

# 8 Things You MUST Do To Build Maximum Muscle Mass.



**Welcome!**

Thanks for downloading my Free E-Book "**8 Things You MUST Do To Build Maximum Muscle Mass.**" There is so much misleading information out there, and in this book I'm going to provide you with 8 basic, simple steps that you can utilize on your journey to increased muscle mass and strength. The information contained in this book is just a small sample of what can be found in my full, 250-page book "[The Truth About Building Muscle.](#)" You can find out more information on that by visiting [my website.](#)

**Enjoy!**

## **1) Train With Weights and Focus On Freeweight, Compound Movements.**

While "train with weights" may seem like an obvious point, you'd be surprised at how many people believe that they can make significant muscular gains using only body weight exercises. If you want to make solid, noteworthy gains in muscle size and strength, you absolutely *must* train with weights. While body weight exercises can help you achieve some modest results to start off with, these gains will eventually plateau and your progress will come to a grinding halt. The plain fact of the matter is that *nothing* can come close to the overall anabolic effect of heavy, compound, free weight exercises. What is a compound exercise, you ask? A compound exercise is any lift that stimulates more than one major muscle group at a time. Examples of these lifts are the squat, deadlift, bench press, chin up, barbell row, overhead press, dip and lunge. Compound movements allow you to handle the most weight and will stimulate the greatest amount of total muscle fibers. If you are looking to pack on some serious muscular weight, you absolutely *must* make these basic compound movements the cornerstone of your routine.

## **2) Be Prepared To Train Hard.**

If you think that building muscle is a complete walk in the park, you're in for a *huge* disappointment! One of the biggest factors that separates those who make modest gains from those who make *serious* gains is their level of training intensity. The reality is that most people just plain don't train hard enough. In order to stimulate your muscle fibers to their utmost potential, you must be willing to take every set you perform in the gym to the point of muscular failure.

**Muscular Failure:** The point at which no further repetitions can be completed using proper form.

Training to failure requires a lot of discipline and you absolutely must be willing to drive through the pain barriers it takes to get there. Remember, your body does not *want* to build muscle mass! When it comes to the overall survival of your body as an organism, piling on slabs of excess muscle tissue is quite low on the priority list. You must *force* your body to build muscle! Submaximal training intensity will leave you with submaximal results, plain and simple.

### **3) Track Your Progress In The Gym From Week To Week.**

This muscle-building technique is absolutely *critical* to your success. If there's one thing that I want you to take away from this book, *that* is it.

Our bodies build muscle because of an adaptive response to the environment. When you go to the gym, you break down your muscle fibers by training with weights. Your body senses this as a potential threat to its survival and will react accordingly by rebuilding the damaged fibers *larger* and *stronger* in order to protect against any possible future threat. Therefore, in order to make *continual* gains in muscle size and strength, you *must* focus on progressing in the gym from week to week.

This could mean performing 1 or 2 more reps for each exercise or adding more weight to the bar. Don't try to improve by leaps and bounds everytime you workout, but rather focus on making *small, steady* increases. Over the course of a few months, those small increases will add up more than you think, and your body will continually adapt and grow to the ever-increasing stress.

### **4) Avoid Overtraining.**

Overtraining is your number one enemy when it comes to building muscle size and strength. When most people begin a workout program, they are stuck with the misguided notion that *more is better*. They naturally assume that the more time they spend in the gym, the better results they will achieve. And who could blame them? In most aspects of life this basic logic seems to hold true. The more time we spend trying to reach a certain goal, the faster we tend to reach it.

When it comes to building muscle, nothing could be farther from the truth! If you spend too much time in the gym, you will actually take yourself farther away from your goals rather than closer to them. Remember, your muscles do not grow *in* the gym. They grow *out* of the gym, while you are resting and eating. Recovery is absolutely vital to the muscle growth process. If you don't provide your body with the proper recovery time in between workouts, your muscles will never have a chance to grow. Overtraining will also decrease your energy levels and will promote an increase in certain hormones that stimulate muscular breakdown.

### **5) Eat More Frequently.**

The main area where most people fail miserably on their muscle-building mission is on the all-too important task of proper nutrition. Training with weights is only *half* of the equation! You break down your muscle fibers in the gym, but if you don't provide your body with the proper nutrients at the proper times, the muscle growth process will be next to impossible. You wouldn't be able to build a house without bricks, and building muscle is no different. Nutrition is *just* as important as what you accomplish in the gym, and it's very important that you keep this in mind at all times.

The most important concept when it comes to proper nutrition is *meal frequency*. If you want to build the greatest amount of muscle mass that you possibly can, you *must* consume a small meal at least every 2-3 hours. If you fail to do so, your body will enter into a "starvation mode". The body treats this lack of food as a potential threat to its survival and will begin

literally *eating away* at your muscles in order to obtain a source of protein. This process is known as "muscle catabolism", and if you're looking for serious results you must avoid it like the plague! Eating every 2-3 hours will prevent this from happening.

## **6) Increase Your Protein Intake.**

Of the 3 major nutrients (protein, carbohydrates and fats) protein is without a doubt the most important for those who are looking to gain muscle size and strength. Protein is found in literally every single one of the 30 trillion cells that your body is made up and its main role is to build and repair bodily tissues. Without sufficient protein intake, it will be physically impossible for your body to synthesize a significant amount of muscle mass. If your body were a house, think of protein as the bricks.

You can obtain protein from a variety of foods including fish, poultry, eggs, beef, milk, peanut butter and cottage cheese. Every meal that you eat should contain around 30-40 grams of protein.

How much protein is enough?

A general guideline is to consume 1-1.5 grams of protein per pound of body weight. If you weigh 145 pounds, you should be consuming 145-218 grams of protein daily.

## **7) Increase Your Water Intake.**

Most people *say* that they drink plenty of water, but how many *actually* do? Pay close attention to the amount of water you drink each day, and you may be surprised at how little you actually consume. If you want a simple, easy and highly effective way to maximize your muscle gains, drinking more water is it. Water plays so many vital roles in the body and its importance cannot be overstated. In fact, your muscles alone are made up of 70% water! Not only will drinking more water cause your muscles to appear fuller and more vascular, but it will also increase your strength as well. Research has shown that merely a 3-4% drop in your body's water levels can impact muscle contractions by 10-20%! Not only does water play a very important role in muscle performance and growth, but it also contributes to overall health in numerous ways.

- Aids in the digestion process.
- Lubricates the joints.
- Transports important nutrients around the body.

This is just to name a small few! Aim to consume 0.6 ounces for every pound of bodyweight each day.

## **8) Be Consistent!**

Consistency is *everything*. Those who make the greatest gains in muscular size and strength are the ones who are able to implement the proper techniques on a *highly consistent* basis. Simply *knowing* is not enough, you must apply!

Building muscle is a result of the cumulative effect of small steps. Sure, performing 1 extra rep on your bench press will not make a huge difference to your overall results, and neither will consuming a single meal. However, over the long haul, all of those extra reps you perform and all of those small meals you consume will decide your overall success. If you work hard and complete all of your muscle-building tasks in a consistent fashion, all of those individual steps will equate to massive gains in overall size and strength.

It is those who are willing to persevere that will succeed. It is those who are willing to rise above laziness that will end up with impressive results. I mean let's face it, everyone *wants* to be strong and muscular. If this is the case, why isn't *everyone* strong and muscular? It's

because only certain people have the proper drive and motivation that it takes to get there. Do you have what it takes?

## Thanks For Reading!

All of the principles outlined in this book are extremely important to follow and will definitely start you off on the right path. However, if you're looking for *serious* results, there still remains much to be learned. This manual is just a very small sample of what can be found in my complete, detailed muscle-building program, "[The Truth About Building Muscle.](#)" There is so much misleading information out there when it comes to the subject of building muscle, and my book is aimed at clearing up the confusion and delivering the honest *truth*.

If you're tired of being unsatisfied when you look in the mirror and are seeking truthful, highly effective information on building muscle mass, burning fat and gaining strength, I can provide you with a simple, step-by-step system that *guarantees* amazing results. This is not some B.S. "miracle program" or "revolutionary breakthrough". It is a set of straightforward, proven principles that have been used successfully by thousands of people in over 60 different countries.

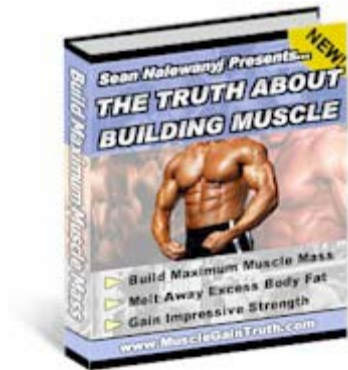
Here is just a handful of the highly valuable topics you will learn about in this book...

- 1)** How to dramatically increase your muscle mass and strength in the shortest amount of time possible by focusing on one basic scientific law of muscle-growth. This basic principle is the absolute cornerstone for any effective muscle-building program!
- 2)** How to structure the most effective weight-lifting routines possible by spending no more than 3 hours in the gym per week. In order to build the most amount of muscle you possibly can you DO NOT need to spend excessive periods of time in the gym!
- 3)** Why most people prevent their bodies from growing by training *way* too often and with *far* more sets than they really need to. Overtraining is your number one enemy in the gym! Learn exactly how many sets to perform for every muscle group in order to achieve maximal gains.
- 4)** Ideal workout duration that prevents overtraining and stops your body from secreting harmful catabolic hormones that will literally eat up and devour your muscle gains!
- 5)** Exactly how many reps to perform for each specific exercise and why most people severely limit their muscle and strength gains by using the *wrong* rep ranges!
- 6)** How to maximize your total-body gains by focusing on leg workouts. Most people neglect their leg training and dramatically halt their gains as a result!
- 7)** Exactly what amounts of protein, carbohydrates, fats and water you must consume each day to maximize your ability to build muscle. Nutrition is just as important as what you accomplish in the gym. If you don't eat properly you can kiss your muscle gains goodbye!
- 8)** How to dramatically increase your strength and prevent injuries by performing a proper 5 x 5 weight-acclimation warm-up. Most people are *dead-wrong* in the way they warm-up before working out!
- 9)** Which exercises are the absolute most *effective* movements for packing on muscle and building overall strength. Forget about cable crossovers and leg extensions. If you want to get big you must perform the BIG lifts!
- 10)** Special techniques to maximize your intensity in the gym. Forget what the latest miracle pill told you, if you want to gain muscle mass you must be prepared to train HARD. Learn

special mental strategies to block out muscle pain and allow you to put forth 100% effort every time you enter the gym!

**11)** Which supplements *actually* work and how to properly combine them to dramatically enhance your gains. Forget about what you read in the muscle magazines and learn which supplements are worth your money and which ones are not. Includes an unbiased review of over 20 popular bodybuilding supplements!

**You'll learn all of this and much, much more. I'd highly suggest checking out my website for more information, you won't be disappointed!**



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