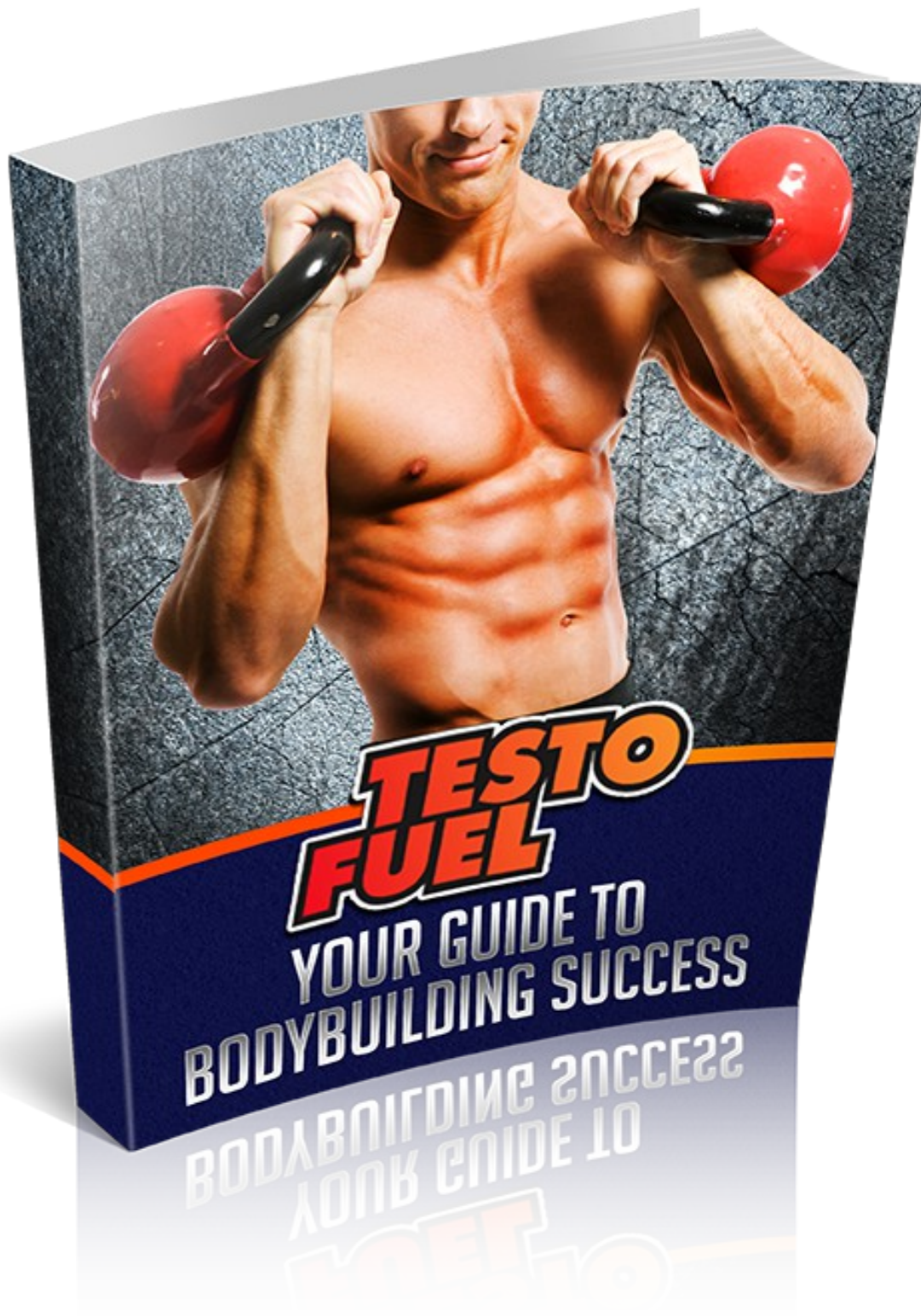


# Your Guide To Bodybuilding Success



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# Your Guide To Bodybuilding Success



## Introduction

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If you're reading this right now, there is one thing that's certain and that is that you want to focus on building more lean muscle mass onto your frame.

Whether you're brand new in the gym and just kicking your training off or you've been working out for months or years – but just aren't quite seeing the results that you had hoped for, this guide is going to help ensure that you are moving forward at the fastest rate possible.

The biggest mistake many people make when they set the goal to build muscle is not taking the time to learn what it really takes to build muscle effectively and instead, just jumping on the first program that they come across.

This is precisely what you do not want to be doing.

By learning the right techniques to start with, you can rest assured that you are starting off properly and are not going to just waste your time, going around and around in circles.

When we look at the goal of building more lean muscle mass, there are four requirements that must be in place.

### **They are:**

1. Overloading stimulus – this is presenting more stress on the muscle than it's dealt with before, which is going to force it to grow back stronger and larger than it was originally.
2. Proper nutrition – once the damage is done to the muscle cells, then it's time to fuel the body with the right mix of nutrients, which will help ensure that they have the raw materials to build more muscle mass with. Without these raw materials, you won't get very far. Remember, you can't build something out of nothing.
3. Rest – rest is a very critical element that far too many people overlook. If you don't give the body time to rebuild itself back stronger than it was previously, you're just going to be breaking the muscle tissues down further and further, growing weaker in the process.
4. Supplementation – key supplements will help ensure that you are creating the absolute best environment to build muscle in, helping speed along the process.

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If you can get all four of these into place, then you can rest-assured you will see success.

If even one of these elements is missing however, prepare for a let-down as results will not be happening. It's critical that all are there – not just one or two elements as they work in synchrony with each other to generate new lean muscle mass.

So in the following chapters, we are going to provide you with the details you need to know to accomplish all four of these objectives so there is never any question as to what you should be doing.

Once we're finished, you will feel prepared and ready to step forward and begin your journey to a new, leaner body.

So let's get started by first going over the biggest muscle building mistakes that most people make.





## Chapter 1

### **The Biggest Muscle Building Mistakes Most People Make**

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When it comes to building more muscle, there are a number of things that some people will do wrong that can entirely cost them the results they should be seeing.

At times, all it takes is one small error and your progress will go right out the window.

Therefore, to make sure that you are stepping forward onto the right foot, the very first thing that you must do is avoid the following.

#### **Muscle Building Mistake #1**

##### **Not Tracking Calories**

The first error that's often made is completely neglecting to track calories. If you aren't tracking your calories, you virtually have no way of knowing for sure how much you're eating, which then means it's impossible to make adjustments that will guarantee that you start building more lean muscle mass.

You must consume more calories than you burn off over the course of the day to build lean muscle mass and if you're not tracking your calories, you have no way of knowing whether you're doing this or not.

#### **Muscle Building Mistake #2**

##### **Doing Too Much Volume**

The next error that's often made is doing far too much volume in the gym. You've likely seen this before. The guy who goes into the gym and performs 10 sets of bicep curls followed by 10 sets of tricep extensions.

*Bad move.*

These smaller muscle groups do not require that much stimulation and furthermore, doing this much volume is just creating more work for your body to recover from. If you are hoping to see results, full recovery is key and the more exercise you do in the gym, the more of a recovery load you'll face.

Your goal is to stimulate the muscle and then get out of the gym to rest and recover. This is only going to take 3-6 sets, not 10-12.



## **Muscle Building Mistake #3**

### **Neglecting Sleep**

Sleep is absolutely imperative for muscle growth to happen. Not only is sleep the primary time when the body goes into deep recovery mode, but more important than that, sleep is also when you'll be primarily releasing growth hormone and testosterone.

Testosterone is the most powerful muscle building hormone in the body, so if you're not sleeping enough and not getting as strong of a release, it will definitely hinder your progress.

Many of us are in a state of chronic sleep deprivation, so you can imagine how this is influencing the results that we see.

The good news is that if you are finding it absolutely impossible to get as much sleep as you should, you can help naturally increase your testosterone release by using products such as [TestoFuel](#). While this isn't an excuse for not aiming to get more sleep, having this on your side can definitely increase the chances you see the results that you're looking for when you lead a busy schedule.

## **Muscle Building Mistake #4**

### **Overdoing Cardio Training**

Moving on to the forth mistake, we come to overdoing cardio training. Many people will load up on cardio training thinking it's a fast route to help them get leaner, when really, that much cardio training is just a fast route to stopping any muscle growth at all.

Not only does all this cardio training make it harder to recover from the sessions that you're doing, but it's also going to burn up precious calories that could have instead gone towards the muscle growth process.

If you're someone who already has a relatively high total daily calorie requirement, burning up 200-500 calories on cardio is not a smart move.

## **Muscle Building Mistake #5**

### **Leading A High Stress Lifestyle**

Stress is another culprit of ruined muscle gaining results. If you lead a high stress lifestyle, you're in for problems ahead. Not only will all this stress mean that you are tired and run-down, but stress is a severe hindrance to natural testosterone release.

Anyone who experiences stress on a daily basis should definitely looking into a natural testosterone enhancing supplement such as [TestoFuel](#) to help combat this negative impact or you will find it virtually impossible to build muscle.

Nothing will destroy your results quicker than ongoing stress. Whenever you're stressed out, you release a hormone called cortisol in the body, who's primary job is to break tissues down – your lean muscle mass included.

Since your goal is to build tissue up, you can see how these oppose each other.

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## **Muscle Building Mistake #6**

### **Doing The Same Workout Over And Over Again**

Finally, the last muscle building mistake that you need to know about is doing the same workout over and over again. Many people get stuck in this mistake because their workout was originally producing great results, so they just kept at it.

But, what they don't realize is that as soon as their body adapts to the stressors being placed upon it, their results are going to fall by the wayside.

You need to keep changing your workout if you want to keep seeing results.

If you fail to change the workout around, you will be essentially failing to provide that overloading stimulus that your body needs to grow stronger and larger.

Keep in mind you don't have to implement large-scale complete workout changes here. Simply adjusting the sets that you perform, the rep range, the exercise order, or even your hand positioning on the bar (going from a wide grip to a close grip for instance), can provide enough change to keep results coming.

Just don't let your workouts stay the same for weeks on end or you will be failing to see ongoing progress.

So there you have the top muscle building mistake that are often committed that can cause you to fail to see the results that you're after.

If you can be sure to avoid these, you're already starting off on the right foot.

Now let's go over some of the key training principles of success.







## Chapter 2

### Training Principles Of Success

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Now that you know what not to do, let's talk about what you *should* do.

Whenever you go into the gym, you have a wide selection of exercises that you can do and ways to stimulate the body. Will you choose the proper exercises, reps, and sets to do so?

It all adds up and if you're making poor choices, it will impact your results.

Here's what you need to consider.

#### Workout Split

First, when it comes to the workout split you use, the two primary types that you should lean towards are the full body workout approach along with the upper/lower approach.

These will both allow you to stimulate each muscle group at least twice per week, which is the minimum amount required for good results.

In addition to that, they also still allow for plenty of down time for recovery purposes, which as you remember before is one of the key elements of success with any workout program.

Try and stay away from body part splits (where you only work one or two muscle groups per workout) as these generally tend to be far less effective.

#### Exercise Selection

Moving along, the next thing to consider is your exercise selection. This is very critical and can most definitely enhance or hinder your results.

You want to be aiming, for the most part, for compound movements that work multiple muscle groups at once. These will allow you to lift more weight (which means faster strength gains), they'll allow you to get a stronger testosterone release (which assists with creating a very anabolic environment), and they allow you to do more work in less time (thus allowing for better recovery).

It's a win-win-win situation.

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**The top moves to include are:**

- Squats
- Deadlifts
- Lunges
- Leg press
- Step ups
- Bent over rows
- Shoulder press
- Pull-ups
- Lat pull-downs
- Push-ups

Rely on these more than the isolation movements such as bicep curls, tricep extensions, lateral raises, and so on and you will see far greater results.

## **Reps And Sets**

Moving along, you also need to get your rep and set scheme figured out.

For pure strength gains, you'll want to perform around 5-8 reps per exercise. This will allow you to lift a maximum amount of weight, which is ideal for building up more lean muscle mass.

If you want to go for more muscle size, then aim for a slightly higher rep range of around 8-12 reps per set. This is going to be more applicable in stimulating the hypertrophy response, which is focused around pure muscle size.

Ideally, you should include both ranges in your program over time, working in the lower range at times and the higher range at others.

Set-wise, this will depend slightly on how many exercises you're doing in the workout program and the degree of recovery you have, but aim for around 2-4 sets per exercise for best results. For most people, this will be sufficient to stimulate growth.

## **Rest**

Finally, last but not least, don't forget about rest. Your rest periods between lifts should be allowing you to recover fully, so you'll want to aim for around 1-3 minutes. You shouldn't ever need more than 3 minutes as in almost everyone full recovery should take place within that time frame, but listen to your body if you're at 1-2 minutes and do feel like you need more time to recover.

So there you have the primary training points to remember as you design your routine. If you can follow these, you'll be coming up with a workout that will definitely deliver the results that you're after. Now let's move forward and talk more about the nutrition side of things.



## Chapter 3

### Nutrition Secrets For Faster Results

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Now that we've covered the training element of things, it's time to turn our attention to nutrition secrets for success.

What you eat is going to play just as much of a role in your progress as what you do in the gym, so this is definitely not something that you want to be overlooking.

Those who fuel their body well, get results. Those who don't – well, they will be disappointed.

Let's take a quick look at the main nutritional concepts that you need to know and remember.

#### Getting Sufficient Calories

The very first thing that you need to make sure you're doing is getting a sufficient level of calories in. Without enough calories, you won't be making any size gains at all as you'll simply be providing enough to support the mass you currently have.

For your calorie intake, most people will grow best on around 16-18 calories per pound of body weight.

If you are a very naturally skinny individual however, aim for 20 calories per pound to start and add more calories depending on how you progress along.

#### Perfecting Your Protein Intake

Next, also make sure that you think about how much protein you're eating. Protein is what supplies the building materials to the muscle cells, so without it, you can't generate new tissue either.

You'll require at least one gram per pound of a high quality protein source and if you prefer, you can take this slightly higher up to around 1.2-1.3 grams/lb.

Don't, however, go higher than this. There's no need to go beyond it as excess protein will just be used as a fuel source, converted to body fat, or excreted from your body.



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**The best sources of lean, high quality protein include:**

- Chicken and turkey breast
- Lean red meat
- Fish and seafood
- Low fat dairy products
- Whey protein powder
- Eggs and egg whites

Focus on these for the most part and you will be set.

## **Considering Carbohydrates**

Moving along, the next must-do for nutrition success is to consider your carbohydrate intake. While protein provides the raw materials that you need in order to build muscle tissue, carbohydrates provide the fuel to do so.

Without the energy to assimilate that new tissue, you won't get very far either. Carbohydrates are also the only fuel source that you can use during intense exercise training, so you will require them for each of your strength training workout sessions.

The key thing to note with your carbohydrates is that they are all definitely not created equally.

You'll want to aim for carbohydrates that are as wholesome and natural as possible, with as few additives. Avoid any 'white' carbs – those that have been heavily processed, stripped of their nutrients and that will send your insulin and blood sugar levels soaring.

Even though you are aiming to eat more calories and it may be tempting to get those calories up by relying on convenience foods, you must avoid this. If you do that, you will be gaining more body fat than you will lean muscle mass.

**The top energy-dense, complex carbohydrate sources to focus on include:**

- Brown rice
- Quinoa
- Barley
- Oatmeal
- Sweet potatoes

In addition to these, you should add moderate amounts of fresh fruits and vegetables as well. These must be taken in as they are what will supply the vital nutrients that your body needs on a daily basis, but don't go too crazy with them because they are lower in calories and will fill you up quickly.

If you're struggling to meet your daily requirements, too many vegetables especially can leave you feeling bloated and lethargic.

Add some – but keep them balanced with the rest of your diet plan.

Fruits do contain some sugar, but it's a natural form of sugar, so not one to get too overly concerned over. Having a piece or two – especially around the workout period when you do need some simple carbs, can be a great way to stay well fueled for the workout ahead.

## Factoring In Fats

Fats are the last nutrient that must be taken into account with your diet program. Some people neglect fats because they feel that if they eat fat, they will pack on body fat, but that isn't the case at all.

In fact, the right fats can help you build muscle faster and keep you leaner at the same time. Furthermore, fat is also highly correlated to your testosterone levels, so by having some fats in your diet, along with using a testosterone booster product such as [TestoFuel](#), you can really see faster rates of muscle growth.

The healthy fats to include are unsaturated fats, the omega fats, and small amounts of saturated fats from high quality sources.

The bad fats to avoid are trans fats (found in processed, convenience foods) along with saturated fats from processed meats. These are the ones that will harm your body and put you at risk for a number of diseases.

### Good fats include:

- Olive oil
- Flaxseed oil
- Coconut oil and coconut
- Fatty varieties of fish
- Nuts and seeds
- Avocado
- Grass fed butter

If you can keep your selections to these, you'll sustain good health and maintain faster rates of progress. Remember that fats are more calorie dense than both proteins and carbs at 9 calories per gram compared to four, meaning you do need to watch you don't overdo them.

Eat too many of them and you will over-eat, gaining excess body fat in the process.

While you do need more calories to build muscle than you burn off daily, if you take in too many more, fat gain will result.

There are no specific requirements for exactly how many carbs and fats you have to eat each day, but once your calories are set and you know how much protein you need to consume, the rest of the calories should be divided up fairly equally between fats and carbs.

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Most people will find that they do slightly better with a few more calories going towards carbs than fats, but for others, it's the opposite.

Either way, you should devote at least 150 grams towards carbs per day to fuel your brain and workouts and no less than 25% of your total calorie intake should come from dietary fats.

## Getting Meal Frequency Straight

Now that you have the three macronutrients figured out, it's time to look at meal frequency. Meal frequency is something that has been hotly debated in the muscle building industry and the general consensus is that the best meal frequency is the one that works for you.

There's no hard and fast rules as to how often you must eat and if you go longer than 3 hours without eating, you won't start rapidly burning up muscle tissue.

That said, you typically don't want to go too long without eating or your blood sugar may crash and you won't feel as well as you should.

Furthermore, since when building muscle you will have that higher total daily calorie requirement, it just is easier to reach this if you divide your calories up into four to six meals per day.

But, if you're someone who hates eating this often and would prefer to eat three times per day, that is fine too. Just make sure that you get all the calories and nutrients in.

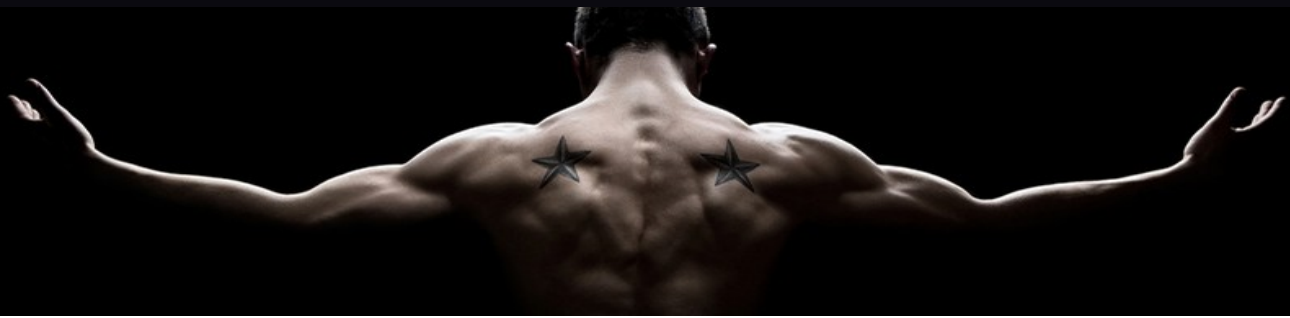
Finally, it is also vital that you are eating right before as well as after your workouts, so just don't skip over those periods. Those who don't use good pre and post workout nutrition will see lacklustre results because this is one point in the day when your body does require fuel.

Aim to consume both protein as well as carbs during this period, while staying away from dietary fats (fat will only slow digestion down, which isn't what you want).

Now that we've covered good nutrition, let's move on and talk about supplementation.







## Chapter 4

### Supplementation For Success

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Finally, the last thing that you'll want to be taking into account is your supplementation. While there's no magical supplement out there that will automatically cause you to build muscle without any other work being put in, if you take the right mix of supplements, they can definitely enhance the results you see, moving you forward a step.

The big problem with supplementation for most people today however is the fact that they tend to seek out 'quick-fix' products – those that promise to help you 'build 15 pounds of muscle in 10 days' or something of that nature.

Keep in mind that these products, more often than not, are just hype and are not going to deliver the results that you are hoping for.

In order to avoid these products and stay on course with products that will actually help you see better results, you should be focusing your efforts on products that are more natural and aim to work with the body to produce the results that you're going for.

Let's look at the few main supplements that you should be considering.

#### Multi-Vitamin

The very first product that can help you see better results is a good quality multi-vitamin. A multi-vitamin is beneficial because it'll provide you with vitamins and minerals that your diet may be lacking in, where if you don't get enough of those, you could start to see sluggish energy levels and slow rates of muscle building.

Furthermore, a multi-vitamin will help ensure that you are getting enough of the key muscle building nutrients such as zinc, calcium, phosphorus, and iron.

While if you're eating a well-planned mixed diet you should be getting enough of these already, some individuals aren't and it will definitely hinder their progress.

#### Fish Oil

Moving along, the next supplement to consider is fish oil, which is going to provide you with the omega fats you may be missing out on or falling low in.

Omega fats are critical to muscle growth and are also important for a wide variety of different health reasons including warding off diabetes, keeping your insulin sensitivity in check, preventing cancer, lowering the rate of heart disease, and so on.

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You simply cannot go without fish oil and this product will make it much easier to meet your needs.

## **Protein Powder**

Protein powder is the next supplement to consider adding into the mix. Protein powder is going to provide you with a fast digesting protein source before and after your workouts when you need it most (provided you choose a whey isolate protein powder) and can also be used throughout the day to help keep your protein needs met when you need it as well.

Protein powder is fast, easy, and convenient, making it a superior option for many people.

When purchasing your protein powders, try and find one that is as natural as possible to avoid any excess sweeteners or other additives that are commonly found in protein powder products.

## **Testosterone Booster**

Moving along, the next supplement that you'll want to consider is a testosterone booster. These are excellent to help work with your own body to help get your testosterone levels higher, encouraging a greater rate of overall muscle growth and development.

As we mentioned earlier, there are a number of things that can really impact your testosterone levels including stress, lack of sleep, too much exercise, not enough saturated fat, and some individuals simply suffer lower levels naturally.

Since there is an effective way to deal with this and get your levels back up again, there's no reason to suffer from low testosterone. Use [TestoFuel](#), which is designed to work naturally in the body.

## **Creatine**

Finally, don't overlook creatine. Creatine is another excellent product for those seeking lean muscle mass building as it will help ensure that you maintain enough saturated of the high energy molecule, ATP, which is what causes all the muscular contractions in the body to occur.

When your ATP runs out, this will result in you immediately feeling fatigued during your workout and often the session stopping entirely.

By supplementing with creatine, you ensure this doesn't happen.

So there you have the primary muscle building supplements that you should be considering getting into place with your program plan. As you can see, none state any fancy claims or gimmicky sounding marketing pitches but are simply natural and based around all the concepts that need to be in place for you to build muscle in the first place.

Use these and not only will you get better results, but you'll save money due to not having to purchase supplements you don't need.

## Conclusion

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So there you have everything you need to know to get started on your own muscle building program to build an optimal amount of lean muscle mass.

Remember that muscle building doesn't happen overnight, so don't get discouraged if you aren't looking larger after just a few weeks on your program.

If you've structured your diet, your workout, and your supplement regime correctly however, you will get the results that you're looking for.

There will be set backs along the way but as long as you pick yourself right back up after one takes place and keep forging onwards, these will not hinder your results.