



MEMBERS ONLY
SUPPLEMENTS

27 AMAZING TIPS FOR RAPID LEAN MUSCLE


For many people, putting on lean muscle mass seems to be harder than cracking the Da Vinci Code. They work out for years only to struggle with lean muscle gains and any major physique changes.

These 27 tips should help stimulate your body and mind with many new workout techniques, nutrition and supplement advice, and just enough motivation!

Building lean muscle mass starts with your mind. It's important to know what the best workouts are to build muscle, as well as what nutrition and

supplements to put in your body to maximize your recovery.

These 27 muscle building tips will focus on all of these aspects by providing you with an “out of the box” approach that will help you achieve huge gains. Whether you are a skinny guy who has trouble putting on lean muscle mass, or an experienced bodybuilder who has been lifting for 5+ years, you can greatly benefit from this guide.

Let's get started and open up the muscle building secrets! 

WORKOUTS

1 **PERFORM ONE FULL BODY WORKOUT PER WEEK**

Performing one intense full body workout per week is a fantastic way to maximize your muscle building potential and unleash an array of anabolic hormones. When it comes to muscle building, many people focus too much on the smaller secondary muscles. A better approach would be to have one intense workout per week that focuses on all of the major muscle groups in the body – both upper and lower body. That means working your chest, back, quadriceps, hamstrings, and shoulders in the same workout. This will force your body to recruit the maximum amount of muscle fibers per workout and also help to increase your natural hormone levels. To get the best exercises for a full body workout, check out Tip number 2.

2 **EMPHASIZE THE FAB FOUR OF MUSCLE BUILDING EXERCISES**

To pack on heaps of lean muscle mass, stick with the Fab Four of Muscle building exercises which are

the bench press, pull up, deadlift, and squat. These powerful exercises are proven muscle builders. They work your major muscle groups, as well as the smaller surrounding muscles. The bench press and deadlift are often neglected exercises, but they are two of the most important exercises. Take the bench press for example. It works your chest muscle but also puts stress on secondary muscles such as triceps, upper back, and biceps. Additionally, three of the biggest and most vital muscle groups in the human body include the back, quadriceps, and hamstrings; therefore, it's important to exercise them to reach your muscle building potential.

3 **UTILIZE “TIME UNDER TENSION” WHEN WORKING OUT**

Time under tension refers to the total time a muscle resists weight during each set. This workout philosophy was made famous by Arthur Jones, founder of Nautilus Workout equipment. To understand the principle, there is a certain amount of time for lifting and lowering a weight. For

example, take the barbell curl exercise. It may take two seconds to curl the weight up and another two seconds to lower it. That's a total of four seconds per tension or rep. Performing 10 barbell curls would take 40 seconds of time under tension. For increasing muscle mass, the ideal time under tension is at least 40 seconds. For increasing muscle endurance, it's at least 70 seconds. For maximizing strength, it's about 20 seconds or less. Please note that you may need to lessen your weights when increasing your time under tension. Many current fitness models and bodybuilders have chiseled remarkable physiques in a short amount of time utilizing this principle.

4 FORCE NEGATIVES FOR POSITIVE GAINS

The technique of "forced negatives" is one of the most popular old school bodybuilding concepts. It is a multi-faceted approach to muscle building and is particularly effective with workout plateaus. This technique is also performed with lower weights as muscles are overloaded with the eccentric portion of training – lowering and lengthening. For example, the curling up of weight in a bicep curl exercise is the positive or concentric portion of training. The negative or eccentric part of the exercise happens when the weight is lowered as the arm is lengthened or straightened back out. With forced negative training, the eccentric range of motion is lengthened to approximately five to 8 seconds which forces the muscle to work harder. This form of training is similar to time under tension; however, the focus is more on eccentric training. Forced negative training is one of the most difficult types of training; therefore, you may need a partner to help.

5 BEEF UP WITH SUPERSET TRAINING

Supersetting is a more advanced training strategy that can beef up your muscles. A superset is essentially two different exercises paired together with no rest in between. Supersets can be performed with same muscle groups or opposing muscle groups. This is a great strategy for those who workout without spotters as the bodybuilder can decrease weights but still overload the muscles. The push and pull superset is very popular as this technique utilizes a strategy by alternating a push exercise with a pull exercise. For example, the bench press is alternated with the lateral pull down without any rest in between. Rest periods are usually longer between supersets – approximately 2.5 minutes.

6 VARY YOUR WORKOUTS FOR MUSCLE CONFUSION

Muscle confusion is a practice of changing your training program so that your muscles work harder. Just like your brain, your muscles have memory. Once they get used to doing certain tasks, they tend to adapt and not work as hard. Therefore, variety is key. Including different modes of activity and exercise either throughout the week or opting for a new workout after several weeks will confuse muscles and make them work better. You can do this by never repeating the same workout over and over. Changing rest times between sets, weights per set, and numbers of repetitions create variety.

DIET

7 CONSUME SIX MEALS PER DAY

Balance six meals per day with quality protein, complex carbohydrates, and essential fatty acids. With six meals per day, your body will receive a non-stop array of muscle building nutrients and amino acids. Meals should be packed with protein yet balanced throughout the day. For muscle building, each meal should consist of at least 400 calories each. By eating this way, you help your body stay in an anabolic state. If you don't get enough calories and nutrients, your body will use your muscles as a short-term energy supply. You'll then regress and lose all of your hard work so be sure to protect your body by eating throughout the day.

8 NOURISH WITH LEAN PROTEIN

For anyone looking to gain lean muscle mass, getting enough lean protein is essential. Protein is the building block for muscles as it provides your body with nutrients and powerful amino acids to help you build muscle.

Consuming about one gram of lean protein for every pound of body weight is a good general measure of what you should be getting. For example, consume about 200 grams of protein if you are a 200 pound male. While this may seem like a lot, you are creating a huge demand for protein when training and lifting weights hard every day. Some of the best lean protein sources are grass fed beef, grilled chicken, turkey, tuna, salmon, eggs, milk, Greek yogurt, and low-fat cottage cheese. For those who are vegans, organic tofu and seitan are good choices.

9 ACCESS THE POWER OF GRASS FED BEEF

Beef is a great way to increase your testosterone and build lean muscle as it has high amounts of protein, creatine, and zinc – all potent muscle builders. When looking for the best cut of grass fed beef, select sirloin. Otherwise, choose grass fed ground beef that is at least 90 percent lean. Unfortunately, non-grass fed beef is filled with antibiotics and hormones that may release estrogen and cortisol into your body when ingested. These are two muscle

building killers that will slow your progress and impede your muscle gains. Eat grass fed beef several times a month at the minimum.

10 ADD MORE EGG-CELLENT ADVICE

Eggs are one of the best sources of protein. They are also a great source of testosterone-elevating fatty acids. Since testosterone is synthesized from cholesterol, the entire egg (including the yolk) is very beneficial for muscle building. For a great muscle building breakfast or a quick snack, whip up three whole large eggs for a quick 18 grams of protein. If you're worried about the fat in whole eggs, don't be. The yolks provide beneficial Omega-3 fatty acids that are known to fight heart disease and boost health. See Tip #15 below.

11 BE A GREEK GEEK


A good muscle building snack is Greek yogurt as it contains twice as much protein as regular yogurt. Plain Greek yogurt contains just around 100 calories and a whopping 17 grams of protein per serving. Flavored Greek yogurts contain about 15 grams of protein per serving, but they may also contain high sugars and chemical additives so read your nutrition labels carefully. Greek yogurt's main ingredient is skim milk which is a proven muscle builder. It is a great way to starve off any sweet craving such as ice cream. Add natural fruit with some nuts or seeds for a healthy and yummy dessert option.

12 EAT MORE COMPLEX CARBOHYDRATES

Carbohydrates are such an important part of a balanced diet. With training and lifting weights regularly, your body is in constant need of energy. Slow digesting carbohydrates will fuel your workouts. Without it, training can be affected negatively. Consuming them at the right times of day is important. Breakfast, lunch, and post-workout are optimal times for muscle building. Some of the best complex carbohydrate choices are sweet potatoes, brown rice, black beans, quinoa, and oatmeal. Vary your complex carbohydrates for the for the best nutrition profile.

13 POWER UP MUSCLES WITH VEGGIES & FRUITS

Vegetables and fruits are often forgotten when it comes to building muscle. However, they are absolutely essential for good health and muscle building. Firstly, veggies and fruits are nutrient-dense and high in fiber and relatively low in calories. Therefore, you can eat a lot of them without gaining much body fat. While fruit does have some natural sugars, they are processed in the body much slower than pre-packaged and processed foods with refined sugars. By including an adequate number (5 to 10 servings) of veggies and fruits in your daily diet, you'll power up your muscle building potential as they help you eliminate toxins and stabilize your blood sugar. Choose dark green leafy vegetables



like spinach and kale, as well as broccoli, cauliflower, kale, and green beans for veggies. Berries (blueberries, raspberries, and strawberries) will also provide your body with mega phytonutrients, and bananas are great for replenishing potassium.

14 **DRINK MORE GRAPE JUICE - A TRUE SUPERFOOD**

Opting for superfoods is a good choice when maximizing your body's potential for putting on lean muscle mass. Grape juice is a proven superfood. Drinking grape juice with pre-workout supplements such as creatine can greatly enhance its absorption and quickly replenish your muscle glycogen levels prior to working out. Grape juice is also high in powerful antioxidants which help kill free radicals in your body that could be converted to cortisol – a muscle waster. Another amazing muscle building side effect of grape juice is that it increases insulin output and helps remove the sugar from your bloodstream. Just be sure to choose organic or natural grape juice – not concentrate.

15 **EAT MORE OMEGA-3 FATTY ACIDS**

Including more Omega-3 fatty acids in your diet will boost your overall health, but it can also help you build lean muscle mass. According to studies, this essential fatty acid is particularly helpful for muscles as they slow down and even inhibit muscle proteolysis or the breaking down of muscle proteins.

Omega-3 also stimulates muscle protein synthesis which can substantially increase the anabolic effects after workouts. Even more, Omega-3 helps to reduce inflammation that incurs from workouts. With Omega-3's detoxification and healing properties, other nutrients are better absorbed and assimilated which in turn helps muscle-building efforts. Some of the best Omega-3 diet sources are cold-water fish (salmon, tuna, mackerel, halibut, herring, sardines, and anchovies), vegetables (broccoli, spinach, and cauliflower), and nuts and seeds (walnuts, flaxseeds, and chia seeds). Flaxseed and fish oils are also great supplements for Omega-3.

16 EAT MORE NUTS

Putting on lean muscle mass is hard work. Therefore, increasing your calories is important. One of the easiest ways to increase your calories is to consume healthier fats which include both monounsaturated and polyunsaturated fatty acids – such as Omega 3s. It has also been proven that people who have a diet high in healthy fats have lower body fat and balanced hormone levels – such as testosterone. Some of the best choices for nuts include almonds, walnuts, pecans, pistachios, walnuts, Brazil nuts, and cashews. A quarter cup of nuts has approximately 200 calories, so consuming several servings a day will ensure that you are getting an adequate amount of calories as well as elevating your anabolic hormones. Just be sure to diversify the types of nuts for a better nutritional profile.

17 POWER UP WITH BRAZIL NUTS

As highlighted in the NY Times bestselling book *The 4 Hour Body*, eating a handful of Brazil nuts each day may naturally increase your testosterone. This is due to the high mineral content of selenium. This superfood is also high in protein, magnesium, and zinc which are all essential for muscle building.

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SUPPLEMENTS

18 GET YOUR WHEY UP

Whey protein is the quickest and most convenient form of protein, and it is especially useful for serious bodybuilders. It is low in calories and fat, and it is abundant in protein and amino acids. Additionally, it is convenient when you are on the go. It blends deliciously in both smoothies and post-workout shakes. Even more, it comes in just about any flavor you can think of. Include whey as part of your daily meal plan. A 20 to 40 gram serving between meals will boost your protein intake which. In turn, it is a great muscle building catalyst for your workouts.

19 SHAKE IT UP WITH THE PERFECT POST-WORKOUT SUPPLEMENT

After a good workout, your body craves quick digesting proteins and carbohydrates to restore your muscle glycogen levels. In the world renowned

book Nutrient Timing, a breakdown is provided for the best scientific approach to a post-workout supplement to optimize recovery. It is important to consume a quality supplement within 45 minutes after your workout as this is your “anabolic window.” The perfect post-workout shake will consist of 30 grams of whey protein, 60 grams of dextrose, and 5 grams of L-glutamine. Nutrient timing is important during post-workout, and whey and dextrose are very fast digesting sources of protein and carbohydrates that will boost recovery after a grueling workout.

20 INCREASE YOUR WORKOUT LOAD WITH CREATINE

As one of the most heavily researched supplements in the world of sports and fitness nutrition, creatine has proven time and again to support bodybuilders and other athletes. However, there is a misconception about this special supplement as it doesn't

work in the way that many people assume it does. Taking creatine does not build muscle mass. However, it does provide a potential to build muscle as it supplies energy to your muscle cells. With extra energy, you'll be able to lift more weight, perform more repetitions, and workout longer. Creatine has also been shown to improve strength and help muscles recover more quickly. With 40 years of proven science on its side, you just can't find a supplement to outperform creatine. Take five grams before your workouts to enhance and boost your muscle building potential.

21 RAISE TESTOSTERONE LEVELS WITH D-ASPARTIC ACID

A recent study found that 3 grams of D-aspartic acid per day for 10 straight days raises testosterone levels by over 40 percent. The two week study determined this supplement to be one of the best all natural testosterone boosters available that is safe and effective. D-aspartic acid is a great choice to help increase testosterone

levels that will give you an amazing effect on your muscle building and fat loss potential.

22 PROTECT YOUR MUSCLES WITH CASEIN PROTEIN AT NIGHT

When it comes to protein supplementation, it is important to understand the difference between whey and casein. They are both equally important, but each serves very different purposes. Whey protein digests quickly; therefore, it is ideal to take it directly after a workout or even throughout the day as a meal replacement. On the other hand, casein digests slowly which makes it the perfect protein before going to bed. By taking casein at night, you will slowly drip feed your muscles with high quality protein to ensure your muscles are protected. This anabolic fuel can take up to six hours to digest which will help your muscles recover while you sleep. For gals, take 15 to 25 grams of casein protein before you go to bed. For guys, take 25 to 40 grams.



MIND & GOAL SETTING

23 GET INTO THE RIGHT MUSCLE BUILDING MINDSET

With training and dieting, it is important to be in the right mindset. Setting tangible goals with workouts and meal plans is important. Goal setting will help you stay on track so that you can train harder and eat properly. Find your motivation that will push you past your comfort zone on a consistent basis.

24 PLAN YOUR MEALS

Planning meals is very useful for the bodybuilder. Having a plan for each day also helps you stay on track with your foods so that you are eating appropriately – not too little or too much. Plus, it will make sure that you are getting sufficient calories, proteins, carbs, and fats.

25 PLAN & LOG YOUR WORKOUTS

Goal attainment is much easier with planning and logging workouts. Planning helps you know what you'll be doing when you hit the gym, and it also keeps you on track. By tracking each workout, you can look back to see where your strengths and weaknesses are. With strengths, you can plan for similar goals in the future. With weaknesses, you can nip them from your goals. The log will also help you determine when you need to change your workout routine. Just make sure you are tracking your personal bests as they will motivate you.

26 TRAIN WITH A PARTNER

Training with a partner can be a lifesaver, especially if you're the type of person who needs motivation. A workout partner can keep you accountable – making sure that you don't miss your

workouts. Additionally, a partner can push and challenge you, as well as be a great spotter for heavy lifting. If possible, find a training partner who is fitter and more dedicated than you. By doing so, you'll be pushed past your comfort zone which will motivate you to work as hard as they do.

27 GET AT LEAST 8 TO 9 HOURS OF SLEEP EACH NIGHT

According to the Sleep Foundation®, each teen and adult needs to get at least 8 to 9 hours of sleep each night for better physiological and psychological function. This is even more essential to the bodybuilder for proper recovery, as well as proper building of lean muscle mass. Without adequate sleep, anabolic hormones are stunted.

