaker, breaking down further and further.

One of the biggest mistakes that many people make who have the goal of building muscle in mind is to go on some high volume, high rep workout program.

All this does is increase the chances that you burnout due to lack of recovery. Some volume is necessary, but it must be kept to reasonable levels.

Lower volume, heavy weight lifting is what you want. This will send that message to the body to build more muscle and then when you give it time to rest up and recovery, that's precisely what will happen.

The more volume you do, the harder it is to recover from, so always keep this in mind.

If you aren't recovering between your workout sessions, that will just increase your risk of going backward.

### Perseverance

Finally, the last element of success is some good old perseverance. Getting really strong and muscular isn't easy by any stretch of the imagination so if you expect this to be a walk in the park, you may want to quit while you're ahead.

Get ready to put in some effort.

There will be times when you will, without a doubt, struggle to keep going on. You need to be prepared to push through those times, following the course.

While we've designed this program to produce optimal results so that you should naturally stay more motivated as you see success coming along, I'd be lying to you if I said it was going to be easy.

Any approach – a diet program, a workout program, or a claim by a supplement company that states that you can get muscular without much effort is downright lying to you.

The sooner you can accept this and prepare to put forth some effort, the sooner you can be off to seeing the results that you desire.

So there, you have four must-haves for getting strong and large. If all of these are in place, working together, there will be no reason you can't achieve the body that you have been desired all along.

Let's now move forward and get the discussion about your workout program in place.

## Chapter 2: Designing Workouts to Get You Muscular

As we mentioned earlier, while diet is going to account for up to 80% of the results that you see when you are trying to get larger, your workout is also going to be a big part of the game.

By doing an effective workout program, you will maintain a greater anabolic response, which moves mass building along more quickly and effectively.

When it comes to your workouts, there are two variations of exercise to consider: strength training and cardio training.

Let's look at each individually.

### Strength Training

Strength training is the most critical exercise you must do in order to build mass. Without strength training, you will just gain excess body fat while on a mass gaining diet plan.

The primary goal of any strength training program for mass gain will be to apply that overloading stimulus we spoke about before. By doing this, you'll create tiny microtears in the muscle fibers that, when given sufficient rest, will rebuild themselves back up so they are stronger than they were before.

The program that we are going to use here today involves the use of many compound exercises, which will be those that will work the most muscle fibers at once, giving you the best anabolic growth response in the body.

Furthermore, by doing these moves, you'll be able to lift more weight total since you'll have more muscle fibers behind you, which is what helps boost your strength gains.

Now let's go into some further details on the specifics of the approach and the exercises you will use.

## Workout Design

The overall workout design of this program is aimed at working both types of muscle fibers – your fast twitch muscle fibers, which are the strongest and largest, along with your endurance muscle fibers, which will later help prevent fast twitch from reaching a point of fatigue as quickly.

In order to stimulate both of these effectively, you are going to start out by performing one main compound movement, lifting as heavy of weight as possible.

You'll be executing three to five sets of this exercise to really push it to its limit while also keeping the rest periods slightly longer in order to ensure full recovery.

These are your *strength building* sets. Their sole purpose is to challenge your muscle strength level and provoke size gains. You really want to push yourself with these so you send that necessary stress signal we talked about earlier.

After this exercise is completed, then you are going to perform one more isolated exercise for the muscle groups you're working in the session, only with these exercises, you are going to take the rep range higher and use a lighter weight.

This exercise is designed to target the muscle size component, helping you gain more muscle size to go along with your strength gains. While both types of exercises will assist with size gains, the higher rep, isolation moves are more focused on hypertrophy.

These sets will be performed with a much lower overall rest period, which boosts growth hormone and enhances the training stimulus placed up on them.

This set-up will then be repeated throughout the workout for all the main muscle groups each session is going to target.

To help assist with good recovery as you go along with the program, we will have you doing a body part split, that is going to divide the body up across four days overall.

Your protocol will look like this:

Monday – Chest and Triceps

Tuesday – Back and Biceps

Wednesday – Cardio Training

Thursday – Legs and Calves

Friday – Shoulders and Abs

Saturday – Cardio Training

Sunday – Off

Remember that as counterintuitive as it may feel to take days off of exercise when your goal is muscle building, it's really a must.

By doing so, you are going to ensure that you are coming back to each workout in a recovered state, maintaining your strength level over time.

Now let's talk about exercise selection.

## Exercise Selection

The next element that you need to get in place to see good results is your exercise selection.

Since we are dividing each workout up into the muscle strength component along with the size component, this is going to mean that you will use different types of exercise for each.

For the muscle strength component, compound movements will be chosen.

These are exercises that are going to work more than one muscle group at a time, therefore will evoke a greater anabolic response and allow you to lift more weight overall.

The main compound movements would include:

- Chest press

- Bent over rows
- Shoulder press
- Squats
- Deadlifts
- Lunges
- Step-ups

These are going to form the foundation of the program and where you really want to be putting in maximum effort.

Then in addition to that, for the second segment of exercises in the protocol, your size exercises, you will turn to more isolated movements for these.

These are movements that will work just a single muscle group at once, so for example, a bicep curl, a tricep extension, a chest fly, a leg extension, and so on.

These exercises are going to be designed to bring the muscles to a point of maximum fatigue before you move on and leave that muscle group.

In addition to that, you should notice that you get a relatively good muscle ‘pump’ from these exercises as well, which is going to be blood moving in to the muscles, expanding and enlarging them, giving you a fuller, more defined look. This is size at work. While this pump may not last for an extended duration of time, it will help you with the overall size increase process.

So there, you have the basic facts to know about your strength training workout session. It’s going to be very critical as well that throughout this workout; you are using proper form at all times.

If you don’t know what proper form is, now would be a good time to consult a trainer to teach you as this will be vital to your success.

If you use poor form on the exercises you do, that will dramatically increase your risk of injury and will make the exercises otherwise a lot less effective than they should be.

Remember that at no point should lifting heavier weight mean sacrificing good form.

It will always be more beneficial to use a lower amount of weight and good form than the other way around.

Now let’s talk about the cardio component.

## Cardio Training

When it comes to cardio training on a mass gain approach, cardio should be kept minimized. You don't want to completely eliminate it as it is still important for health and so you don't tire out too early as you do your lifting sessions, but it won't be at nearly the same level as you would do if you were looking to lose body fat.

Intense interval training could compromise your recovery from your lifting sessions and could become catabolic if done too much, so for this program, you will stick to using moderate paced, steady state training for 30 minutes total. Basically, on a scale of 1-10, work at about a 6-7.

You should be feeling like you are working and putting in good effort, but at the same time, it shouldn't feel like you can hardly keep up.

If someone was next to you, you should be able to have a conversation –with just a little bit of struggle.

You can select any mode of cardio training that you prefer, whether it's biking, running, uphill walking, or using the elliptical.

One day a week, if you really prefer to do the interval training, you can add it in but only if you are feeling very recovered from your lifting sessions.

To perform this type of training, you will begin with a five-minute warm-up and then alternate between brief periods of very high intensity with brief periods of lower intensity.

You can do this on and off for 5-10 times depending on your fitness level, and then finish with a five-minute cool-down.

When selecting your interval ratios, you'll want to go with an interval that is twice to three times as long depending on the total sprint duration.

Use this as your protocol:

15 second sprint – 45 seconds off

20 second sprint – 60 seconds off

30 second sprint – 60 seconds off

45 second sprint – 45 seconds off

60 second sprint – 60 seconds off

The reason that the off period isn't as long in proportion to the sprint interval as you go up in time is because the longer that sprint gets, the lower intensity it is going to have to be done at.

While it will still be 'high intensity' without a doubt, it won't be as high as say a 15 second sprint would be, which will take more total time to recover from.

Here again, you can choose any mode of cardio training to get these done, however I would highly recommend that you consider using running for this. Running tends to be best as you can accelerate the fastest and reach top speeds without having to deal with resistive tension.

It is a more cardio focused workout than anything, and avoiding excess tension will reduce the chances that you overstrain the muscles that we worked during your weight lifting sessions.

So now that you know the in's and out's of the workout protocol, let's give you your workout game plan.



## Chapter 3: Your Get-Strong Workout Protocol

Below is your workout program to follow.

Please follow the workout as closely as possible, remembering to do a brief warm-up before you begin each lifting session. This should consist of five minutes of light cardio training along with some arm and leg swings or very light stretching to get the blood circulating throughout the body.

[Click Here](#) For a free “Get Strong Workout Log” to help you track your progress with these exercises!

### Monday – Chest and Triceps

Exercise	Sets	Reps	Rest
Bench Press	5	5-8	2 minutes
Chest Fly's	3	10-12	30 seconds
Incline Bench Press	5	5-8	2 minutes
Cable Cross-Overs	3	10-12	30 seconds
Close Grip Bench Presses	4	8-10	2 minutes
Overhead Tricep Extension	3	10-12	30 seconds

### Tuesday – Back and Biceps

Exercise	Sets	Reps	Rest
Bent Over Barbell Rows	5	5-8	2 minutes
Horizontal Cable Rows	5	5-8	30 seconds
Lat Pull-Downs	5	5-8	2 minutes
Single Arm Rows	3	10-12	30 seconds
Barbell Bicep Curl	3	10-12	2 minutes
Hammer Curl	3	10-12	30 seconds

### Wednesday

30 minutes low intensity cardio training

### Thursday – Legs and Calves

Exercise	Sets	Reps	Rest
Squats	4	5-8	2 minutes
Deadlifts	4	5-8	2 minutes
Lunges	4	8-10	2 minutes
Leg Extension	3	10-12	30 seconds
Hamstring Curl	3	10-12	30 seconds
Standing Calf Raise	3	10-12	30 seconds
Seated Calf Raise	3	10-12	30 seconds

### Friday – Shoulders and Abs

Exercise	Sets	Reps	Rest
Barbell Shoulder Press	4	5-8	2 minutes
Incline Bench Press	4	8-10	2 minutes
Lateral Raise	3	10-12	2 minutes
Upright Row	3	10-12	60 seconds
Front Raise	3	10-12	60 seconds
Reverse Fly	3	10-12	60 seconds
Decline Weighted Twisting Sit-Ups	3	12-15	30 seconds
Bicycle	3	12-15	30 seconds

### Saturday – Interval Cardio

5-minute warm-up

30 seconds hard interval

60 seconds active rest

30 seconds hard interval  
60 seconds active rest  
30 seconds hard interval  
60 seconds active rest  
30 seconds hard interval  
60 seconds active rest  
30 seconds hard interval  
60 seconds active rest  
30 seconds hard interval  
60 seconds active rest  
30 seconds hard interval  
60 seconds active rest

5 minute cool-down

\*Note your work/rest interval can be changed to any format outlined in the section on cardio training.

### **Sunday – Off/Rest**

Now it's time to move forward and talk about workouts when you're short on time.

## Chapter 4: Workouts on the Go

Sometimes, you just don't have access to a gym. Whether it be no money for a gym membership, or maybe you're out on the road in a less-than-stellar hotel without a weight room, there are still exercises you can do to help improve your strength and appearance.

When it comes to working out on the go, the key is using your body's own weight to help you get stronger and more defined. Keep in mind that this workout is designed as an "all around" type of workout, designed to hit all areas of the body efficiently and effectively. You won't gain as much strength or size as you would if you were performing workouts in the gym with heavy weight, but these can fill in when you are unable to.

Glossary / Explanation of (Some) of the Exercises before you get started:

### **Plank**

1. Lie face down on the floor resting on the forearms, palms flat on the floor.
2. Push off the floor, raising up onto toes and resting on the elbows.
3. Keep your back flat, in a straight line from head to heels.
4. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle.
5. Hold for 20 to 60 seconds, lower and repeat for 3-5 reps.

Below is a photo of what this looks like:



## Forward Lunges

1. Stand with your feet together. Pull your shoulder blades toward your hips. Engage your abdominal/core muscles ("brace") to stabilize your spine.
2. In preparation to step forward, slowly lift one foot off the floor and find your balance on the standing leg. Try not to move the standing foot and maintain balance without wobbling. Pause. Hold this position briefly before stepping forward. The raised foot should land on the heel first.

Slowly shift your body weight onto the lead foot, placing it firmly on the floor. As you shift your body weight to the lead foot/leg, avoid the tendency to tilt or sway the upper body and try not to move the forward foot.

3. As you step forward into the lunge, focus on a downward movement of your hips toward the floor. Avoid driving your hips forward. This will help control the forward movement of your shinbone over your foot.

Continue lowering your body to a comfortable position or until your front thigh becomes parallel with the floor and your shinbone is in a slight forward lean. During the movement, slightly bend forward at your hips. Keep the back straight.

4. Firmly push off with the front leg, activating both your thighs and butt muscles to return to your upright, starting position.

I suggest you first learn how to perform single leg-stands on the ground before performing this forward lunge. Once you master the forward lunge, you can progress to doing a lunge using arm drivers and multi-directional glute activation lunges.

Here's a video that shows the process in detail:



## Side Plank Crunch

1. Lie on your left side with your knees straight.
2. Prop your upper body up on your left elbow and forearm.
3. Raise your hips until your body forms a straight line from your ankles to your shoulders.
4. Hold this position for 30 seconds.
5. Turn around so that you're lying on your right side and repeat.

Here's a quick demo to show you how to do it:



## Jump Squats

1. Stand with your feet shoulder-width apart.
2. Start by doing a regular squat, then engage your core and jump up explosively.
3. When you land, lower your body back into the squat position to complete one rep. Land as quietly as possible, which requires control.

Here's a quick video demonstration of how to perform a jump squat:



## Decline Push Up

1. Lie on the floor face down and place your hands about 36 inches apart while holding your torso up at arms length. Move your feet up to an elevated position on a box, bed, or anything else that's elevated. This will be your starting position.
2. Next, lower yourself downward until your chest almost touches the floor as you inhale.
3. Now breathe out and press your upper body back up to the starting position while squeezing your chest.
4. After a brief pause at the top contracted position, you can begin to lower yourself downward again for as many repetitions as needed.

Here's a video demonstrating the decline pushup:



## Burpee

1. Begin in a standing position. Your feet should be shoulder-width apart. Now, lower your body into a squatting position, placing your hands on the floor in front of you.
2. Kick your feet back so that you are in push-up position. Keep your hands firmly on the ground to support your body.
3. Lower your chest to do a push-up. Bring your chest back up.
4. Kick your feet back to their original position. Stand up, and then jump into the air while clapping your arms overhead.

**Try this simple 20-minute workout wherever you are to help you get defined quickly.**

5 min. warm-up and stretch

- 25 jumping jacks
- 15 body squats
- 10 crunches

We will structure the workout as a circuit, meaning you will start at one exercise and then immediately move onto the next exercise, and then repeat each exercise in the order it is listed.

Circuit – 15 min., repeat the circuit for the full 15 min, taking a 30 second break in between each round.

- 20 standard pushups
- 1 minute plank hold
- 20 Forward lunges, 10 reps per leg
- 20 jump squats
- 20 decline push ups
- 20 bent over rows (use your suitcase or other weighted object you can get a good grip with)
- Side Plank

For those of you who really want to up-the ante, you can progress to a more difficult exercise you can do in your backyard, street, or even a hotel parking lot. This is more of a cardio component to it, specifically involving High Intensity Interval Training, or HIIT for short.

5 min. warm-up and stretch

- 25 jumping jacks
- 15 body squats
- 10 crunches

Circuit – 20 min., repeat the circuit for the full 20 min.

- 10 burpees
- 30 second sprint, 1 min rest
- 30 – 45 sec plank hold
- 10 decline pushups
- 30 second sprint, 1 min rest
- 10 jump squats



- Side plank hold, 30 seconds on each side
- 10 forward lunges, 5 reps per side

## Chapter 4: Nutrition for Optimal Muscle Gain

The content you are about to read is easily going to be the most important part of the book, so read very carefully and thoroughly. This information is not to be taken lightly as it will make or break the results you see.

When it comes to nutrition, the very first step – and the most important step – is going to be getting your calories down in proper alignment.

If you recall our earlier discussion on creating the calorie surplus required for muscle building to take place, you will then see why getting your calories down is so integral to results – it's what causes the body to turn to body fat as a primary fuel source.

If you aren't eating the right amount of calories, you can try as hard as you like, but you will not be getting any larger.

However, you need to be choosing to eat the right foods in order to build just muscle mass and that's an important distinction that needs to be made. It's the combination of the proper calorie intake and the right foods that you need that's essential for success.

Choose the wrong foods and you'll be gaining more fat than muscle and that's precisely what we don't want here. Furthermore, realize that a greater calorie surplus is not always better.

Some people will see this information and think, 'if I can add on 500 calories per day, adding on 1000 must be better!'

This isn't always how it works out. Realize that your body can only build so much muscle each day and anything beyond that will end up as body fat.

You want a good calorie surplus, but a reasonable one. 250-500 calories per day will produce a good rate of muscle gain - about ½ to 1 pound per week, which is where most people should be.

In the game of muscle building, slow and steady is very much going to win the race.

So now that you know why figuring out your calories is so important, let's look at how you pinpoint how many calories you should eat.

Your calorie intake target to get stronger and larger is made up of three different components:

- Your BMR
- Your TEF
- Your Activity Level

Let's look at each one of these individually.

**Update!!** – I recently added a calorie counter to my website to help you determine how many calories you will need per day to gain weight. It's really handy and you won't have to do the calculations below.

[Click Here](#) to use our calorie counter!

### Your Basal Metabolic Rate

The very first thing that you need to take into account is your basal metabolic rate. This essentially refers to how many calories your body needs to consume each and every day just to stay alive.

If you were to lie in bed each day without moving a muscle, this is the amount of energy it would take to keep your brain functioning, your heart beating, and your lungs taking in the oxygen they need to keep you alive.

Your basal metabolic rate is fairly determined by your body weight and lean muscle mass, however certain factors can influence it such as your overall activity level (more active individuals will tend to have higher metabolic rates), your climate, your stress level, your overall health, and so on.

For the most part though, this component is fairly easy to estimate. While there are a number of fancy calculators out there that you can use to do so, one very simplistic method to approximate your BMR is to multiply your body weight by 10. For most people, unless you already have pounds and pounds of muscle, this value works very well to give a good approximation.

So do this right now – take your current body weight (in pounds) and multiply by 10 to get your BMR.

### **The Thermic Effect of Food**

Next, you need to factor into account the thermic effect of food. This refers to how many calories your body is going to burn simply breaking down the food you eat. Each and every time you eat a meal, your body is going to burn off calories digesting it, so this gets added to your daily calorie burn.

Different foods will require a different amount of energy to break down and digest (protein has the highest thermic effect of food for example), but on average, assuming you're eating a mixed diet; you'll be looking at about 15% being attributed to this thermic effect of food factor (TEF for short).

So, take your BMR value now and multiply by 0.15 to get your new calculation.

### **Your Daily Activity Burn**

Finally, the last thing that you must take into account is your daily activity burn. This is essentially going to refer to how many calories you burn off on a day to day basis going about your normal lifestyle activities.

For this component, since you an office worker who is relatively sedentary throughout the day, you'll be using a multiplication factor.

Think about your day-to-day activities, not including your workout sessions, and find yourself in one of these categories:

- Sedentary: 1.1 (office job)
- Lightly Active: 1.2 (office job but you're on your feet often throughout the day)
- Moderately: 1.3 (on your feet all day – hair dresser, teacher, store salesman)
- Very Active: 1.4 (constant movement – manual labour, construction worker, etc.)

Take the number you arrive at above and now multiply this by the factor for your activity level.

This now gives you your maintenance calorie intake.

Since your goal is to gain weight, you'll need to add calories from this so that your

body has a sufficient amount of calories to convert to muscle.

Remember that it takes 3500 calories to build one pound of muscle, so you'll want to use a surplus of around 250 (1/2 pound per week) to 500 (1 pound per week) as we discussed above.

I recommend that most people use an increase of 500 calories per day, as this tends to be the sweet spot for most people for an ideal rate of weight gain results.

So now that you have the most important element out of the way, let's move onwards and go over what you need to know about the three main macronutrients and how they factor into the equation.

## **Macronutrients – What You Need to Know**

'Macronutrients' refers to the different nutrients that make up all the foods that you eat over the course of the day – the proteins, carbohydrates, and dietary fats.

Each of these nutrients plays a different role in the body, so getting the right mix will be important for not only training purposes, but also for overall health promotion as well.

If you choose not to regulate your macronutrients, you could suffer from a very uneven distribution, which would then lead you to suffer energy lows, muscle mass loss, nutritional deficiencies, and so on.

Especially when undergoing resistance training, you must be sure you get a good division.

Let's look at each macronutrient on its own so that you can form a complete picture.

### **Protein**

Without question, the single most important macronutrient in the human diet is protein. Protein is absolutely essential for life and without it, in a few short days, you would cease to exist.

The primary role of protein is to form the building blocks in which muscle tissue is made up of. Protein rich foods break down into 'amino acids', which are what is used to repair muscle tissue along with all the other cells in the body.

In addition to this, protein is also going to be utilized to help formulate hormones, neurotransmitters, along with other bodily substances that are required to keep you alive and functioning well.

If you aren't getting enough protein, you will stay in a broken down state for a much longer period of time, never recovering fully before your next workout.

Furthermore, if you aren't taking in enough calories either, you will rapidly begin losing lean muscle mass as your body turns to it as a fuel source.

The sad thing is that for most people, this is the nutrient that does most often go overlooked and that they fall short in.

In addition to providing the building blocks for a wide variety of different body tissues, protein is also going to offer a number of other benefits as well. Some of these include:

### Blood Glucose Control

The very first key benefit that protein also offers is better blood glucose control in the body. Adding more protein to your diet is going to help you stabilize your blood glucose better as it'll slow down the release of carbohydrates into the blood, so you don't get that rapid glucose spike followed by crash.

Instead, the glucose is released slowly over time, maintaining your energy level for hours to come after a meal. Of course this will also depend on what types of carbohydrates you eat, but simply adding protein to your meal does tend to provide far better glucose control than if it isn't added.

### Hunger Suppression

Next, another key benefit to adding more protein to your diet is that it can help with hunger suppression as well. If you aren't eating enough protein on a day-to-day basis, chances are you'll be feeling more hungry than normal.

While in a calorie surplus this isn't too large of an issue as most people won't be all that hungry to start with, it's still helpful to know.

Since carbohydrates do break down so quickly and cause that energy spike followed by crash, you'll be left feeling hungry, weak, and tired after that crash occurs.

The end result is you're driven to consume more simple carbohydrates and the cycle continues on and on. At the end of the day, even despite your need for more calories, this could cause you to still take in too many, leading to excess fat gain.

### Enhanced Muscle Repair

The final reason slightly more protein helps out when aiming to build strength and muscle is that it will help make 100% sure you are staying in an anabolic state 24 hours a day. If you are eating a moderate protein intake, you may go for a certain length of time between meals where your body is not getting the amino acids it needs, so this can really slow progress.

So how much protein is enough?

The average recommendation for protein for the normal individual not training with workouts is about 1 gram per pound of body weight. As someone who is heavily involved in training however and who is breaking their muscle tissues down on a regular basis, you may want to take this slightly higher, up to around 1.2 grams per pound of body weight each day.

There is no reason to go over and beyond this level as any protein taken in beyond that would simply be better put towards carbohydrates or dietary fats.

Protein rich foods should be consumed at each meal and snack that you eat to help with the balancing of the carbohydrates as we discussed earlier.

When it comes to sources of protein in your diet, you want to choose the leanest meat sources available, along with plenty of fish and seafood, low fat dairy products, eggs, as well as whey protein powder.

All of these are going to provide high quality protein without the addition of saturated fats or other chemicals or additives.

Summarizing your list of top protein rich foods are:

- Chicken breast
- Turkey breast (white meat)
- Lean steak
- Eggs and egg whites
- Venison
- Fish
- Seafood
- Low fat cottage cheese
- Low fat Greek yogurt
- Skim milk
- Whey protein powder

Making sure to take in a wide variety of different sources of protein is going to be ideal as this is what will ensure you get a good blend of amino acids and nutrients in your diet plan.

## Carbohydrates

Moving along, next up we come to carbohydrates. In some cases, you may have heard that adopting a lower carb diet is going to help you produce lean muscle mass gains.

Don't be misled. While you may gain a small degree of strength and muscle using such an approach, you're going to end up with slower progress than you otherwise could have.

That said, how you structure your carbohydrate intake certainly will matter.

Eat the wrong type of carbs and you will be facing fat gain problems along with health problems. Eat the right types of carbohydrates and you won't have to worry.

The body can only utilize carbohydrates as you go about intense training sessions, so to let yourself fall low on the intake scale would be making a significant mistake and would completely hinder all strength improvements.

Your job is to make sure that you time your carbohydrates properly and choose ideal sources. Let's look a bit closer at the various different types of carbohydrates that you'll come across.

### Complex Carbohydrates

The very first type of carbohydrate that you must know is the complex carbohydrate. These are the high-energy carbohydrates that are complex in structure, meaning they're going to take more time to break down and digest in the body compared to other carbohydrate sources.

As such, when you eat these ones you'll sustain more stable blood glucose levels, meaning you will not experience energy highs and lows that we talked about earlier.

They are higher in calories however due to their complex nature, so these are great for the post workout period and for getting you calorie intake up higher.

When selecting complex carbohydrates, the best options are going to be those that are as least processed as possible. The less processing that occurs with them, the healthier they're going to be for the body and the slower they will break down overall.

Good examples of complex carbohydrates to focus on include:

- Oatmeal buckwheat
- Brown rice
- Wild rice
- Quinoa
- Barley
- Millet
- Sweet potatoes and yams
- Bran cereals

If you can focus most of your intake, for the most part, around these sources, you're going to be best off.

Now one additional point that needs to be addressed before we leave this section on complex carbohydrates is the 'whole grain' myth. If you're like most people, you likely



see the term ‘whole grain’ and are conditioned to believe that the food will actually be healthy for you.

But is it really?

Don’t be fooled. The fact of the matter is that whole grain is often not much healthier than the straight white food variety that you would have otherwise chosen, so you aren’t really going to be that much better off going the whole grain route.

The problem is that whole grain foods are still going to have to go through some degree of processing to get to your lunch or dinner plate. With an apple for instance, you can simply pick that off a tree and eat it.

To get some whole grain bread, a number of steps are going to have to be in place for that bread to get to your sandwich.

While the whole grain varieties of products may not be stripped of their fiber and other nutrients during manufacturing, they are still processed and this does mean they are going to break down more quickly, could contain ingredients that aren’t all that healthy for the body, and are going to increase blood glucose levels more than foods that do come straight from the ground.

This increased blood glucose level is also going to cause an increase in blood insulin levels and it’s chronically elevated blood insulin levels (due a diet that’s high in refined carbohydrates) that leads to belly fat storage.

And further, don’t neglect the fact that whole grains do still contain gluten and for some people, this is a big problem because of gluten intolerance.

If you are often feeling bloated, suffering from headaches, or having other gastrointestinal issues after eating foods that do contain wheat, you are going to likely be best off cutting out all of these grains from your diet entirely.

Some people don’t have the necessary enzymes to break these foods down and as such, they give their body quite a high level of grief.

So don’t be so quick to assume because the food is whole grain, it’s a healthy option.

In many cases, it’s really not. You could include it in the post workout meal if you aren’t struggling with gluten, but otherwise, leave it out of your diet plan.

## Simple Carbohydrates

The next type of carbohydrate that you'll come across is simple carbohydrates. These are the carbohydrate varieties that you want to avoid as they are the ones that will lead to that dramatic blood glucose spike followed by crash that we mentioned earlier, plus these are the ones that will cause your insulin levels to shoot sky-high and really accelerate the process of stomach fat accumulation.

Make the mistake of eating these and you might find that you feel as though you're on an energy roller coaster throughout the day and you are gaining more fat than muscle.

In addition to that, these carbohydrates are virtually devoid of all nutrition, so are simply not ideal for the body.

The only one time you may consider them is immediately post workout. At this time, you actually want the simple carbs to spike insulin to kick off the growth reaction you're going for. So save them for this time and this time only and as you choose your varieties, stick to low fat choices only.

Examples of simple carbohydrates include:

- Candy
- Cookies
- Crackers
- Baked goods
- Sugary cereals
- Low-fat ice cream
- White bread
- Rice chips
- Cereal bars
- Bagels
- Packaged snack foods
- Honey/jam

One additional form of simple carb that needs to be mentioned is fruit. Fruit should be thought of as in a different category from the above however as it's going to supply your body with dietary fiber, which is very healthy and will slow down the release of the carbohydrates overall as well, and it will also supply you with a number of important vitamins, minerals, as well as antioxidants.

For this reason, fruit should never be avoided on a healthy eating muscle gain plan.

The one thing that you do need to keep in mind with fruit however is that it's fruit sugars

are half glucose/half fructose and fructose will not be stored in the muscle cells, but rather the liver cells. This means then that fruits aren't quite as good post-workout in terms of maximizing your recovery since you won't get that muscle glycogen replenishment that you otherwise would.

So, try and keep fruits out of the post-run period and place them at other times in the day instead. The one exception to this rule however is the banana, which does have a higher starch component and a lower level of fructose. These can be eaten post-workout and do tend to work great as a recovery fuel source.

Fruits are also great for making smoothies as well, which are perfect for those struggling to meet their calorie requirements for the day.

### Fibrous Carbohydrates

Finally, the last type of carbohydrate that you need to know is the fibrous carbohydrate. These are the carbohydrates that are found in vegetables and are also incredibly important to be taking in.

These are very low in calories and carbohydrates overall, so they'll hardly have any influence on your blood glucose levels, so you can eat them essentially without worry. The dietary fiber content they possess will also help ensure you avoid all blood sugar spikes and furthermore, will also help to improve your overall health level by lowering cholesterol, reducing your risk of heart disease, as well as lowering your risk of certain forms of cancers.

Fibrous carbohydrates should be eaten with most meals of the day, however should be avoided right before or after a training session, as they are quite bulky in volume, and could cause intestinal cramping to occur. Plus, since they don't supply all that much energy overall, they aren't going to fuel you for the coming training that you must complete.

Almost any vegetable is concerned a fibrous carbohydrate, just note that certain vegetables – carrots, peas, corn, and of course potatoes (which are considered a complex carbohydrate as listed above) do contain more carbs and sugars, so you'll want to factor that into your intake.

Also be careful that you don't eat so many vegetables you don't have room for the more calorie dense foods as well. Make sure that you moderate your intake so that you are still getting your needs met.

Now, looking in terms of how many carbohydrates you should be eating on a daily basis, there's no set requirements for carbohydrates, but instead it will vary depending on your target calorie intake for that day and how many dietary fats you consume, which we will talk about next.

Since your protein intake is relatively set and constant, you will adjust your dietary fats and carbohydrates around the protein component.

At bare minimum you should be getting at least 150 grams of carbs per day, assuming no training is taking place, as this is the minimum amount required for the brain to function optimally and to fuel everyday activities.

Just keep in mind, for calorie calculation purposes, that proteins and carbohydrates each contain four calories per gram while dietary fats contain nine. Knowing this will ensure you figure out your calculations properly.

### **Dietary Fats**

Finally, the last nutrient that you need to take into account on your program plan is the dietary fat component.

While you may think that cutting out dietary fats is route to go since you want to stay lean, this isn't quite accurate.

In fact, dietary fats are also extremely important for success. The truth is that when you are just going about your day-to-day activities, you can easily utilize dietary fat as a fuel source and in fact, this is actually preferable because then you will be sparing your glucose stores.

Furthermore, dietary fats have absolutely no influence on blood glucose levels, so they'll help to keep your energy level very stable over time. When combined with a good source of protein, your energy will stay consistent for hours at a time.

Dietary fats also help to boost your testosterone levels, which is critical for adding lean muscle mass. Those who use fat-free diets or as close to it as possible will notice they have extremely low testosterone. This will dramatically influence the results they see.

Dietary fat should be kept at no lower than 20-25% of your total calorie intake for a rough guideline. Some people may choose to take it slightly higher than this if they feel they function better on a higher fat/moderate carb approach while others will keep it at this range.

Like with carbohydrates however, it's important that you select your dietary fats properly. Eat the wrong fats and you could set yourself up for numerous health concerns down the road.

You want to be eating primarily unsaturated fats, polyunsaturated fats, and essential fatty acids (or omega fats as they're often called).

These are the fats that will boost heart health, improve your body composition, and help keep your hormone levels normalized in the body, while making sure that you feel your best at all times.

Examples of these fats include:

- Nuts and natural nut butter
- Seeds
- Flaxseeds and flaxseed oil
- Olive oil
- Coconut oil
- Avocado
- Fatty sources of fish

If you can eat these most often and make sure to stay away from unhealthy sources of fats such as saturated and trans fats, which are found in high fat dairy products, processed meats, fattier cuts of meat, and many processed or fast foods, then you will be on your way to maximizing your health while boosting your performance.

So there, you have a good idea on the precise foods that should be making up your diet plan. It's vital that you are focusing on smart food selections that will not only nourish your body, but also promote the fat loss process as it takes place.

You might think that one or two poor food choices here and there aren't going to hurt anything too much, but you would be mistaken.

A few bad food choices can definitely set you back and can hinder your progress, especially when building lean muscle mass is the goal.

Also keep in mind that factors such as your sodium intake and so on are also going to influence how lean you look due to water retention, so you need to be eating foods in their most natural state possible, while eliminating added salt and in some cases, depending on if you have food insensitivities, dairy and wheat containing foods as well.



Now that we've finished discussing the macronutrients, let's show you your meal plan.

## Chapter 5: Your Meal Plan Set-up

For the plans that follow, you are going to find your body weight range in the table below. Then you will see each meal of the day laid out, along with the number of servings you should be taking in of each type of food throughout the plan.

Once you find your meal and the servings, you are to then consult the food table that is below it, which will give you the food options that you can fill your meals with.

This is going to put you in the driver's seat so that you can pick and choose which foods you want to be eating at all times – within guidelines of course.

Here are your plans.

**Update!!** [Click Here](#) for a printable sample meal plan using the chart below.

### Daily Meal Plan

Bodyweight/Meal	151-170 pounds	171-180 pounds	181-195 pounds	196+ pounds
<b>Breakfast</b>	1 protein 2 carbs 1 fat 1 fruit	1 protein 2 carbs 1 fat 1 fruit	2 protein 2 carbs 1 fat 1 fruit	2 protein 2 carbs 1 fat 1 fruit
<b>Midmorning</b>	1 protein 1 carb 1 fat	1 protein 1 carb 1 fruit 1 fat	1 protein 1 carb 1 fruit 1 fat	1 protein 1 carb 1 fruit 1 fat
<b>Lunch</b>	2 protein 2 carb 1 vegetable 1 fat	2 protein 2 carb 1 vegetable 1 fat	2 protein 2 carb 1 vegetable 1 fat	2 protein 2 carb 1 vegetable 1 fat
<b>Mid-Afternoon</b>	1 protein 1 carb or fat	1 protein 1 carb 1 fat	1 protein 1 carb 1 fat	1 protein 1 carb 1 fat
<b>Dinner</b>	2 protein 1 carb 1 fat 2 vegetables	2 protein 1 carb 1 fat 2 vegetables	2 protein 1 carb 2 fat 2 vegetables	2 protein 2 carb 2 fat 2 vegetables
<b>Before Bed</b>	1 protein 1 fat	1 protein 1 fat	1 protein 1 fat	1 protein 2 fat

## Pre/Post Workout Guidelines (add these in before/after your workout session.)

Bodyweight /Meal	141-150 pounds	151-160 pounds	161-170 pounds	171-180 pounds	180+
<b>Pre-Workout</b>	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb
<b>Post-Workout</b>	1 protein 2 carb	2 protein 2 carb	2 protein 2 carbs	2 protein 2 carbs	2 protein 2 carbs

### Food Choices Chart

[Click Here](#) for my  
“Big List of  
Foods You Can  
Eat” Quick  
Reference Chart

Protein Rich Food	One Serving Size**	Carb Rich Food	Serving Size	Fat Rich Food	Serving Size
Chicken breast	3 oz.	Quinoa	½ cup cooked	Olive oil	1 tbsp.
Turkey breast	3 oz.	Brown rice	½ cup cooked	Sunflower oil	1 tbsp.
White fish	4 oz.	Barley	½ cup cooked	Safflower oil	1 tbsp.
Egg whites	1 cup or 6	Oatmeal	¼ cup (raw measurement)	Flaxseed oil	1 tbsp.
Salmon	3 oz. (also counts as 1 fat)	Whole wheat tortilla	1 small	Flaxseeds	2 tbsp.
Lean red meat	3 oz.	Whole wheat pita	1 small	Natural peanut butter	1 tbsp.
Canned tuna	1 can	Whole grain bread	1 slice	Almond butter	1 tbsp.
Whey protein powder	1 scoop	Bran/whole grain cereal	½-1 cup (check box for serving size)	Almonds	10
Tofu	3 oz.	Whole wheat pasta	½ cup	Pecans	10
		Sweet potato	1 small	Sesame/Poppyseeds	1 tbsp.
		Whole grain crackers	5-10 depending on size	Avocado	½ cup sliced
				Salmon/fatty fish	3 oz. (counts as 1 protein as well)
<b>Dairy Rich Food</b>	<b>One Serving Size**</b>	<b>Fruits/Vegetables</b>	<b>One Serving Size**</b>		



Skim milk	1 cup	Fruit (apples, oranges, banana, pear)	1 piece		
Greek yogurt/low-fat yogurt	½ cup	Berries and melons	1 cup		
Cottage cheese	½ cup	Vegetables	1-2 cups*		

\*Note these hardly contain any calories so there aren't any restrictions

Now let's finish off with some brief discussion on supplementation to help you take your progress one step further.

## Chapter 6: Key Supplements for Enhanced Results

The very first thing that we need to make sure you fully understand before going any further onwards is the fact that supplements are never going to replace a proper diet or workout program.

If you think that using the supplements we're about to discuss means you no longer need to pay attention to what you're eating or how hard you're exercising, you are mistaken.

It's vital that you don't let yourself believe this, as many people sadly do, or your efforts will be for nothing.

That said, once those two elements are in place, the following can help you see better overall results and in a shorter time frame.

They are products that will make the entire process slightly easier and have been proven to work, both in the lab and in real life.

### My #1 Choice - [Crazy Mass Bulking Stack](#)



The first supplement I would recommend to anyone looking to bulk up is the Crazy Mass Bulking stack. This stack combines 4 powerful supplements that are designed to “mimic” the effects of steroids, without actually being a steroid.

The stack includes 1 bottle of each of the following: Testosterone-Max, Dianobal, Tren-Bal Elite, and Deckadrolone. I won't get into the details of each here, but I have personally used AND recommended this stack to hundreds of guys looking to pack on size and strength.

[Click Here](#) to read my full review to learn more.

## Other Stacks

Often one supplement just doesn't cut it, so I always recommend stacking products for the best results. Here are a few other products you should combine to get the best results.

### HyperGH 14X and Testofuel



HyperGH 14X is a natural HGH induced supplement that is designed to effectively increase your overall lean muscle. While it is not actually pure HGH (that would be illegal), the ingredients in [HyperGH 14x](#) work to stimulate your bodies own production of HGH. Taken as a daily supplement, this product comes in oral spray as well as capsule formulation.

There are many benefits to using HyperGH 14X, including:

- Intensified Workouts
- Speed workout recover times
- Improved sleep quality
- Increased lean muscle tissue
- Reduce fat deposits

I had a chance to personally test out a 3 months' supply of HyperGH 14X, and I have to say the results were pretty amazing. [Click Here](#) to check out my personal review and results.



Next, [Testofuel](#) is the second supplement that I would recommend you consider stacking as you go about this workout protocol. Since testosterone is the primary hormone that enables you to build and maintain muscle mass tissue, the higher it is throughout the body, the more lean muscle mass you will maintain.

Furthermore, when testosterone does start to decline, as it often does when you are going on a fat loss diet plan, this can lead to lower strength levels and a greater risk of body fat accumulation.

Some men are even suffering from lower production of testosterone than normal, so when this is the case, it becomes even more important to be getting it into the program set-up.

Another rather nasty side effect of dieting that this product can help you out with is maintaining your libido level as well.

It's not at all uncommon to find that your libido drops off the radar when on an intense fat loss diet, and the greater your testosterone level is, the higher your libido will be.

So once again, this is going to really work in your favor. As the product does contain natural ingredients, it's also a safe one to use and produces no real side effects in most people.

Check Out My [Official Review of Testofuel to Learn More](#)

## **Nitrocut and Muscle Advance Creatine**

The second stack I would recommend is a combo of a pre workout supplement called Nitrocut, along with a creatine supplement called Muscle Advance. Nitrocut is a highly rated supplement that I have recommended to literally THOUSANDS of guys looking to gain lean muscle.

Muscle Advance creatine is a potent creatine supplement that is designed to help you recover from your workouts more efficiently. The power of creatine has been used primarily for gaining mass as well as strength, and muscle advance is one of the most effective I have come across to date.

[Click Here](#) To Read My Review of Nitrocut

[Click Here](#) To Read My Review of Muscle Advance Creatine

So there, you have the three main products that you should be considering. I don't recommend supplements lightly as there is just so much garbage out there in terms of what they will do to you and the lack of results they produce, but these three seem to stand out time and time again for helping people along their way.

## Conclusion

So there, you have your complete guide to getting strong, muscular, and larger.

If you follow the workouts and protocol's we've put out in this plan, you are going to be seeing progress on a week-to-week basis. This should help keep you motivated to continue on pressing forward, but it's always a good idea to take additional motivational measures.

Some of these include:

- Using progress pictures
- Writing in a journal
- Getting a workout/program buddy
- Setting clearly defined daily goals – and weekly rewards for yourself
- Having a support buddy you can call any time you're struggling
- Using a mentor for motivational purposes

If you can use any of these techniques, you should find that you feel that much more committed to staying the course and following through on your game plan for optimal success.

There will always be setbacks, but remember it's how you deal with these setbacks that determines your success. If you can keep on pressing forward despite them, putting them behind you and moving right along, they won't impact you in any significant manner.

Here's to your success!

Rob Miller  
SupplementCritique.com

P.S. Email me at [contact@supplementcritique.com](mailto:contact@supplementcritique.com) if you have any specific questions, I'm here to help!