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Fast Mass!

Fast Mass by Gregg Gillies



Add pounds of muscle
Increase Strength
12 Week Program

by **Gregg Gillies**

Fast Mass Table of Contents

Section 1.....Introduction

Section 2.....Planning for Fast Mass

Section 3.....7 Simple Steps To Success

Section 4.....Fundamentals of Fast Mass

Section 5.....Eating to Gain Mass

Section 6.....Supplementation

Section 7.....The Key To Triggering Muscle Growth

Section 8.....Why Everyone Is Wrong About Reps

Section 9.....A Key To Strength Increases

Section 10.....Training Routines

Section 11.....Conclusion

Section 12.....The Next Step

If you're frustrated with your muscle gain or fat loss goals, I sympathize with you completely, and understand exactly what you are going through. I worked out for years before finally figuring out the correct ways to build muscle and lose fat.

I finally figured out that the routines and weight lifting tips touted by professional bodybuilders and the muscle magazine just aren't going to work for most people. But take heart, you can reach your muscle mass and fat burning goals.

When I started training I weighed all of 141 pounds at a height of 6 feet! I told you I was skinny. I tried all the routines and set combinations that I could get my hands on but nothing worked. I didn't gain weight fast or gain muscle. I got a bit stronger, but that was about it.

What I was doing obviously wasn't working, so I had to find something different. Instead of just trying each new routine I read about, I began studying. I just knew if I kept at it, I'd find the way to gain weight fast. It had to be out there.

As I studied bodybuilding more and more I began learning about such things as training intensity, volume, frequency, overload, etc. and how these things related to one another and affected your training progress.

I came to the conclusion that these training principles held the key to my weight gain goals.

I searched for years for ways to gain weight and it seemed like nothing worked. No matter what I did, I just couldn't gain weight. But I persevered and finally figured out the correct ways to gain weight fast.

I finally figured out that the routines in the muscle magazines, mostly touted by professional bodybuilders, weren't going to work for me. These were not the correct ways to gain weight fast. At least not for me, or for all the other "normal" people out there.

They were for genetically gifted, drug using bodybuilders. There was no way I was going to gain any weight on these programs.

Take heart. It can be done. Even if you've been skinny your whole life you can gain weight fast, add pounds of muscle and completely change your body. I've managed to pack on over 40 pounds of muscle. My bench press has shot from a measly 45 pounds to 275 for reps.

Articles and pictures of mine have appeared in Ironman Magazine, BodyTalk Magazine, numerous fitness web sites and newsletters and Bodybuilding.com.

Granted, I'll never look like one of the guys in the magazines but I look a heck of a lot better than I did 40 pounds of muscle ago, that's for sure! And yes, you can do it too! No matter how skinny you are, or the lack of success you've had before, there are ways to gain weight fast and they will work for you.

You see, in my quest for ways to gain weight, I found out something very interesting that you don't hear about very often and I'm going to share them with you in book and in future issues of the Fast Mass Tips newsletter.

If you want to gain pounds of muscle fast, you can't follow the typical routines in the magazines, or the one's recommended to you at the gym. Most likely, those giving out advice have never had to deal with the problem you have gaining weight and muscle.

I want to share with you some thoughts on the most important part of your fitness program and that is taking action. If you don't put a plan into action, none of these valuable tips will matter.

1. TAKE ACTION!

I swear, it seems as if there are more opinions regarding building muscle and losing fat than there are people. It's amazing. What's even more amazing (and frustrating), is that most of them are wrong, if not downright dangerous. There is just way too much information for you to even get started with a successful program, sometimes known as "information overload".

There is so much information and so many differing opinions that you never even get yourself started. Or, you get started, but never give any particular program a chance, instead going from one to the other, in a "shot gun" approach, never giving anything a chance to make progress.

You need to pick a sensible program and decide to stick with it for a long enough period of time that you can measure your results, or lack thereof. If you're like most people, fear, doubt and confusion are preventing you from moving forward and tackling your fitness and muscle building goals. This prevents too many people from achieving their goals in life, whether it is a successful career, or building their body.

Everyone feels the fear and doubt. The difference is that successful people move forward anyway and use these things as motivators to help them achieve their goals.

Do something!

Hit the gym. Eat that nutritious meal.

You don't have to know everything to get started. Do a few weight exercises a couple of days a week, drop one thing in your diet that you know you shouldn't have. You can fine tune your program as you go, doing more and more of the things you need to do.

Forget about whether supplement A is better than supplement B or if turkey is better than chicken or should you have whey protein with casein or take them separately.

If you aren't doing the fundamentals correctly, these things just don't matter. This goes back to a previous article I wrote where I stated that things such as narrow grip, wide grip, etc. won't mean a thing if there are major flaws in the fundamentals of your training program.

Master the fundamentals first!

For example, the fundamentals of muscle building include:

Perform high intensity weight training

Take in more good calories than you burn off

Eat 5-6 meals a day and never skip meals

Take in a few tablespoons of good fats such as flax seed or sunflower

Eat natural foods; avoid processed & refined foods

Drink a lot of water

Eat more fibrous carbs, fruits & vegetables

Consume at least 1 gram of protein per pound of lean body mass

If you're not doing all these things, and you're looking for the perfect supplement stack or the optimum periodization plan, then you are just setting yourself up for failure from the beginning.

Fitness Is A Lifestyle

Do you know what is the biggest mistake made by beginners?

As many of you are aware, gym memberships always shoot up in January and February. All of the sudden, you can't get the equipment you want without a long wait. Don't worry, as you move into March, most of the newcomers will be gone because they've quit.

Results may come slowly for most of you, unless you are genetically blessed and/or using performance enhancing drugs.

But if you stick with it long enough, if you resolve to make it a lifestyle and not a quick fix, you will get the results that you want. And you can make faster progress than you think, IF you do things correctly and don't follow the insane muscle building workout programs you find in the magazines.

Planning for Fast Mass!

Training Diary: A Vital Tool For Your Fitness Success

I know you've heard this before and it seems "basic". But it is an important key to success. And apparently, it isn't heard enough because I'd say less than 1% of the people I see in the gym keep track of their workout.

An essential part of the organization needed to get each workout day right is a training diary. At its most basic minimum this is a written record of reps and poundage for every work set you do and an evaluation of each workout so that you can stay alert to warning signs of overtraining.

After each workout reflect on your evaluation and, when necessary, make adjustments to avoid falling foul of overtraining.

A training diary or journal is indispensable for keeping you on track for training success. No matter where you are now — 180-pound squat or 500, 13-inch arms or 17, 135-pound bench press or 350 — the systematic organization and focus on achieving goals that a training journal enforces will help you to get bigger, stronger, and leaner and do it FASTER!

As simple as it is to use a training log, do not underestimate its vital role in helping you achieve your fitness goals. Most trainees are aware that they should record their workouts in a permanent way, but few actually do it.

And even those trainees who keep some sort of training log usually fail to exploit its full potential benefits. This is one of the major reasons why most trainees get minimal results from their training.

Your training journal is extremely important and should be more than just a list of weights, sets and rep.

When used properly, a training journal enforces the organization needed to get each work-out right, week after week, month after month and year after year.

By recording your poundages and reps, you log your entire training program and the week-by-week breakdown of how you work through the routine (s) in each training cycle in the journal.

A training log eliminates reliance upon memory. There will be no, "Did I squat eight reps with 330 pounds at my last squat workout, or was it seven?" Refer to your journal and you will see precisely what you did last time—i.e., what you need to improve on if you are to make your next workout a step forward.

With a well-kept and detailed journal, you'll know with absolute certainty what is working in your program and what doesn't. Are you stagnating? Not making the progress you want? Go back and consult your journal at a time that you were making fantastic progress? What were you doing then that you are not doing now?

You must be 100 percent honest when entering data. Record the quality of your reps. If you did five good ones but the sixth needed a tad of help from a training partner, do not record all six as if they were done under your own steam. Record the ones you did alone, but note the assisted rep as only a half rep.

It is not enough just to train hard. You need to train hard with a target to beat on every work set you do. The targets to beat in any given workout are your achievements the previous time you performed that same routine.

If you train hard but with no rigorous concern over reps and poundages, you cannot be sure you are training progressively. And training progressively is the key to making progress. But for accurate records of sets, reps and poundages to have meaning, your training conditions must be consistent.

If at one workout you rush between sets, then at the next workout you take your time, you cannot fairly compare those two sessions.

If one week the deadlift is your first exercise and the following week you deadlift at the end of the workout, you cannot fairly compare those two workouts. And the form you use for each exercise must be consistent and flawless every time you train.

Likewise, if you do 3 sets of the bench press and one workout you take 1 minute between sets and the next workout you take 3 minutes between sets, you can't be sure that you've progressed from one workout to the next.

Get all the details of your training in black and white, refer to them when appropriate and get in control of your training. In addition to control over the short term, this permanent record will give you a wealth of data to analyze and draw on when designing your future training programs.

Keep accurate records of each workout, each day's caloric and protein intake, how much sleep you get, muscular girths and your body composition. Then you will remove all guesswork and disorder from your training program.

But all of this is just a bunch of words. You have to make the theory and rationale come alive with your conscientious and methodical practical application. Do exactly that now, and take charge of your training!

Most trainees have neither the organization needed for success nor the will and desire to push themselves very hard when they need to. But these are the very demanding essentials for a successful fitness program.

Find out how you did in trying to make today another step toward achieving your next set of short-term goals. Have all of today's actions - training (if a training day), diet and rest—met or exceeded the goals for the day? If not, why not?

A daily critical analysis of what you did and did not do to take another step forward will help you to be more alert to improving tomorrow.

Take a few minutes each day to review your journal.

Take as much control over your life as you can. Learn from your mistakes. Capitalize on the good things you have done. Do more of the positive things you are already doing and fewer of the negative things.

7 Simple Steps To Success **and the SMART Way To Reach Your Muscle Building Goals**

If you've been working out for awhile you may have noticed an interesting phenomenon. The vast majority of the members in your gym look the same year in and year out and never improve their physiques. Talk about banging your head against the wall.

These people are on autopilot. They are just going through the motions of a fitness lifestyle. Working out has just become another thing that they do. Don't let this happen to you.

Let's take a look at seven simple steps you can take right now to move you rapidly along toward your fitness goals.

I realize this may be boring to a lot of you. I can hear the groans and feel the rolling eyes but please hang in there. The following will do more for your training progress than any super secret eastern european periodization split ever could.

Think on paper: Only about 3 percent of adults have clear, written goals. These people accomplish five and ten times as much as people without written goals.

Step 1: Decide Exactly What You Want

This will allow you to prioritize so that you are spending the most time on high value tasks that move you closer to your goals. If your goal is to add 20 pounds of muscle, there isn't much point in using up a lot of your training time by jogging 5 miles a day, doing high volume low intensity work or focusing on the so-called "shaping" exercises.

Step 2: Write It Down

Again, think on paper. Written goals are a powerful thing. They have an energy behind them that helps you move toward them that unwritten goals just don't have. In fact, you'd do even better by writing down your goals every day. Yes, every day. It will only take a few moments and will help you tremendously.

Step 3: Set A Deadline On Your Goal

Create a sense of urgency and positive pressure. Without a deadline you will procrastinate and do the little things that may damage your short term goals. If you are having "after" pictures taken in three weeks then you are much less likely to swallow that bag of popcorn, than if you are just getting in shape... eventually. This is why physique competitors get in such fantastic shape. When they enter a contest, they have a hard deadline looming in the future. They don't want to be embarrassed by showing up on stage out of shape.

Step 4: Make a list of everything you can think of that you will need to do to help you achieve your goal

Leave nothing to chance. The more planning you do ahead of time, the more likely you will stick to the plan and achieve your goals. The more prepared you are, the more success you will experience.

Step 5: Organize the list into a plan.

Organize your list by priority and sequence. In other words, put the goal you most want to achieve at the top of your goals list. Then make a list, in order, of what you need to do in order to achieve that particular goal. For example, if your top goal is to build 10 pounds of muscle in the next 12 weeks, you must make a list of what you need to do to achieve that goal. It could be something like:

Train with weights 3 times per week

Squat 2 times per week - each time add 5 pounds to the bar

Eat 6 high protein nutritious meals every day

Eat at least 3,000 calories every day

Step 6: Take action on your plan immediately

Do something. Get started. Start building positive reinforcement and momentum RIGHT NOW.

Step 7: Resolve to do something every single day that moves you toward your major goal

And with fitness, you have to, don't you? Whether it is your workout, eating six high protein meals, etc. you should always be doing something that moves you forward toward your goals.

If you continue to focus on and perform these 7 steps, you'll be amazed at the results you'll see with your fitness program.

Now, let's take this a little further and really get smart about this goal setting and motivation thing. I'm not sure who was creative enough to make the acronym work, but work it does and it can fit in quite nicely with your physique goals.

Get SMART to Get Big

I'm not sure who was creative enough to make the acronym work, but work it does and it can fit in quite nicely with your fitness goals.

If you want to succeed you need to get SMART about your goals.

The S stands for specific. Be specific about the goals you want to achieve. Forget things like, "I want to get in shape", "I want to get big", or "I want to lose weight", or "I want to increase my bench press."

Instead try things like "I want to run a 6 minute mile", "I want to add 10 pounds of muscle", "I want to lose 20 pounds of fat, or "I want to add 40 pounds to my best bench press."

The M stands for measurable. This ties in very well with specific. You can't measure 'getting in shape', but you sure can measure 'running a 6 minute mile' or 'bench 3 plates'.

With a pair of trusty skin fold calipers, you can also measure pretty accurately adding 10 pounds of muscle or losing 20 pounds of fat. And of course, you can easily measure the poundage increase on your best bench press.

The specific and measurable aspect can be broken down even more to bring you closer to achieving your goals. For example, if you want to add 10 pounds of muscle, what other specific and measurable things must you do to reach your goal?

One could be that you must eat 6 high protein meals a day.

A second could be that you must eat 3,500 calories and 300 grams of protein every day.

You must train with weights three days per week.

You must add weight to your exercises at least every other workout.

All of these are specific and measurable. The more specifics that you have, the more likely you will add your 10 pounds of muscle as quickly as possible.

You can make a list of your daily, weekly, and monthly goals that you must do in order to meet your top goal of adding 10 pounds of muscle. Each day, place a check mark next to each measurable and specific goal you achieved that will help you conquer your top goal. Obviously, the more checks you have, the more likely that you will achieve your goal.

In addition to specific and measurable, your goals must be A, or attainable. The R stands for realistic. As I've said before, it's important to set challenging goals.

Challenging, but attainable, that is. A goal of a 50 pound increase on your bench press max in 12 weeks would be a challenging goal, but also one that is possible.

However, setting a goal of bench pressing 300 pounds in 4 weeks when you currently bench press 75 pounds will do nothing but set you up for failure and frustration. Obviously, weight loss is on the minds of many people, which is why so many fall victim to promises

like "lose 30 pounds in 30 days without getting hungry and without exercising."

You most likely know that the above is neither timely nor realistic. But many people do fall for such things because they want results NOW! They are setting themselves up for failure before they even start. Please don't join them.

The T stands for Timely. If you do everything previously mentioned, it's still not enough. You must give yourself a deadline to achieve your goal. More importantly, if your goal is attainable and realistic, but also long term, break it up into smaller goals.

If you wish to lose 75 pounds, start with losing just 10 pounds in 2 months. Reaching that goal will motivate you further and before you know it, enough time has passed that you've lost the 75 pounds.

But if you focus solely on losing the 75 pounds, which could take a year or more to accomplish, your motivation and discipline could wane, and you could fail to follow through on what you need to do to make your goal a reality.

Making goals timely hold you accountable and creates a positive sense of urgency. You may think twice about eating that piece of cake when you know you are having a body composition test and pictures to be taken in 2 weeks.

In addition to getting smart, celebrate your successes. And I don't mean that you should allow yourself to dust off a gallon of ice cream in one sitting because you lost 10 pounds. That would be self defeating.

But you could treat yourself to a movie, or a pair of jeans you've had your eye on, or an extra hour of sleeping in on the weekend. Don't sabotage your wonderful efforts by giving yourself destructive rewards for accomplishing your goals.

Fundamentals of Fast Mass

Each of these tips are covered in greater detail later in this book.

Train Intensely - You must work each set until you can't do another repetition in good form. There is no point in stopping at a set number of reps (such as 8), if you are capable of doing 12. Your body needs to be challenged or it will not adapt by building new muscle or burning off body fat.

Train Briefly - Your workouts need to be short. This is a very important weight lifting tip. You should never need to do a weight lifting routine that takes over an hour. If you are in the gym that long, you aren't working intensely enough. You can workout hard or long, but you can not do both. And to succeed in building muscle, you need to workout hard.

Train Infrequently - Your body needs time to recover from your weight lifting routine, so that it can adapt and grow. If you train with weights before your body is completely recovered, you won't add new muscle and will eventually over train, a big no no.

Train Progressively - You need to constantly challenge what your body can do by continuing to add more weight and/or repetitions to your previous best effort as often as possible. If you can bench press 50 pounds now, and 6 months from now you are still bench pressing 50 pounds, there is no way you'll be able to gain weight fast and add muscle to your skinny body.

Eat A Lot of Protein - Preferably, at least 1 gram of protein per pound of body weight.

Eat A Lot of Calories - If your goal is to gain weight fast, you most likely have little body fat and a high metabolism. While in the gaining weight stage, don't worry about adding a little bit of fat during your gaining weight phase. A good rule of thumb to start

with is to multiply your body weight by 20 to get the number of calories you should be consuming each day.

If you weight 150 pounds you should be consuming at least 3,000 calories a day. If you find, after a couple of weeks you haven't added any weight, you'll need to increase this number.

Eat 6 meals a Day - This makes sure your body has the protein and calories it needs at all times. It also allows you to eat the high number of calories that you need.

Use Protein Shakes - This will make it easier for you to consume enough calories and protein each day, as well as making it much more convenient to have 6 meals a day. Check out great [protein powder products](#) with the best prices on the internet. www.buildleanmuscle.com/supplements

Eating to Gain Mass

For so many people, the only real 'weight problem' is about losing it. If you want to add weight, you won't get much sympathy from anybody. They'll just tell you how lucky you are, that you shouldn't be complaining and that they wish they had your "problem".

Well, if you're reading this, you know what a bunch of BS that is, right? I HATED being skinny. It makes sports tough and it sure doesn't do a whole lot for a guy's social life, which is very important in high school and college. I was desperate to gain weight and get some more of the female attention I was looking for.

The truth is, no one will ever gain muscle without food. Dieting for muscle gain is simply a matter of eating. But that doesn't mean there isn't a lot to learn. Stuffing your face with the wrong type of food, or just eating 1 or 2 large meals a day isn't the way to gain muscle. You'll just end up with the other weight problem.

Understand that without a grasp of proper muscle building and fat burning nutrition, you won't be able to make the progress that you desire, and you won't reach your potential.

With a well implemented [muscle building nutrition](#) plan, you'll be on your way toward achieving your mass goals. For a fantastic resource, check out Will Brink's book, [Muscle Building Nutrition](#) . You can get free chapters by [clicking here](#)

Why does muscle building nutrition seem so confusing? For starters, there are too many choices. This makes it very difficult to decide the appropriate course of action.

We have the hollywood diet, the cabbage diet, the grapefruit diet, the juice diet, the zone diet, high carb, low carb, no carb, high protein, low protein, no protein(okay, maybe not but it wouldn't surprise me), high protein foods, high fat, low fat, slim fast, weight watchers, la weight loss, jenny craig, nutri-system, etc, etc.

Obviously, nutrition is big business.

It can become very frustrating trying to sort through all this information.

I've read hundreds of articles, books, and medical journals on sport nutrition, and I've come to decide on some fundamental principles that all quality muscle building and fat loss nutrition programs need to include.

Remember, we are all different but all essentially the same. What this means is that the principles of proper sports nutrition apply to all of us, but we will need to make certain adjustments for the individual.

The important thing is to understand the general principles of a nutrition program so that you can tailor it to your specific needs, whether it be to build muscle, burn fat, get stronger, or nutrition for your specific sport.

Let's take a look at some general principles of a proper nutrition program.

We'll start with a look at the three macronutrients - carbohydrates, protein, and fat. All play an important role in your muscle building nutrition program.

Carbohydrates

Carbs are your muscles preferred energy source for short, intense muscular contractions, i.e. weight training. They supply the energy for these sessions as well as play a crucial role in recuperation and muscle growth.

Ingesting carbs signals your body to release insulin, which transports the amino acids (the building blocks of protein) and the carbs into your muscle cells. This absorption by your muscles is a very important part of the muscle growth and repair factor.

Carbohydrates are stored as glycogen in your body's muscles, and it's this glycogen storage that gives the muscles their fullness.

This is the basis of the idea of carb depleting and then loading before a contest, the idea that when you deplete your body of glycogen and then "carb up", your body will store even more glycogen than before in the muscles, making you look larger, tighter, and more ripped than ever.

In addition, the consumption of carbs creates a "protein sparing", in that more of your protein will be used for the muscle building process instead of being burned as energy. As you'll see below, this "protein sparing" is a key element in your sports nutrition program.

Some important rules to keep in mind with regard to carbohydrate consumption are...

1 - Avoid all processed foods. Processed foods are 'empty' calories that do nothing for your health or your fitness. By dropping them from your sports nutrition program, you'll go far in improving your results - building muscle, losing fat, improving sports performance, increasing energy - not to mention vastly improving your health.

Processed foods include things like cookies, chips, donuts, pastries, soda, candy - your basic junk food. But beware, processed foods can be dressed up in "healthy" packaging. Read labels. Stay away from these foods, especially one's that contain high fructose corn syrup

That low fat muffin you're about to eat... put it back. It's loaded with unhealthy sugar. The regular muffin would actually be a better choice.

Processed foods should never be a part of your sports nutrition program, no matter what your fitness goals are.

Instead of processed foods and high fructose corn syrup, get the carbohydrates in your sports nutrition program from whole grains, fruits, and vegetables.

Protein

Protein, as most of you know, is the building block of muscles. Without adequate protein consumption, you will be spinning your wheels with regard to your resistance training program. No sports nutrition program is complete without proper adequate protein intake.

You should consume at least 1 gram of protein per pound of lean body mass every day.

And you may find better results taking in up to 2 grams per day per pound of body weight. At 182 pounds, I've found that roughly 250 grams of protein per day works very well for me, which is about 1.37 grams per pound of body weight.

It's important to note that I have a high metabolism, requiring a lot of calories just to maintain my body weight.

Fats

Ah, fats. A macronutrient that is more misunderstood than carbohydrates, if that's possible.

Here's a neat little factoid for you. The United States went on a low fat, high carb craze in the 80's and began to get fatter and fatter as a nation.

Fat is not your enemy. Good or "healthy" fats such as omega 3's and omega 6's are essential to good health and a properly functioning body.

Hey, maybe that's why they are known as **Essential Fatty Acids**.

Here's the problem with most people's nutrition. They are taking in enough fat but they are taking in the wrong fats by consuming too many trans fatty acids and saturated fats, and not enough good fats.

Try and eliminate the bad fats (in things such as margarine, shortening, snack foods, and most fast foods).

Consume more of the good fats, such as cold-water fish (salmon), walnuts, ground flax seeds or flax seed oil, hempseed oil, safflower oil, sunflower oil, fish oils, and olive oil.

In addition, consider a CLA (Conjugated Linoleic acid) supplement as well - about 3 grams daily.

Taking in enough EFA's is imperative when trying to put on muscle. Low fat diets suppress the body's ability to produce testosterone, a definite no no when trying to build muscle.

The late Dan Duchaine considered EFA's to be the most powerful anabolic (muscle building) supplement you can buy.

Fats also supply chemical substrates that are necessary for proper hormonal production, as well as protect our vital organs and carry the fat-soluble vitamins to where they are needed.

Fats are an important part of your sports nutrition program to develop muscle, burn fat (yes, burn fat) and get fit and healthy. You can read about my favorite essential fatty acid supplement by [clicking here](#)

Water

Drink it. A lot. And often.

Seriously, you should be consuming at least 8 - 10 8 ounce glasses of water every day. Our bodies are made up of 60 - 75 percent water. It's not uncommon for people to dehydrate by 2 percent to 6 percent of their body weight during exercise. The result isn't good.

Cell function is disrupted, muscle growth stops, you become mentally and physically sluggish, have a general sense of fatigue and can no way be on the top of your game.

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You must eat more calories than your body burns off.
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While this rule can not be broken, it also doesn't give you license to eat just anything. You have to eat high protein, high quality, nutritious meals and have them at least 6 times a day.

If you don't and just gorge yourself whenever on whatever, almost all the weight you gain will be fat, not to mention the possible damage to your health.

High quality protein should be the center point of all your meals. Intense exercise increases demand for protein, which support muscle repair and growth. When you train with weights, you should eat a minimum of 1.5 grams of protein per pound of bodyweight. If you weight 150 pounds, try and take in at least 225 grams of protein each and every day.

For us skinny guys, our body will easily burn off any muscle we build unless we do things right and that means eating at least 6 high protein meals every single day, and more if you can do it. You should eat every 2 or 3 hours and if you have a really fast metabolism it wouldn't hurt to down a protein shake in the middle of the night if you happen to wake up to pee.

You don't have to have carbs or fat at every meal, but you must have protein. When I say protein, I am referring to high quality protein derived from animal sources. For getting bigger and stronger, the only protein you need to be concerned with are those found in whey, casein (cottage cheese), eggs, beef, poultry, and fish.

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High Protein Foods

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Whey protein

Eggs

Egg whites

Chicken breasts

Turkey Breasts

Lean Beef

Fish (tuna, salmon)

Protein bars

Egg Protein Powder

Casein

Milk (yes, milk - for us skinny guys whole milk is a wonder food when it comes to adding quality weight to our bodies)

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High Carbohydrate Food

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Potatoes

Sweet Potatoes, yams

Oatmeal, cream of wheat, cream of rice

Rice

Beans

Any green leafy vegetable

Bread

Pasta

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Healthy Fats

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Olive oil

Sunflower oil

Safflower oil

Flaxseed oil

Walnuts

Avocados

Eating the right amount of foods consistently will force your body to grow beyond what you may think possible.

Supplementation

Supplements have become an integral part of any sports nutrition program.

Even with all the useless junk in the sports supplement industry, there are a number of high quality supplements that should be part of your overall sports nutrition strategy.

Which bodybuilding supplement or nutritional supplement is right for you?

What supplements are going to help you reach your fitness goals - whether it's to add pounds of muscle, strip away ugly body fat or help you become a better athlete or just a more energetic and healthy person.

If you're reading this we have a lot in common. We both want to build muscle, burn body fat and develop a lean muscular physique, as quickly as possible.

If not, you wouldn't be reading this. You'd probably be sitting on the couch with a bag of chips watching the tube, right?

But that's not you. Nope, you're dedicated to building your best body. You have drive, determination and discipline.

And you're probably searching for supplements that actually work. You want that extra edge that proper body building, sports and fitness supplementation can add to your training and nutrition program.

There's just one problem. You are completely overwhelmed by the insane number of products on the market with more and more being released every day.

The magazines are filled with ads for supplements that are better than drugs (so they say) with unbelievable before and after pictures and outrageous claims.

You could spend all your waking hours trying to figure out which supplements actually work and which one's will never come close to their claims.

Who has the time and money to figure out which bodybuilding supplements will actually help them achieve their goals?

I've wasted thousands and thousands of dollars on bogus supplements. I keep detailed records of how they affect my body and my results.

In fact, the August 2003 issue of Ironman Magazine contains an article of mine on my experience with [Muscle Link's GH Stak](#).

I don't want to see you make the same mistakes I have made and waste years and thousands of dollars on supplements that don't work.

There are a few quality supplements in every category from muscle building to fat burning to energy boosters and overall health. I'll help you tailor your supplement regime to your specific goals.

There is no doubt in my mind that the right bodybuilding supplements will give you that extra edge and help you reach your goals faster.

However, it's important to know that probably 99% of the supplements on the market don't do what they promise. A lot of them don't even carry the ingredients stated on the label.

This is also why you should stick to quality companies like EAS, Muscle Link, Twinlab, Ergopharm, AST and a few others.

Keep in mind that you need to get your training and nutrition programs in line first, before you can truly see the benefit of this supplement guide.

Eating french fries all day won't help you build muscle, even if you are taking supplements that actually work.

You are looking for the final piece of the puzzle, as it were, to vault your progress over the top and into the land of "Job well done. Goal accomplished."

Yes, sports supplements do work and can be that key ingredient to get you where you want to go.

Keep in mind, however, that you need to get your training and nutrition programs in line first, before you can truly see the benefit of sports supplements.

Unfortunately, there are many companies out there that are taking your hard earned dollars and giving you nothing of value in return.

Hardly seems fair, does it?

I've been using body building and sports supplements for over 15 years. You could say I've been my own lab rat. I've tried almost everything.

We'll explore core sports supplements that should be a part of all nutrition and training programs as well as body building supplements for specific goals, such as building muscle, burning fat or for a pre workout energy boost.

What are "core" supplements?

Core supplements are fitness supplements that I consider to be more an integrated part of a proper and healthy overall nutrition plan, rather than a supplement to good nutrition.

They make it easy for you to meet your nutritional requirements and become part of your overall supplement and nutrition strategy.

They are so much a part of your nutrition plan that you could call them nutritional supplements instead. I even refer to these supplements more as part of my nutritional plan as opposed to my supplement plan.

What are some of these indispensable core supplements?

- 1 - Multivitamins
- 2 - Multiminerals
- 3 - Essential Fatty Acids
- 4 - Antioxidants

The next step up in your supplementation program would include such things as the following:

- 1 - Meal Replacement and Protein Powders
- 2 - Creatine
- 3 - Glutamine
- 4 - A quality ZMA (specifically formulated Zinc/Magnesium) product

Meal Replacement Powders and Protein Powders are really important enough to be considered core supplements.

They allow you to get the necessary nutrients your body needs, as well as meet your protein requirements in an easy and convenient (and nowadays, tasty) fashion.

In today's fast paced world, I feel these supplements are essential to helping you stick to a proper nutrition plan.

It's difficult enough trying to prepare and eat 6 meals a day, let alone plan out the proper food combinations to make sure you are feeding your body everything it needs to function at its best. Not to mention making sure that your meals contain high protein foods.

Supplements, like most things about fitness, have numerous opinions, and it's tough to know who to trust. Most everyone offering an opinion is tied in some way to a supplement company.

Here's one who isn't. He's Will Brink. You may have heard of Will. He's a world famous fitness and supplement writer, authoring a great number of articles on sports supplements and nutrition. He's a recognized expert who knows his stuff.

He's written two new best selling ebooks, [Muscle Building Nutrition](#) and [Diet Supplements Revealed](#) . Both are must haves for anyone interested in muscle building nutrition or supplementation.

Remember, you have to get your core supplements in order before even experimenting with any of the latest greatest performance boosters and fat loss supplements. There is some interesting information available on this subject. If you take supplements we would recommend you check out this info by [clicking here](#) I recommend you get your Essential Fatty Acid supplements here.

You should never go without core supplements in order to purchase other supplements. If you have the finances to do so, you can add to the core but never sacrifice them for any other supplements.

But ignoring them to purchase the latest, greatest testosterone boosting, growth hormone shooting, fat melting, Z-100 gizmo subdural "injection" like supplement would be like buying all the latest workout fashions and never actually going to the gym.

Don't make that mistake. Please. You'll just be wasting your money and missing out on what a quality bodybuilding supplement has to offer.

Creatine Monohydrate

1. What is it and where does it come from?

Simply put, creatine monohydrate is the most popular and effective bodybuilding supplement on the market. A number of people are making great gains using creatine.

A French scientist first discovered creatine in 1832, but it was not until 1923 that scientists discovered that over 95% of creatine is stored in muscle tissue. The first published report of creatine having bodybuilding effects was *The Journal of Biological Chemistry* in, get this, 1926! Although we've known about creatine for quite some time, the first real use of it to enhance performance was in the early 1990's.

So, what is creatine? Our bodies naturally make the compound, which is used to supply energy to our muscles. It is produced in the liver, pancreas, and kidneys, and is transported to the body's muscles through the bloodstream.

Once it reaches the muscles, it is converted into phosphocreatine (creatine phosphate). This high-powered metabolite is used to regenerate the muscles' ultimate energy source, ATP (adenosine triphosphate).

Unlike steroids or drugs, creatine is 100% natural and occurs naturally in many foods; therefore, it can never be banned from any sports or international competitions (unless they banned eating meat). Many foods, especially herring, salmon, tuna, and beef contain some creatine.

However, the very best source of creatine by far is creatine monohydrate because it contains more creatine per weight of material than any other source. It would be impossible to get enough creatine through food alone in order to reap its muscle building benefits.

2. What does it do and what scientific studies give evidence to support this?

Creatine can significantly increase lean muscle mass in just two weeks. It is also responsible for improving performance in high-intensity exercise, increasing energy levels, and speeding up recovery rates. It's no wonder athletes who use it have such of an edge over those who do not.

Soon nearly every athlete who competes will use it (if they don't already). Creatine's ability to enhance energy reserves in muscles comes from its muscle protein synthesizing action, while minimizing protein breakdown. This occurs because creatine has the awesome effect of super-hydrating muscle cells with water.

Hundreds of studies have been done on creatine to figure out why and how it works so well. They proved that creatine increased energy levels, resulting in increased strength, endurance levels, and recovery rates. Another unexpected benefit attributed to creatine was discovered as well: creatine accelerates fat loss, while building lean body mass!

3. Who needs it?

First, anyone who is ready to have more energy, build more muscle faster, and have more endurance should try supplementing with creatine monohydrate. Next, anyone who would like to be more toned by increasing lean muscle mass, recuperating faster, and

losing that extra little fat roll should supplement with creatine monohydrate. Last, anyone who is involved in intense physical activity, experiencing physical stress and fatigue, and likes incredible results should supplement with creatine monohydrate.

4. How much should be taken? Are there any side effects?

Excellent results have been observed in taking creatine monohydrate in two different ways. The first way is called loading. This method works very well for anyone who has never taken creatine before. Just as the name implies, it involves loading up or saturating your muscles with creatine. During the first four days to a week, take 20 to 30 grams per day. Mix it with non-acidic juice or water. Grape juice works well.

After this loading period, take a regular intake of about 5 grams per day to keep your muscles saturated (no need to over do it). The other method is a more gradual approach to supplementing with creatine monohydrate. Over the course of an extended period, one basically skips the loading phase and just supplements with five grams per day, everyday. The best results have been noticed when creatine is combined with a high carbohydrate base, such as dextrose (glucose) and taken about one-half hour before training.

The dextrose raises insulin levels which helps to 'shuttle' the creatine into the muscles where it's needed.

The best part about creatine-no adverse effects have been reported in any studies. NONE! Creatine is totally safe and effective. Creatine has never been shown harmfully toxic. Nevertheless, just like with anything, it is not recommended to over-supplement once your muscles are saturated with creatine-there is no reason to.

This means, stick to the recommended dosages, and be prepared to experience the very best muscle, strength, energy, and endurance gains possible.

There are a number of high quality creatine products on the market. It's best to stick with these, as many companies use cheaper versions with added fillers and you don't get the pure creatine they say is on the label.

In an upcoming issue of the Fast Mass Tips newsletter, you'll be getting a free copy of The Creatine Report by Will Brink. It has all the objective information on creatine supplementation that you could ever want, from one of the world's top supplementation experts.

CLA - The Fat Burning, Muscle Building Fatty Acid

Conjugated Linoleic Acid (cla), is a naturally occurring free fatty acid found mainly in meat and dairy products, in small amounts.

Conjugated Linoleic Acid was discovered by accident in 1978 by Michael W. Pariza at the University of Wisconsin while looking for mutagen formations in meat during cooking.

Not only has cla been shown to increase muscle mass while reducing body fat, studies have also shown remarkable anti- catabolic, antioxidant, immune enhancement, and anti- cancer benefits. Several other studies have even revealed dramatic cholesterol reducing effects. All this from a structured lipid. A designer fat if you would.

Although all the intricacies of cla are not fully understood, it is widely accepted in the research community that cla counterbalances the negative effects of linoleic acid and regulates fat and protein metabolism in animals.

Pariza, director of the Food Research Institute at the University of Wisconsin said, "A growing body of data indicates that cla is a newly recognized nutrient that functions to regulate energy retention and metabolism." Conjugated Linoleic Acid can best be described as a Growth Factor.

When levels fall, interleukin-1 and tumor necrosis factor- α are involved in the accumulation of body fat. Conjugated Linoleic Acid has been shown to inhibit the lean tissue wasting caused by high levels of these cytokines.

To the person looking to add more muscle and drop body fat, CLA is a unique discovery that will make accomplishing this feat easier and faster, all the while having positive effects on immune function and antioxidant status, as well as cholesterol lowering effects.

Here are some great deals on my favorite CLA Products

One more note on supplementation.

It's likely that you... like most of us, take dietary supplements of one type or another. But, do you really know if you are receiving the benefits that you expect? So many of the supplements on the market are ineffective either due to low potency levels, or, they simply do not contain what is stated on the label.

Even worse, many supplements can have dangerously high levels of contaminants due to relaxed regulatory regulations governing the manufacture of dietary supplements. There is some interesting information available on this subject. If you take supplements we would recommend you check out this info by [clicking here](#)

Learn The Key To Triggering Muscle Growth

A high intensity effort, other than genetics, is the most important factor in getting favorable results from your body building and weight training.

In order for your muscles to grow, you have to stimulate them with a high intensity training stress and then allow them to move through the three phases of the recovery process.

A key to your training success is high intensity muscular contractions. The higher the intensity you are able to generate, the greater the stimulation for muscle growth. To build muscle optimally and efficiently, you need to progressively and continually increase the degree of intensity that you expose your muscles to.

The higher the level of intensity you are able to generate in a workout, the shorter the workout must be. You can train hard or you can train long, but you can't do both. They are mutually exclusive endeavors. If you haven't seen that sentence before, read it again and again until it not only sinks in, but sinks in with complete understanding. Heck, even if you have read it before, go read it again.

You can train hard or you can train long, but you can't do both. That sentence should be in everything you read on the topic of resistance training programs. Its importance can't be overstated.

Let's use running as an example. You can not sprint (a maximum intensity anaerobic effort) for a mile. The longer the distance (duration), the lower the level of intensity. You can't sprint a marathon. Instead you rely on your aerobic energy system, which is an energy system used for low to moderate intensities requiring the presence of oxygen.

However, if you sprint, you'll tax your anaerobic energy system (not requiring oxygen, due to a very short time period of effort). By definition, the aerobic and anaerobic energy systems are mutually exclusive.

In our 'more is better' society, many people confuse the concept of intensity with that of duration, or volume. I'm sure you've heard people talk about how hard someone works out and then they tell you he or she works out 2 hours a day. But that's not a hard workout, that's a long workout, and the two are mutually exclusive.

Besides intensity, duration is the other component of an individual workout. While intensity is a measure of how hard you work at a given time, or the effort you give to each individual set or rep, duration is the overall length or volume of the workout itself.

Training intensity and training duration are diametrically opposed. The greater one component is, the lesser the other must be. The higher your intensity, the shorter the training session must be.

The balance between intensity, duration and frequency will be out of wack and you won't know where to go next, unless you understand these principles and how they interact with one another.

If you don't train with 100% intensity you will not know if you worked out hard enough to trigger the adaptation that leads to muscle growth. Your progress will be hit and miss, a far cry from the optimal training program that we are looking for.

In addition, if you don't train with 100% intensity, you will not be able to make accurate adjustments to your training duration and frequency in order to continually progress. Why is this? With resistance training, your intensity level is directly related to the amount of muscular fatigue that is produced. The only two levels that can be currently measured are 0% intensity and 100% intensity.

Maybe it does take less than 100% intensity to trigger the adaptive response mechanism. Maybe it takes only 90%. Again, the problem with this is that we don't know and we can't measure it.

There seems to be a number of differing variations of high intensity as it relates to bodybuilding, so let's make sure we are on the same page, okay?

High intensity refers to the percentage of momentary muscular effort being exerted. If you can curl a 100 pound barbell for 10 repetitions and an 11th repetition is impossible, you have performed high intensity training and have trained with 100% intensity and to the point of momentary muscular failure, if, and this is a big if, you also gave it 100% mentally, not just physically. And that makes high intensity training a completely different kind of animal.

This is what is meant by the phrase, "training to failure", as advocated by high intensity training enthusiasts. In other words, if you are doing a set of barbell curls and you perform as many repetitions as possible until you can't complete another repetition in good form, you have trained to failure.

There is another important point we need to touch on in the above definition and that is the ideal of volitional effort. You see, your muscles are voluntary - they will not contract (work) unless your mind tells them to do so.

You see, intensity, as it relates to bodybuilding, is the possible percentage of momentary muscular and volitional (mental) effort exerted. You can not train with 100% intensity (train to failure) without doing so mentally as well as physically.

The fastest way to make progress would be to stimulate your muscles with high intensity weight training (in order to trigger the adaptive response) and then minimize the stages of the recovery process. The way to minimize the recovery process would be by

performing the least amount of exercise needed to trigger the adaptive response - one set per exercise per body part.

One set per exercise per body part is the least amount of exercise we can do and still stimulate muscle mass and strength increases. By performing just one set, you limit the drain on your body's finite energy reserves.

Every set you perform eats in to your limited recovery ability. Your workouts need to be hard, brief, and infrequent if you want to make maximum progress in a minimal amount of time.

Once you've performed a high intensity set on an exercise, you've triggered the adaptive mechanism that will allow over compensation (increase in muscle mass and strength). It only takes this one attempt (one set) to make progress. Performing any more sets will only drain away your body's limited recovery ability.

If you remember, your muscles adapt and grow larger and stronger by being exposed to an anaerobic stimulus that challenges their current existence. In other words, progressive overload through high intensity weight training.

If you train intensely enough, most of you will not duplicate or outperform what you did in the first set. For example, if you train to failure and manage to do 10 reps with 200 pounds in the bench press, you will not be able to duplicate this performance. You may get 6 or 7 reps on the second set.

So what would be the purpose of this set, since it does not come close to challenging your body's current strength level, and we already know that is necessary in order to cause the adaptive response we are looking for. All you've done is create a much greater inroad into your body's recovery ability.

Although it doesn't seem like much, by adding a second set, you've increased the volume for that body part by 100%!!

However, this is where things get muddy for the skinny hardgainer. For you, it may be necessary to add another set or two. Here's why:

As a skinny hardgainer two things are likely - your muscles have low neuromuscular efficiency and you have a higher number of slow twitch fibers.

With lower neuromuscular efficiency your body may need a second set to fire enough muscle fibers to trigger the adaptive response. Thus, a second set could be of benefit.

In addition you need more time under load as discussed in the previous report. In order to satisfy this as well as make up for lower neuromuscular efficiency, you may need to add a set or 2 to each exercise in order to make enough of an inroad to trigger the adaptive response mechanism.

To continually make progress, we need to find ways to increase our intensity levels, while reducing the duration of our workouts and the frequency of those workouts so our body can recover and adapt before the next workout.

In order to continue to make progress, you must find ways to increase the intensity of your exercise, while reducing both the duration of the exercise and the frequency so that your body has time to adapt to the increases stress placed upon it.

Continue to find ways to make your exercise harder and briefer so that your body will be continually forced to adapt. Work out less often so that your body can recover.

Your body does not want to change. And once it gets used to the intensity level of your workout, it will stop adapting until you generate a higher level of intensity beyond what it is used to doing.

Why Everyone Is Wrong About Reps

The popular thinking has boiled it down to the following generalizations:

Strength - 1 - 5 repetitions per set

Muscle Mass - 6 - 10 repetitions per set

Muscle Mass for slow twitch fibers - 12 - 20 or more reps per set such as thighs and calves, and for some this still includes the outdated notion of high reps for definition, or what so called “experts” call -

Toning or Sculpting - High reps and low intensity. You see this all the time in the many fitness infomercials. Apparently it sounds good and appeals to a lot of people so they product can be sold. Too bad it's a fallacy. You can't “tone” your muscles. You either build muscle or you lose muscle. And those infomercial products that involve using very light weights don't build muscle at all. They do burn more calories than aerobics without the light weights because the intensity level is a bit higher, but no muscle building takes place.

There are some problems with this general thinking. First, muscles don't count reps, so these numbers could be completely different for someone who takes 10 seconds to complete one rep, compared to someone who takes 2 seconds for each rep.

A good example of this misapplication is recommendations by the late Mike Mentzer. Mike usually recommended 6 to 10 reps per set. People then got the notion that Heavy Duty was about lifting extremely heavy weights and that it primarily built strength and not muscle, but in truth this was not the case. Mike advocated rep speeds that took about 10 seconds to complete each rep.

For 6 reps, that's 60 seconds of TUL. However, the way most people perform reps, 6 reps is only about 12 - 18 seconds. That's a huge difference, which would result in a huge difference in weight used and probably a big difference in the progress the trainee made. In other words, those people that say Mentzer advocates a low rep strength building program are actually working the muscle for less time with high reps than Mentzer advocates with low reps!

This is a very important part of this concept that has gotten lost over the years. When studies were done that showed 8 - 12 repetitions was the optimal number of reps in a set for most people, the accepted cadence was 2 seconds for the raising (positive) part of the rep and 4 seconds (negative) for the lowering of the weight.

Each repetition took 6 seconds to complete for a total rep time of 48 - 72 seconds for the entire set. This is a vital fact of exercise physiology to understand if you wish to optimize your progress.

Muscles don't count reps! All they know is what's known as Time Under Tension (TUT), or Time Under Load (TUL). TUT and TUL can be used interchangeably.

While weight training to add muscle mass, muscle tension beyond a certain point, and maintained within a certain time frame (without moving into aerobic territory), causes the chemical reactions in the muscle that triggers the adaptive response. With enough rest before the next workout, this allows the muscle to over compensate and grow larger and stronger.

The amount of tension or load placed on the muscle, and the amount of time the muscle can maintain that tension are inversely proportional. Does that sound familiar? Yes, once again, to add muscle, you must work out harder, not longer.

You need to use enough tension to keep your body from using its aerobic power, but not so much tension that you don't keep the muscle under tension long enough to elicit a positive anaerobic reaction.

This is where the 8 - 12 repetition guide came from. The problem is that the repetition guide was born out of the recommended time under load, not the other way around. Eventually, the 8 - 12 reps were always prescribed, and the time under load fell by the way side.

Unfortunately, it was the time under load recommendation of 48 - 72 seconds per set that was the reason the 8 - 12 reps were effective. Next time you go to the gym to workout, pay attention to the rep speed of the vast majority of people in your gym.

You will find two things. One, almost no one counts the time under load, or rep speed. And the rep speed of the majority of trainees is about 1 second up and 1 second down. For a set of 8 - 12 reps, most of them have a time under load of about 16 - 36 seconds, at most. This is far below the effective recommendation.

The only way to accurately measure progress, and to ensure that you are keeping the muscle under adequate tension, is to use seconds to measure time under tension, and not number of repetitions.

Excluding such things as mental effort, fast twitch fibers respond best with a tension time of approximately 40 - 50 seconds. Slow twitch (more endurance oriented) respond best with a tension time of 90 - 120 seconds, while a mixture of the two does well with a time under load of approximately 50 - 90 seconds.

As you can see, most trainees today use load times well below the most effective tension times for inducing a positive response in their body. They also ignore the fact that the ideal time under

tension (or number of reps), most likely varies from muscle to muscle within the same individual.

In addition, they compound the problem by trying to make up for this by adding more and more sets. All they end up doing is cutting into the muscles recovery time and never allowing it to over compensate and grow larger and stronger.

The time under tension or number of reps per set that is appropriate for you is also affected by your muscle fiber make up and your neuromuscular efficiency. In simple terms, the faster a muscle fatigues, the higher its neuromuscular efficiency (ability to contract a large number of fibers at one time), and the greater the muscle's fast twitch fiber content.

The slower the muscle fatigues, the lower it's neuromuscular efficiency, and the greater the number of slow twitch fibers.

These are vital factors when determining the appropriate number of reps, or time under tension, that is needed for a body part to induce optimal (or any) results from your training.

Discover A Key To Strength Increases

I realized that in order to gain weight fast, I not only had to train hard on the basic exercises, but I had to rest long enough between workouts to let my body recover and grow. This was the only way I was going to gain weight fast and transform my skinny body.

You see, in my quest for ways to gain weight, I found out something very interesting that you don't hear about very often.

It seems that your body's potential for strength increases far outweighs your body's potential to recover, **roughly in the neighborhood of 300% for strength, but only 50% for the body's ability to recover** (granted this varies from individual - some may

be able to increase their starting strength 400 or 500% or more, while others top off closer to 200%).

But the ratio remains intact. Thus, as you grow stronger, you need to reduce your training volume and frequency in order to gain weight and muscle. The stronger you are, the more time your body needs to recover from the stress of training.

Bench pressing 300 pounds puts a much greater stress on your body than bench pressing 50 pounds does. Your body needs more time to recover from that greater stress. Allowing your body to repair itself and overcompensate by growing muscle is the only way to gain weight fast.

You can't gain weight and muscle if you don't allow time for your body to heal and adapt to your training.

Even people who acknowledge the validity of this point, still advocate more and more volume and frequency for advanced trainees when this is the exact opposite of what needs to be done to continue to gain weight muscle mass.

Sure, when you begin, you will initially increase your volume as your body adapts and gets used to weight training. But then you will hit a point where your body's strength increases outpace its ability to recover from those increases and you will need to reduce your training frequency so that your body can recover from its newfound strength.

If you want to gain weight fast, you can't follow the typical routines in the magazines, or the one's recommended to you at the gym. Most likely, those giving out advice have never had to deal with the problem you have gaining weight and muscle.

As you strength steadily increases and you are able to generate more intensity at each workout, you need to give your body more time to recover so that it can not only repair the muscle you've damaged, but it can adapt by increasing the size of your muscles so that it can handle your next workout.

Training Routines

A proper mass building workout will help you build muscle mass quickly. And the best way to do this is with a so-called basic weight lifting routine.

Basic routines are not just for beginners. In fact more advanced trainees would probably make better gains if they focused on the basics more often in their training.

So if you aren't making the gains you want on your current bodybuilding routine try changing to a basic full body workout for a time. Sometimes a change in routine can do wonders to break through a plateau and allow you to refresh, recover and move forward.

This is especially true mentally. A new mass bodybuilding workout routine can do wonders for your enthusiasm to train, spurring you on to better gains.

Let's take a look at a good break in routine that you can use for 4 weeks. Next issue we'll look at some slight changes that can be made to the routine for the 4 weeks after that.

If you've been working out hard for a while, you may want to consider taking a week off from weight training. Ideally, you should do this every 10 weeks or so. However, most people I train (myself included) find this very difficult to do for a variety of reasons.

So let's try the next best thing. For week one of this routine, use poundages that allow you to easily get 10 reps in perfect form. And I do mean easily. In fact, the weight should be light enough that you don't need warm up sets. Do a set of 10 reps, take a one minute break and do a second set of 10.

For weeks 2 and 3 - add a little weight to the exercises each workout but by the end of week 3 you should still be able to complete the sets and reps in perfect form and should not be training to failure.

Week 4 is time to really get yourself back into things. Now you should use the first set as a warm up. For the second set take a heavier poundage and train to failure - still using perfect form and not so heavy that you don't get 10 reps. However, don't stop at 10 if you can do more reps. And no cheating. Train to failure using perfect form. Once you need to cheat to get the weight up, the set is over. At this point, go all out for the next 4 weeks on this workout routine.

Train on a three days a week schedule, such as Monday, Wednesday, Friday or Tuesday, Thursday, Saturday.

Squats	2 x 10
Stiff-legged Deadlifts	2 x 10
Standing Calf Raises	2 x 10
Decline Bench Presses	2 x 10
Curl Grip Lat Pulldowns	2 x 10
Seated Cable Rows or One Arm DB Rows	2 x 10
Seated DB or Machine Presses	2 x 10
DB Upright Rows	2 x 10
Tricep Pressdowns	2 x 10
Seated DB Curls	2 x 10

This routine should help recharge your batteries and build some momentum in your program moving forward. If you don't feel you need to back off, if you aren't feeling a bit burned out, the change can still do you some good. You may want to consider starting the program somewhere around week 2 or 3.

You may be pleasantly surprised at what such changes to your bodybuilding workout can do for you. Once you've finished the 5 all out weeks, ratchet down the intensity for a week, or even stay away from the weights for a week to recharge your batteries.

The Squat Routine

Yes, squat. If you are at all serious about gaining weight you will begin squatting as is your life depended on it. Your ability to gain weight sure does.

Squats are the absolute king of weight gain exercises, bar none. If you hate to squat you can do one of two things - you can forget about gaining lots of muscle, or you can learn to love the results you get from squatting so that you learn to love the squat itself.

And the best way to make squats work for you and work fast is to do them in 20 rep breathing style. What does this mean? In short, it means be prepared to do the hardest work you've ever done in your lifting career. Progress comes with a price and that price is hard work on the squat.

You need to use all the weight you can handle and then add some more. Since the squat is the toughest weight lifting exercise you can do physically, it's also the toughest mentally.

Your mind gives in on the squat well before your body does. If you want to gain lots of muscle, you need to put an end to that. Everything you have has to go into your squatting program.

Hard work on the squat is the single most important thing you can do to ensure your bodybuilding success. Forget about the latest greatest high tech routine or the newest supplement fad. The key component to any program you do is hard work. Hard work will take you much further than your choice of exercises, sets or reps.

The key to the success of rapid weight gain by squatting is the amount of work you put into it. After your warm ups, load the bar to a weight you normally do 10 reps with. Now, do 20 reps. No, I'm not kidding. Like I said before, the squat is the most mental

exercise there is. I've never seen anyone, when properly prepared mentally, fail to get 20 reps with their 10 rep weight.

Don't get me wrong, it's not easy and you may be taking 10 deep breaths and a half a minute between each rep toward the end, but you will do it, if you are mentally strong.

By rep 10, your mind will be ready to rack the weight like you've always done. But who controls your mind? You do. So tell it not this time, take 3 deep breaths and get that 11th rep. Now you're in a world of your own. Nothing matters but the next rep. Your success or failure at this point is solely determined by the power of your mind. If your mind gives up, your body will pack it in. You're done.

The last few reps will have every part of you screaming to call it quits. Block it out! Whatever it takes to get the next rep - 10 deep breaths, a promise to yourself, a make believe deal that if you complete number 20, you get a date with Carmen Garcia. I use counting tricks to help me along. I'll count 1 through 10 on the first 10 reps, then 1 through 5 on the next 5, then backwards from 5 to 1 on the next 5. Whatever helps you complete all 20 reps.

When you're finished, stagger over to a bench. If you can walk, you didn't work hard enough. Flop over the bench and do a set of light pullovers, 20 reps, with no more than 25 pounds. Get a good stretch.

Do this twice a week for 6 weeks. Each time add 5 pounds to the bar from your previous workout. That's 12 workouts and a 60 pound increase in your squat weight. You can do this. And you will grow. Fast. Remind yourself each time you workout, you only have X more workouts to go. Think about it, it's just 12 sets over 6 weeks. You can do that, right? Of course you can, if you want to gain weight as badly as you say you do.

If you don't get your squat up to over 300 pounds on this program eventually, you aren't going to get the muscle gains that you want.

The rest of the routine looks as follows:

- | | |
|-----------------------|------------|
| 3 - Chin Ups | 2 x 8 - 12 |
| 4 - Bench Press | 2 x 8 - 12 |
| 5 - Military Press | 2 x 8 - 12 |
| 6 - Barbell Curls | 1 x 8 - 12 |
| 7 - Tricep Pressdowns | 1 x 8 - 12 |

Crank Up Your Progress With The 3 x 3 Weight Lifting Routine

If you are feeling a bit burned out or stale on your current weight lifting routine, if you need a change, or if you just want to stimulate new and impressive gains in muscle and fat loss, here's a program you just have to try.

Let's make no mistake, this routine is far from easy and you need a high level of mental motivation but if you can give it your all you will love the progress you make.

This weight lifting program is not new, but my guess is that you haven't seen anyone go through it at your gym or fitness club. There's a reason for that and the reason is hard work - very hard work.

But, you only get out of something what you put into it, or as someone once said, 'successful people are willing to do what unsuccessful people won't.' If you want to be ordinary, do ordinary things, if you want to be extra-ordinary, well, that's a whole new ball game.

Let's be extra-ordinary, shall we?

This weight lifting routine is usually called the 3 x 3 workout and the simple reasoning for that is that you perform three exercises in a row, three times without stopping.

Yes, that's nine sets in a row without stopping. But that's all you do for the workout and then you can go home. And it's a full body weight lifting workout so it's as time efficient as it gets.

Of course, it's also about as hard as weight lifting routines get. This isn't your grandparent's circuit training routine.

There are a number of variations you can do but the key is to select three exercises that target the whole body. So you will want multi-joint compound movements that target the lower body, the chest and the back. Weight lifting routines that ignore certain body parts can spell injury trouble down the line.

A few examples are the leg press, the bench press, and the curl grip lat pulldown. You would do each exercise without stopping and repeat three times. In other words you would do the following without stopping:

Leg Press
Bench Press
Pulldown
Leg Press
Bench Press
Pulldown
Leg Press
Bench Press
Pulldown

Make sure you use a curl grip on the pulldown due to the more direct biceps hit from the exercise.

Now, when you begin, you may want to try a 30 second rest interval between each set. Weight lifting routines in this manner are brutal, but you get out of it what you put into it so be prepared to go through the whole workout without stopping as soon as you possibly can.

The repetition targets should be as follows -

1st set -	Leg exercise,	20 reps
	Chest exercise,	12
	Upper back exercise,	12
2nd set -	Leg exercise,	15
	Chest exercise,	10
	Upper back exercise	10
3rd set -	Leg exercise,	8
	Chest exercise,	8
	Upper back exercise,	8

Keep the weights the same until you hit the target repetitions on the 3rd and final set.

Try starting out by doing this weight lifting workout three times per week.

As you really start progressing you may find you get better results working this routine twice per week and eventually 3 times every two weeks. For example, during the first week do the workout on Monday and Friday and next week only do it on Wednesday.

If you work it right, this is as demanding a weight lifting routine as you will do. That's the main reason you never see anyone performing this routine.

After a couple break in workouts you shouldn't do this routine for more than 4 weeks, 6 weeks max, before downshifting the intensity for a week or so.

The workouts are short, but very taxing. If you tried to adopt this type of workout every time you went to the gym, you'd eventually start dreading your workouts, then giving them a half hearted effort, then skipping them altogether. And no matter how result producing weight lifting routines are, they can't produce results if you stop training, right?

Now, what's so special about this routine? A few things, really. It makes sure you increase the intensity of your workout, which is a key to muscle growth. By cramming more into a shorter amount of time your intensity increases greatly over what you were doing previously.

By shortening the workout so much, you are more likely to go all out on each set because you won't be pacing yourself for a silly two hour workout.

If you've been doing a routine with a decent amount of volume and numerous workouts per week, this will be quite a change and your intensity levels will skyrocket, spurring your body into new growth.

On the fat burning side, this routine will elevate your heart rate, giving you a good cardio workout. Believe me, if you do the typical cardio routine of most gym goers, this weight training program will be more of a cardio workout than you are used to.

You will burn more calories during the actual routine. In addition, due to the intensity level your body's metabolism will stay elevated long after the workout, burning more calories at rest, and helping to melt the body fat away.

Numerous studies have shown that high intensity training (both weight training and high intensity interval cardio training) can keep your metabolism elevated for up to 38 hours after your workout is over.

In other words, train intensely enough, and you'll be burning fat while doing nothing. Not a bad deal, for a brief period of working hard.

This workout should only take about 20 minutes, maybe slightly longer with a few warm up sets. And you'll be doing it only 2 times a week or less, 3 times max, and only the first week or two when you are breaking it in.

And the workout will build muscle, burn fat, and rev your metabolism to much higher levels, throwing you headfirst toward the body you want.

If you put into it what you want to get out of it, you'll see some fantastic results as long as your nutrition and supplementation programs are in place.

Re-ignite Your Chest Training Progress

Effective Chest Training, Like Everything Else, Begins With The Proper Mindset

An attitude of always wanting more, never being satisfied, is a key element in becoming successful in whatever you do. There's always a higher level of development to achieve—if you're constantly searching for it.

Having that mindset is essential to lasting success. It's also the cornerstone of the habits you need to develop if you want to maximize your chest training. You'll also need to cultivate such

winning characteristics as optimism, patience, perseverance, determination and flexibility.

A number of physical factors can also affect your mental attitude, including the frequency of your chest workouts, the number of sets you use, the number of repetitions you set out to perform on every set, the amount of weight you use and the length of time you spend in the gym. When you overtrain physically it gives your mental well being a serious blow, too.

Train to Absolute Failure

The ultimate goal of every single set in your chest workout must be to train to absolute failure.

By that I mean you must give 100 percent effort during every set. You shouldn't have anything left in reserve at the end of the set. This is very taxing, mentally and physically, which is why you can't withstand many sets and why you need to work on your mindset. You need to control or get rid of that little voice in your head that is always telling you to settle.

That requirement is crucial to efficient chest training.

Obviously, you'll need a training partner, or the proper equipment such as a power rack, a machine, or using dumbbells, if you're going to train to absolute failure and train safely.

For now, let's throw out any well-known, legitimate reason you could come up with that takes your training success or failure out of your own hands.

Whatever program you use, the important thing is to put all the effort you can into your training.

One thing that is very important is to go over what it is you are trying to accomplish. I briefly review in my head what I want before

I do each set of my workout. What's my goal in the set? What will accomplishing the set goal mean to my other goals?

Now, about that intensity - you probably think you know what intensity is, right? You train hard, right? But is training hard the same as training with 100% intensity of effort? If you polled the people in your gym, 99% of them would tell you they workout extremely hard.

I'm the same way. And yet when I look back on my workouts, I always realize I could've trained a little harder. But that's okay, because I am constantly improving my effort every time I workout. I'm always striving for a higher level of effort and increasing the quality of each workout.

You Can Increase the Intensity of Your Chest Training Now

Before we can achieve more we must constantly be raising our own standards.

Train Your Chest Less Frequently

I know, the thought of training less worries many people that they will not only stop progressing but will lose what they have. This just isn't so.

Use it as a powerful motivating tool. The thought of training your chest less frequently creates a feeling of uneasiness, or what I call a sense of urgency. It dramatically increases the magnitude of every workout.

The benefits have a far greater effect than just bolstering my mindset.

Training less gives you adequate time to recover from your intense workouts.

Use Fewer Sets

Knowing that you're going to do only a few sets in your chest workout creates this same sense of urgency, allowing you to bring a lot more focus into each rep and set that you do.

Although I always change things up from time to time, a typical chest workout for me is as follows:

After warming up sufficiently and doing two heavy sets of bench presses, I complete my chest workout by doing one set each of three different chest exercises. Many lifters give themselves two, three or even four sets of a particular exercise to get it right.

If you give yourself four chances at anything, you'll have less of a sense of urgency to get it right the first time. You will pace yourself and hold back for those other sets. It's only human nature.

Anything less than 100 percent effort is a wasted set in my opinion. Have you ever noticed that when you get yourself in the right mind-set, you can pump out more reps on the last set of an exercise than you did on the first one?

It should be just the opposite. If you were really giving your all during the first couple of sets, you wouldn't have nearly as much energy left to meet or exceed that rep range on the last one.

If you truly train with the proper mindset, then you'll need less training to build your chest. If your training is less than animal-like, you'll need more sets. Be honest with yourself. Only you can determine what's best for you.

Spend Less Time in the Gym on Chest Training

The ability to focus and put forth your best effort in chest workout after chest workout, month after month is what will bring you results.

The less time you spend in the gym, the easier it becomes to focus, and because you're training chest less frequently, using fewer sets and fewer reps, your time in the gym will be much shorter. It will surely make it a lot easier to focus on building an awesome chest. Now, all you have to do is shut up and train!

Proper Recovery Is Critical

Recuperation is probably the most important yet most-often-neglected component of building muscle efficiently. Recuperation means to recover fully from your intense workouts. Only when your muscles have fully recuperated are they ready to grow larger and stronger. If you train again before this process is complete, you will short circuit the growth/recovery mechanism and your gains will come to a screeching halt and that's exactly what you want to avoid.

Develop your new chest routine with these steps in mind and see if you don't ignite new growth and more strength in your chest.

You'll always be getting new routines and tips to help you pack on more mass in your Fast Mass newsletter. It's delivered about once every two weeks direct to your email. From time to time, you'll even get more free bonuses like the report you're reading now. In fact, in one of the next issues, look for a copy of Bodybuilding Recipes.

In an upcoming issue of the Fast Mass Tips newsletter, you'll be receiving my exact chest routine that added 45 pounds to my max bench press in 8 weeks!

How Far You Go Depends On How Hard You Work

Are you frustrated with the lack of progress you've been getting from your weight training workout routine lately? Do you wonder how all those people in the magazines do it and how come you can't?

What's the magic secret that they hold that will unlock the key to your rapid transformation?

It's really so simple, you won't believe me when I tell you. But to be fair, I'll tell you anyway, and you can make up your own mind. Of course, you may have already figured it out from the title of the article.

When you boil it all down, that's what you are left with - hard work. I want you to try an experiment. The next few times you go to the gym for your weight training workout, stay aware of your surroundings. Keep an eye on everyone else as they work out. What do you see?

I'll take a guess at what you won't see (unless you are working out in one of the few hardcore gyms left). You most likely won't see anyone doing free weight squats (especially not the 20 rep squat routine). You also won't see anyone doing free weight deadlifts.

Heck, in most gyms, you won't even have a power rack for doing squats or a place to do deadlifts. And yet they are the two most productive exercises you can do for both building muscle and burning fat.

What kinds of exercises are they doing? Lots of arm work, leg extensions, leg curls, cable work, etc. The easy stuff, relatively speaking. But definitely not the stuff that changes your body.

Sure, there are the blessed few who seem to transform not matter what exercise program they are on, but for most of us it requires hard work and dedication.

Weight training is not easy. It is challenging and rewarding but don't kid yourself, it's not easy. And most people don't want to pay the price to get the rapid results they are looking for.

Don't be one of those people. Your mind is so much more powerful than you give it credit for - You are so much more powerful than you give yourself credit for.

Weight training is more mental than it is physical. Without making up your mind to lift a weight, you can't lift it.

Don't get me wrong. There are limits or we'd all be benching 2,000 pounds. The point to remember is that most of us are settling for progress way below what we are truly capable of accomplishing.

You have to make the mental decision to work hard, to do three more reps when your mind is telling you it's time to pack it in and grab a cold one. Those are the reps that count.

And one way to improve your ability to work hard, jumpstart your progress and start making gains again is to change things up from time to time. This helps to keep you mentally fresh, motivated and more likely to pump up your intensity in the gym.

Consistency in your training is a good thing...most of the time. You're much better off consistently hitting the gym three times a week than if you consistently hit the snack bar seven days a week.

But consistency can hold you back, too. By doing the same thing over and over again you can fall into a rut. The big problem is that you may not even notice that it's become a problem. You train, you eat right, so there can't be any problem, right? Maybe. Maybe not.

If you always perform the same exercises for the same number of sets and reps (and a number of people always use the same weights), eventually your gains will come to a screeching halt.

In addition, your mind goes on auto pilot, so your intensity level drops without you even realizing it. And worst of all, you may become bored, start skipping workouts and then ditch the workouts completely.

Changing up your program can rejuvenate you mentally, giving you a big motivational boost, get your interest back, and spur you on to a new set of gains.

If you begin to feel bored or unchallenged with your current program, change it up. It doesn't have to take much to get you back in touch with your workouts. You can change as little as you want, or revamp your whole routine.

Hate to drop the bench press (you must be a guy)? Then radically change the set and rep scheme. Are you always doing sets of 6 - 8 reps so you can use a heavy weight that makes you look respectable in the gym?

Forget the ego and try doing sets of 25 - 30 reps per set for a few weeks. This will get you back into the exercise physically and mentally.

Feeling burned out? Change everything. Try a completely new exercise for every exercise you are currently using. Do a different number of sets and reps, change the rest period from 2 minutes between sets to 30 seconds. There are so many things to change that you should never get bored.

Your workout becomes such a habit that you don't always even realize problems like these. If you think that might be the case, try changing something about your workout every 4 to 8 weeks. Heck, mark it down in your journal now when your next change should be.

Keep your mind fully engaged in your program by constantly giving yourself new challenges to prevent burnout - both physical and mental.

I strongly suggest you get my Skinny Guy's Guide To Building Mass Fast. The Skinny Guy's Guide contains the complete diet and training information that I used to add over 40 pounds of muscle, lose over 20 pounds of fat, and completely transform my physique from a "before" to an "after".

My Skinny Guy's Guide To Building Mass Fast not only gives you a roadmap to help you get where you want to go, it also provides you with all the tools necessary for you to devise the perfect program for your needs - allowing you to make even faster progress!

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PS - In addition to the Skinny Guy's Guide To Building Mass Fast, you will receive the following bonuses when you order.

2 - Special Report - How I Added 34 Pounds of Muscle in 12 Weeks

3 - Special Report - How I Lost 17 Pounds of Fat and Added 7 Pounds of Muscle In 8 Weeks

To learn more, or order go to
<http://www.buildleanmuscle.com/gain.html>

Sincerely,

Gregg Gillies

Author, The Skinny Guy's Guide To Building Mass Fast -

<http://www.buildleanmuscle.com/gain.html>

(the complete system for building muscle, burning fat and completely transforming your body - fast!)

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