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### Source list:

1. "Beyond the Confusion: Getting the facts straight on creatine for optimal results!", Author: Layne Norton, [www.biolayne.com](http://www.biolayne.com)
2. Blog "Tip 138: load with creatine: Improve performance and train harder, longer, and faster." Author: Charles Poliquin, <http://www.charlespoliquin.com/>

## INTRODUCTION

Welcome!

Congratulations on taking the next productive step in your muscle-building journey! I hope you're just as excited as I am to learn some new techniques and really get motivated to build the physique you've always wanted. As a fitness professional and health coach, it is my passion to be able to help other guys like myself to build rock-solid muscle in the shortest time possible.

The truth of the matter is...I was just like YOU.

I was stuck and confused with how to make my body look the way I wanted it. I needed new techniques, new guidelines and new plans. I searched through magazines and websites over and over again thinking that the secret was somehow hidden on the next page. Through my trials and roadblocks, I've come to learn the exact science behind everything that is needed to build eye-catching muscle; and it has been safe to say that the results have been nothing short of outstanding.

So with this report I wanted to give you a TON of that information that I've collected, and with a FREE price tag as well. I believe that knowledge should be shared among people who need it the most. If I think back to when I started out with my muscle-building career, I wish that someone else would have done the same for me.

My advice is to simply take your time to read through each page. Start applying the principles that are given and you'll notice an amazing change right from the start! I hope you enjoy this report - and as always, feel free to shoot me an email with any and all questions that come up.

Have fun and train hard!

Dedicated to your results,

*Mitch Muller*

CPT – [MindsetFitness.net](http://MindsetFitness.net)

It's tough to be the guy who is left behind. Believe me, I've been there. You're a true hardgainer. This just means that your efforts have made you fall short of producing the muscle size that you want. Not everyone fits into this category and I'm going to assume that you're not a genetic "freak" if you're reading this report.

So much emphasis is placed on the "genetically gifted" athletes who walk around strutting their stuff at the gym, trying to take up as much space as possible. More often than not though, these guys will make the act of building muscle appear to be an easy process. In the mind's eye of a hardgainer's thoughts, the only thing that becomes clear about building muscle are an endless supply of question marks leading to more frustration...not a cool place to be.

But be frustrated no more! I'm here to tell you that ANYONE can build muscle mass. Your grandma could really build muscle if she wanted to. There are only a few things that you will need in order to be successful in building muscle and I'll cover all of them in depth in this report. I'll be breaking down these three topics, or "pillars of success" if you will that will give you a great start to a muscle-building lifestyle. Believe me, I wish I had this information when I first set foot in a gym. It would have saved me countless wasted hours thinking that I was building muscle when I really wasn't.

## YOUR 3 PILLARS TO SUCCESS ARE:

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1. Correct mental approach
2. Having and Utilizing the right tools
3. Having Imperfect Consistency



Just like if you were sitting on a bar stool, three legs would be enough to keep you upright, however if one of those legs were missing, you would go toppling down to the ground faster than you sat down. The same concept is applied here. You cannot have only one or two of these pillars in place. **They must all be synchronized to work together for your ultimate goal** – remember that!

# PILLAR 1: Correct Mental Approach

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I'll try not to be too long-winded with this first pillar – mostly because I tend to get excited about it pretty easily! Having a correct mental approach is more than just “thinking positive thoughts.” You can save all that for the next motivational speaker that you listen to. When I talk about having a mental approach towards bodybuilding, I mean that first - your mind is mentally prepared for the work your body will go through; and second – your mind has the ability to create maximum tension on the muscles, even before the set begins.

I'll elaborate on both individually:

## 1. Establish Your Pain Barrier

I know that we all have our own way of getting psyched up before an intense workout. For me, blasting some hard rock is enough to get the blood flowing to say the least. Taking all these things into consideration for your main purpose of building muscle though, having great workout music only skims the surface of being mentally prepared.

To effectively build muscle the way you want, **your intensity MUST be there**. Performing a hard set of bench press and then talking to your buddies for the next two minutes doesn't fall into the category of “intense.” If you want the size, you'll have to put yourself through pain and focus to get there. Not to say that having fun at the gym is bad, I just like to limit my distractions as much as possible. This is where your mental “*pain barrier*” will come into play. **Use this question as your guide:**

**“HOW MUCH PAIN CAN I TAKE WHILE STILL KEEPING THE TARGETTED MUSCLE IN A SAFE POSITION?”**

This is the only question that you will have to ask yourself for right now. A good way to look at is thinking back to the hardest workout you've ever done. Think about how you felt when your body was being pushed to its limit, when you felt like you couldn't take any more. THAT is the place I want you to go to mentally before each of your workouts. I'm not here to tell you that building muscle will be easy like some people will have you believe. Establishing your pain barrier and your limits can be a crucial step in getting the muscular physique you've always wanted. So don't leave it out!

Just remember to train safe at the same time. Being reckless and going balls to the wall 24/7 will get you nowhere fast as well! This leads me into my next mental point...

## 2. Creating Tension

You see, building muscle all comes down to a simple **principle of creating tension**. Tension is FIRST created by stimuli sent from the brain to the working muscles. This is where I want you to start – keep it simple. For the most part, young lifters will completely skip over this initial pillar thinking that it's all about the weight; sorry to burst your bubble guys but you're wrong! Try looking at it like this:

## Mental Tension Within Muscles + Physical Tension Within Muscles (weight) = Maximum Muscle Stimulation

The mind is basically just the conductor to your muscle-building orchestra, if you will. It tells the body what to do and how to do it safely. The main point I'm trying to get across is that any typical average joe can walk into the gym, lift weights and get bigger; that part's easy. The huge DIFFERENCE between you and this "normal" guy is that he doesn't know how to MENTALLY control his muscles to maximally be effective. Just knowing this simple principle of mental tensions will place you light-years in front of 95% of the guys in the gym, no joke.

From this point of view, you are not a weightlifter anymore – You're a bodybuilder. A bodybuilder's number one goal is to create as much tension in their muscles as possible, not necessarily to move the most amount of weight that they can. I want you to REALLY understand this because it'll save you from making a ton of mistakes like I had to go through.

Too often, the excitement of lifting new weight clouds even the most focused bodybuilder's mind. It is not a simple task to control heavy weights with just your thoughts. Eventually, your body will take over and place the extra load on the muscles that can carry it the easiest, but not necessarily the safest.

We don't want the easiest...

It is your job to make sure that the targeted muscles are handling the weight, not the weight handling you. Remember, I'm not talking about lifting the weight; I'm talking about contracting the muscle TO LIFT THE WEIGHT. Hope that makes sense.

Here's a little tip:

*When you're holding weight in your hands, regardless of the exercise, try to mentally contract the muscle you're working by itself. If you're doing it right, the weight will start to move automatically. Kind of makes you rethink how much weight you're lifting huh? Try out this concept during your training and be ready for an insane pump!*

# PILLAR 2: Having AND Utilizing the Right Tools

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Now that we've talked about getting the right mental approach for your training, it's time to go over the tools that you'll need to be successful.

## **“ACTION TAKERS RULE THE WORLD.”**

This has been one of my favorite quotes of all time. If you think about it, the most successful people around the world never stopped taking steps forward. They always pushed for something better. I'm here to tell you that your bodybuilding goals will be no different. I will outline the best tools for you to apply to your training and bodybuilding lifestyle, BUT...if you don't UTILIZE these tools, you will get nothing out of it. The successful part doesn't come from knowing what to do, it's actually DOING IT.

**Time to separate the boys from the men!!**



Under this pillar of success I'll cover the top TOOLS that you can use to help kick-start your muscle building journey TODAY!

- Top 3 Best Hypertrophy Methods
- The Low-down On Nutrition
- Best Supplementation Guidelines



## HYPERTROPHY METHOD #1 – The Kaizen Principle

The science behind sets, reps and tempo have been kicked around back and forth over the years by several bodybuilding “experts” who claim to have the barrier busting secrets to packing on the mass. From what I’ve studied and learned, there is no secret to adding muscle and getting ripped to shreds. The answer will always lie in your own persistence, determination, motivation and will-power. Getting up at 6 in the morning to have Meal #1 of the day is something that you, yourself have to get done. No one will make you do it. It will always depend on how bad you want it.

If you’ve been training for quite some time now, you’ve probably hit some sort of wall in the gym. Not literally punching a wall (which sometimes might cross your mind on those low energy cutting days), but reaching that plateau that feels impossible to break away from. I’ll give you an example from my personal experience. For the longest time my bench press was at 265 for 4 reps at the beginning of my chest workout.

For some reason I just couldn’t seem to reach that next personal record. Even after adding only 5 pounds, it still seemed to be too much weight for documented improvement. With smaller isolation exercises, you might find that it is even harder to see improvement, such as the reverse fly for rear delts, or the lateral raise. Most dumbbells today only increase by 5 pound increments, which make constant strength gains a very hard task, even to the experienced lifter. You are not alone if you share this frustration. It happens to the best of us!

### So what do I need to do to get past this strength plateau?

The Kaizen method originates from Japanese roots. The word “Kaizen” has no English equivalent, but translated means **“constant and never-ending improvement.”** This word is used in many areas throughout Japanese culture to express love in relationships, learning new things, or basic improvement in day-to-day life battles. By applying small refinements daily, in the long run, one could achieve progress that most would view as incredible. *So let’s apply this to our training...*

By using the Kaizen Principle, small increments of one pound (or less) are used instead of making a jump of five pounds. This will ultimately make your lifts more tolerable and psychologically achievable. Imagine the type of improvement you would see if you were to increase your personal records by one half pound or one pound per week? That would add up to a 26-52 lb increase in one year! Pretty cool, huh?

A simple approach I’ve used in my training to reach these gradual increases is to use sleeve collars with my barbell lifts. Depending on the type in your gym, most will weigh anywhere from ½lb to a pound a piece. By sliding these





bad boys on the bar, that extra pound will most likely come unnoticed, making your new personal records repetitive on a week to week basis. I don't know about you but that makes me freaking excited! Once the collars become easy, 2 ½ lb plates will do the trick, and so on...

So regardless of where you are in the bodybuilding world, small incremental increases can reap huge rewards in the long run. Apply this to your training and watch how your body grows and adapts!

Remember to lift with a purpose, keep your goals in your head, and constantly improve. The gains will come.

## **HYPERTROPHY METHOD #2 – Rest Pause Technique**

One of my favorite ways to train, especially for high intensity, is the Rest-pause technique. The goal of this technique is to bring maximum tension to the muscle through heavier weights and to keep that tension there over a longer period of time.

In a typical “heavy” set, most likely you'd perform anywhere from 3 to 6 reps with a given weight. In a rest pause set, that same weight is applied to obtain about 6 reps. Once this is done, you rest about **10-15 seconds** and repeat for as many reps as you can **3-4 times** back to back. After each “set” you're resting another 10 to 15 seconds.

At a deeper level within the muscle fibers, they are forced to stay in a “high tension” state for up to 4 times longer than normal, depending on the range that you use. This causes the brain to signal more muscle fibers to be recruited, thus producing more muscle breakdown.

Heavy Tension → Longer Time Under Tension → Recruit More Fibers → Greater Muscle Breakdown → **Greater Muscle Gains**

Try incorporating this style of training to muscles that need high intensities and volume to grow! Shoulders, biceps and triceps are a great place to start.

## **HYPERTROPHY METHOD #3 – Strength Train Protocol**

This may not be a traditional style of increasing muscle size among popular belief, but believe me, it will work wonders for your long term



muscle gains. This technique involves tackling your training split into three distinct weeks. The most important of these three weeks is week number one in which your nervous system will be effectively enhanced to lift heavy loads.

A concept that many lifters do not realize is that the nervous system takes about 3 times longer to recover after intense exercise as compared to the muscular system. With this being said, it is important that your training should follow suit with how the body will react to the loads placed upon it.

My simple point: **DON'T LIFT HEAVY ALL THE TIME**

I've seen guys make this mistake so much and I can't help but feel sorry for their body knowing that it's fighting to maintain balance. The goal when building muscle is to place your body in an anabolic state for the majority of the time, but also taking into consideration when too much is TOO MUCH.

Back to my point – week one consists of 4-5 heavy training days of 3 to 8 reps. When this “strength” week is used first, it is allowing your muscles to adapt to heavier loads at a gradual pace. If you were to consistently lift heavy every single week, the nervous system wouldn't be able to assist your goal of muscle gain for very long. This is the reason why the strength training protocol is spaced out for three weeks at a time – allowing your muscles to recover and grow while **ALSO increasing your strength**.

Some bodybuilders tend to say that “I don't care about being the strongest guy in the gym, it's about muscle size.” Although this is an adequate point, ***how can you expect your muscles to grow larger if they can only lift a certain amount of weight???***

That's like placing a ceiling above your head and telling yourself you aren't allowed to grow taller. **You're limiting yourself if you believe that strength doesn't directly influence muscle size.**

The three week split would like something like this:

### **Week 1: Heavy**

- 3-8 reps per set
- Full range of motion and contractions, not to complete failure

### **Week 2: Moderate Hypertrophy**

- Moderate weight, 8-12 reps per set
- Maximally contracting muscle, working to failure on last 2 sets of each exercise

### **Week 3: Volume, Volume, Volume...**

- Lighter weight, 12-50 reps per set
- Drop sets/supersets/giant sets
- Maximally contracting muscle, reaching failure by end of workout

***Once the three week cycle was complete, you would start back again at week 1 trying to progress with heavier weights! See the strength possibilities now? Go get after it my friends...***



## Muscle Building Nutrition Guidelines

Nutrition doesn't have to be difficult when trying to gain muscle. It's just a matter of what kinds of foods you have and when you have them. I love keeping things simple for myself and I'm going to do the same for you. When coming up with a meal plan that fits your needs completely, you must take into consideration a few factors...

1. **Ultimate Goal**
2. **Number of calories needed**
3. **Percentage of Macronutrients**
4. **Number of meals per day**
5. **Meal Timings**



I'm going to assume for the sake of this report that your "ultimate goal" is to put on serious muscle mass but without adding any unwanted body fat along the way. For most guys, this will be ideal, so let's move on to your caloric needs...

For an average man to build muscle, I like to use the simple rule of **BODY WEIGHT X 16**. So if your weight was *200 lbs*, your estimated minimum caloric needs for one day would be **3,200 calories** to add extra muscle. Now it's important to note that there are other methods of getting a more accurate number for your daily calories, however that choice is up to you. Some guys like to be extremely precise and others just shoot for the ball park – depends how OCD you are.

So now that we have a number to go off of, let's use that to calculate your percentage of macronutrients. I'll go more in depth with the purpose of each macronutrient here in a minute, but for now I want you to understand that your body needs and utilizes **proteins, carbs** and **fats**.

Based on your goal of gaining muscle above, your macronutrients should be at these recommended percentages to start out:

Carbohydrates = **40%**=4 calories per gram

Proteins = **40%**=4 calories per gram

Fats = **20%**=9 calories per gram

**Here are the numbers broken down for a male who is 200lbs and needs approximately 3,200 calories per day to build muscle (the minimum requirement):**

- Carbohydrates =  $3,200 \times .40 = 1,280$  calories per day

- Proteins =  $3,200 \times .40 = 1,280$  calories per day
- Fats =  $3,200 \times .20 = 640$  calories per day

**\*\*Having these numbers will make your meal plan THAT much easier to create, with zero guess work\*\***

I feel that it is important to mention that these percentages are only a *starting point* to build from. You as an individual may need twice this amount of calories depending on your job, or regular activity level during the day. So be sure to take those things into consideration as well. A great rule of thumb to live by is to always listen to your body. It will make sure to tell you if something isn't quite right. If you find that you're gaining weight too fast from a meal plan with these percentages, bring down the carbs and increase your healthy fats. The percentages would now look something like this:

Carbohydrates = 30%

Proteins = 40%

Fats = 30%

In some cases for those guys who are looking to get extremely shredded, the healthy fat percentage can increase to well over 50%!

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**To give you a better understanding of what the 3 macronutrients are used for, I've broken them down:**

## **1. CARBOHYDRATES**

Carbs are the body's main source of energy. When consumed, the body will automatically use these for everyday activities and exercise without the need for any conversion to take place. In today's day and age, carbs are given a bad name – that they are completely to blame for people getting fat. For the most part though, their benefits are great when consumed in MODERATION. **The difference is between complex carbohydrates and simple carbohydrates.** Complex carbs take longer for the body to process for the use of energy and therefore are not easily stored as fat, while simple carbs are readily available when eaten which causes a higher spike of insulin (also dependent on the amount).

**Use these guidelines for carb intake:**

- Best consumed BEFORE and AFTER your workout – regardless of the time of day
- You can have as many veggies as you want – Fresh is better than frozen, frozen is better than canned.
- Try to get around 3 servings of complex carbs per day.
- Consume fruits in moderation – These are also great before and after your workout.

- Stay away from starchy carbs like potatoes or white breads, these can be supplemented with brown rice, sweet potatoes, oats etc..

## 2. PROTEIN

Protein has always been known for its use in recovery and building of muscle tissue. It also serves in many different areas of the body such as hair, nails, water balancing, transporting nutrients and producing enzymes to name a few. For a muscle-building diet though, protein will become your best friend. The main myth about protein is that it cannot be stored as fat. While this is untrue, if you follow a consistent training program, you won't have to worry about storing any protein as fat. Your body has WAY more important uses for it.

### Use these guidelines for protein intake:

- Consume some sort of protein with each meal.
- It is best to avoid the same protein source twice in one day. This will provide a mixture of different amino acids.
- A typical amount of protein per meal should be around 25-60 grams. Your current body composition and goals will determine that specific number.
- Supplement food meals with protein shakes – This is quick and easy to consume
- Avoid Soy Proteins – they do not perform the same process as whey proteins

## 3. FAT

If there's one main ingredient that many guys miss in their meal plan for muscle, it's healthy fats. The word "fat" tends to turn many people off which is completely opposite of what it should do. If you're looking for burning off the bad fat and increasing your muscle mass, your healthy fat consumption MUST be a priority. It's relatively simple to incorporate these heart-healthy nutrients especially with the density of calories that fats carry.

### Use these guidelines for healthy fat intake:

- For a great fat loss meal, try incorporating about 30-40% fats. Carbohydrate intake will vary depending on your goal.
- Simply add almonds or healthy nuts with a regular meal or shake.



- **Don't abuse them.** It's very easy to get carried away with tasty fats especially when snacking. The calories will add up fast.
- Replace regular milk with almond milk.
- Supplement daily with some sort of fish oils or Omega 3 vitamins.



## Supplementation Guidelines

For effectively building muscle, supplements are completely necessary. However it may become easy to get carried away with how much they are relied upon. In the larger picture, the purpose of supplements are exactly as their name implies: **They SUPPLEMENT the diet.** If you're the guy who is thinking that you need more supplements in order to get past that plateau in the gym then think again. Just like I stated earlier, your **nutrition** will be the determining factor for your growth and recovery.



But when nutrition can only take you so far, supplements can be fantastic in providing those much-needed nutrients that are required for a bodybuilder. I've broken down the top 5 supplements that I would not train without...

### SUPPLEMENT #1 – CREATINE

Creatine gets hated on more than any other supplement on the market today, in my opinion. I've met with many fitness professionals and talked to clients and close friends about their opinion on the use of creatine in sports, various types of training, and bodybuilding, and to no surprise there came a quick dispute. So with all the opposing information that has been filling the fitness world, I'd like to share some of the great benefits of creatine that are backed by scientific research. By the end of this, you should have a better understanding of what creatine does and if it's right for you in your daily supplementation.

#### WHAT EXACTLY IS CREATINE?

First off, creatine is a simple mixture of three important amino acids: glycine, arginine, and methionine. That's it, nothing fancy here. Creatine is actually produced naturally in the body and can be found in various forms of high protein foods like fish and red meat. Because the body produces it naturally and it is easily obtained through the diet, some people tend to think supplementation of creatine is unnecessary. This may be the case in some instances however if you're a person who is trying to build muscle or spends a great deal of time doing physical or endurance-like activities, you should consider creatine as a supplemental "must have."



## **HOW DOES IT WORK?**

There are three main things that Creatine does for us...

### **1. AID IN ENERGY SYSTEM**

I'm assuming most of you reading this aren't biochemistry majors, so I'll do my best to simplify this process as much as possible. Creatine plays its natural role in the body in our energy system. The energy that the body uses for virtually EVERY process being performed is called Adenine Tri-phosphate or ATP. When creatine is produced in the body or enters via supplementation, it automatically gets paired up with a Phosphate molecule to become Creatine-Phosphate. Just like Creatine has a Phosphate molecule, so does ATP.

When a particular system needs energy (for example a muscle contraction), ATP will become hydrolyzed and its Phosphate molecule will break off from it, producing heat (energy). The resulting molecule is now called Adenine Di-Phosphate or ADP. The body has no particular use for the ADP molecule so the only available option is to convert ADP back into ATP! This is where Creatine checks into the game...

Because creatine has a phosphate bound molecule attached, it donates it to ADP thus converting ADP back into ATP, in turn producing more energy for the body's use. So it is safe to say that an increase in creatine will result in increased potential energy to be used during physical activity. I hope that makes more sense...

### **2. IMMEDIATE ANAEROBIC ENERGY**

Many people may not realize, but creatine itself is actually a fuel source. During intense workouts, the body will first dig into creatine stores to provide immediate anaerobic energy to the muscle cells. The more creatine that is made available in the creatine stores, the more energy can be produced, thus giving you much-needed endurance to finish your workout.

### **3. HYDRATION OF CELLS**

This is where most people will jump on or off of the creatine bandwagon. A popular remark I hear all the time about creatine is that it "only fills your muscles up with water to make them look bigger." While this is completely an uninformed statement, it is right about extra hydration for the muscle. The more water that is pushed into the cell, the more nitrogen ions and other important ions will follow to aid in the muscular concentration of these ions. This whole process is anabolic in the body and helps to increase protein synthesis. All good things!

Because of the short time that creatine has been available to the public; there are very few studies about its long-term effects. Given the information that I previously noted, creatine is completely safe for supplementation.

## SUPPLEMENT #2 – BCAA'S

It seems like just a couple years ago that BCAA supplements were unheard of. These amino acids have made a huge breakthrough in the supplement industry today based largely on the fact that they DELIVER, hands down.

BCAA stands for branched chain amino acids and is increasingly being recognized as an important supplement in the field of sports nutrition. In short the term refers to three essential amino acids – leucine, isoleucine and valine.

Amino acids are widely known as the building blocks of protein. When protein food is eaten it gets digested into individual amino acids and short chains of amino acids that are sufficiently small to be absorbed into the bloodstream. They are then used by the body to build and repair tissues amongst other things.

Amino acids are split between those classed as essential and those labeled non-essential. This simply means that essential amino acids cannot be made by the body, whereas non-essential amino acids can. There are nine essential amino acids and each must be obtained from the diet. The nine essential amino acids are histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine.

Non-essential amino acids are just as important as the essential variety and the term simply means they can be made by the body from vitamins and other amino acids. The non-essential amino acids are alanine, arginine, asparagine, aspartic acid, cysteine, cystine, glutamic acid, glutamine, glycine, proline, serine and tyrosine.



The BCAA's are especially important to athletes because they are metabolized in the muscle rather than the liver. This means that they can be used either to build new proteins or be burned as fuel to create energy. Supplementing with BCAA's has been shown to result in measurable gains in both muscle strength and size. Taken before a workout BCAA's can improve performance and delay the onset of fatigue. They also operate as anabolic agents allowing the body to burn fat and not muscle.

As a supplement that has no reported side effects, branched chain amino acids offer many benefits to the serious bodybuilder or fitness enthusiast.

## SUPPLEMENT #3 – OMEGA 3 FATTY ACIDS

Omega 3 fatty acids are considered “essential” for the body, meaning that we are incapable of producing them, so they must come from the diet. Fattier fish like salmon are extremely high in these healthy fats and are a great protein source along with tuna, halibut and some nut oils. Omega 3's play a major role in brain function as well as human growth and development. If you're looking to gain mass,

then your body must be functioning at its best. Try to supplement these with a couple meals throughout the day.

## **SUPPLEMENT #4 – ZMA**

ZMA supplements are a combination of the minerals Zinc and Magnesium, and the vitamin B-6. Most diets will be lacking in the zinc and magnesium department so it is important to include them in your daily regimen. From a muscle-building standpoint, Zinc plays a major role in testosterone production, which in turn produces greater amounts of muscle. The combinations of these three have been shown to increase by 46% in tested groups. That's a pretty impressive figure...

## **SUPPLEMENT #5 – WHEY PROTEIN**

Ever wonder why protein has been made such a big deal when working out? The answer to this is simple. When our bodies are put under stress (lifting weights etc.), the muscle fibers within our muscles start to break down due to the extra resistance. Naturally, the body will start to repair itself immediately. The amino acids in protein are considered the "building blocks" of this process. If protein isn't present in the muscle cells during this anabolic window of recovery, your muscle fibers will heal back to their original state, leaving you with little to no gains.

### **RECOMMENDATIONS**

Now, there are a variety of different types of protein sources used in the recovery process, however Whey Protein will give you the best results when seeking muscle growth and repair. Once you are done with your workout, there is a 30-45 minute anabolic window that begins to close. It is extremely important to get protein into your system within this set time. Muscle fiber recovery has already started so don't wait too long!

Each person will need a different amount of protein depending on how much muscle your body currently holds. I recommend a minimum of 25grams post-workout. The maximum number of grams your body can absorb will depend on your own digestion. If you're looking to add muscle though, your diet should consist of 1-2 grams of protein per pound of body weight per day. When you divide this up into 5-7 meals, the amount of protein may be somewhat higher. Just keep that in mind...

I've been asked a lot recently about whether it is OK to eat a post workout meal with high protein instead of drinking it through a protein shake. The answer is yes; this is perfectly OK. Given that some people do not like the taste of Whey or they prefer a solid meal in their stomach, I can understand the different preferences that we all favor. However let me remind you of the anabolic window of 30-45 minutes. With this short amount of time, the digestion process for solid food will mostly likely take longer than that of a liquid source of protein. Liquid will flow right to the source of absorption in the small intestines which will put you at the front of the line for recovery, ahead of food. So remember this when choosing your post-workout protein sources.

# PILLAR 3: Imperfect Consistency

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This last pillar can either be the *icing on the cake* or the *straw that broke the camel's back*. One will be positive and one will be negative. The problem that I hear most with anyone trying to build muscle is that it's hard to be consistent. They'll say something like:

**"I've been trying to get all my meals in but stuff comes up and I get busy." OR...**

**"I was just too exhausted after my long day of work to go to the gym."**

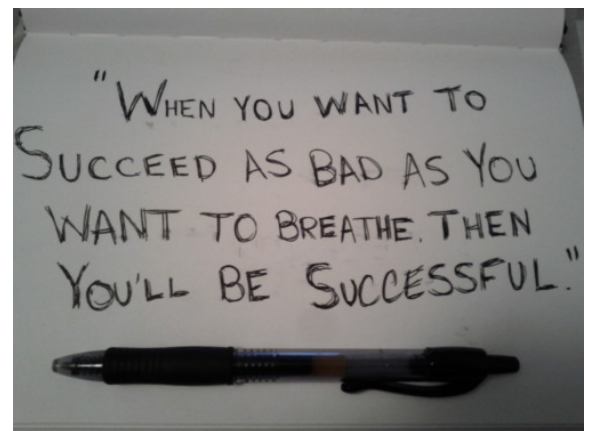
I want to be realistic with you right now because I don't want you to fall into this trap.

## **STOP THE EXCUSES.**

No one asked you to be perfect, no one forced you to workout the way you should. This is up to YOU and no one else. To keep things simple I believe that **it all comes down to how bad you ultimately WANT IT.**

I want you to take a minute and watch this video: (Ctrl + click)

<https://www.youtube.com/watch?v=9NwyXwn72kc>



I love watching this over and over again to help get refocused on what I'm ultimately striving for. My point that I'm trying to make is that I want you to take **IMPERFECT ACTION**. It's ok if your consistency is flawed or imperfect sometimes! We all have our days.

The difference comes when somehow your consistency fails and you **get back up right where you left off**. Taking imperfect action means not waiting around for next Monday to start fresh at the gym. It means not waiting for the time to be "perfect" to get your meal plan back on schedule. It means taking the next step forward regardless if it feels comfortable or not.

## **Those who succeed in building muscle are those who live it.**

I want you to know that you don't have to be a hardcore gym rat to see the benefits of what I'm talking about. You don't have to sit at home cooking every single day. All you have to do is make it a **priority**.

Think about it for a second, when something is a priority in your life you don't have to **THINK** about it right? You just **do it**. It's such a simple concept but some people try to make it difficult when it doesn't have to be.

## **“You’re already in pain, You’re already hurt, Get a REWARD from it!”**

Just like I said in the beginning, anyone can build muscle. The simple realistic truth is that some will try harder than others. Working out doesn’t have to be your life, it just has to be a *priority* in your life. You can have all the right tools but if you don’t use them, nothing will happen!

I want to encourage you to be the best you possibly can. When you achieve a new personal record in the gym or gain an inch on your arms, reward yourself man! Building muscle can be one of the most fulfilling things that you can put your body and mind through. The rewards and positive feelings are addicting to say the least.

Again, if you have any questions at all about your training, nutrition etc just shoot me an email and I’ll do my best to get back to you asap! I hope you picked up some new pieces of information from this report...Train hard guys! I’ll catch ya later.

Mitch Muller

CPT – [MindsetFitness.net](http://MindsetFitness.net)

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