

CAPITAL STRENGTH'S MASS GAIN GUIDE



**HOW TO GAIN LEAN MASS
AND BUILD A BIGGER YOU**

Lean Muscle Mass Building Tips

Building muscle is important for everyone, no matter what your goal is. Increasing the amount of muscle on your body will improve your performance, decrease risk of injury, and elevate your metabolism. Here are some tips you can apply to your training and nutritional program.

1. Lift Weights and Get Stronger. Progressively.

If you want to build muscle you need to get stronger. The easiest way to do this is through strength training using exercises that require multiple muscles to work at once. If you simply lift the same weights every week without progressing, you will quickly plateau and progress will stop.

Building muscle is an adaptation. The body will only adapt when it is consistently challenged beyond what it can sustain. Strength is relative, so this might mean bench pressing 300 pounds one week and then 305 the next week or it could be completing 5 full pushups one week and then getting 6 the following week.

No matter where you are with your strength, you should be trying to improve it.

2. Eat

Building muscle requires a lot of energy. If your body is going to build new tissue, you will need to consume more calories than you are burning every day.

Ideally, these calories come from increased protein and carbohydrate. If you don't see an increase in your body weight every week, then you may

need to eat more. In some cases you can maintain body weight and build muscle, but this is usually only when you first begin a strength training program.

If you plan to build a lot of muscle you will likely put on some body fat with it. You can minimize this by eating slightly over your maintenance caloric intake everyday (~250 kcal over maintenance).

3. Sleep at least 8 hours every night

Sleep is when your body recovers and grows. Getting enough sleep will increase testosterone and growth hormone levels, decrease cortisol levels, and increase your insulin sensitivity. Without enough sleep you will quickly burn out and drastically inhibit your ability to build muscle.

4. Maximize Your Recovery

You don't grow while you are working out, in fact the process of working out breaks down your muscle tissue. In order to build muscle you need to recover between workouts.

You can maximize recovery by stretching, foam rolling, getting a massage, going for a walk, taking a nap or even meditating. It's also important that you don't do an excessive amount of high intensity conditioning. Too much conditioning and cardio can inhibit your recovery and burn too many calories, making it hard to build muscle.

5. Stay Consistent

The biggest secret to achieving fitness goals is being consistent! Building muscle is much harder than burning fat. It takes a lot of time and energy to

build tissue and you will need to be consistent with all of the tips above to reach your goals. Many people attempt to build a significant amount of muscle and fail simply because they never stayed consistent with what it takes to make it happen.

Every meal eaten, every workout conquered, every night of sleep you get, and every recovery decision you make will define what kind of result you will get.

Practical Application

1. Make sure your personal trainer knows your goal is to build muscle. Have them create a workout specifically designed for getting stronger and building muscle and keep.
2. Add a protein shake with milk every morning to your normal breakfast. This is a quick and easy way to add extra calories. For best results, a good estimate is to eat 16-18 calories per pound of body weight.
3. Establish a pre-bed ritual where you turn off all electronic entertainment 30 minutes before you plan to go to bed and either read or practice meditation. This will help calm you and make it easier to fall asleep.
4. To maximize recovery, make it a priority to incorporate a warmup and cooldown for every workout. Spend 10 minutes on foam rolling and stretching for both warmup and cooldown.
5. Make a checklist for these habits and be sure at the end of the day that you have completed all of them.

Apply these tips to your daily routine and you will be packing on lean muscle in no time!