

WITH EXERCISE WORK OUT SHEETS INCLUDED

GAIN MASS MUSCLE & BULK UP



**INCLUDING A FREE
FITNESS JOURNAL &
PLANNER !**

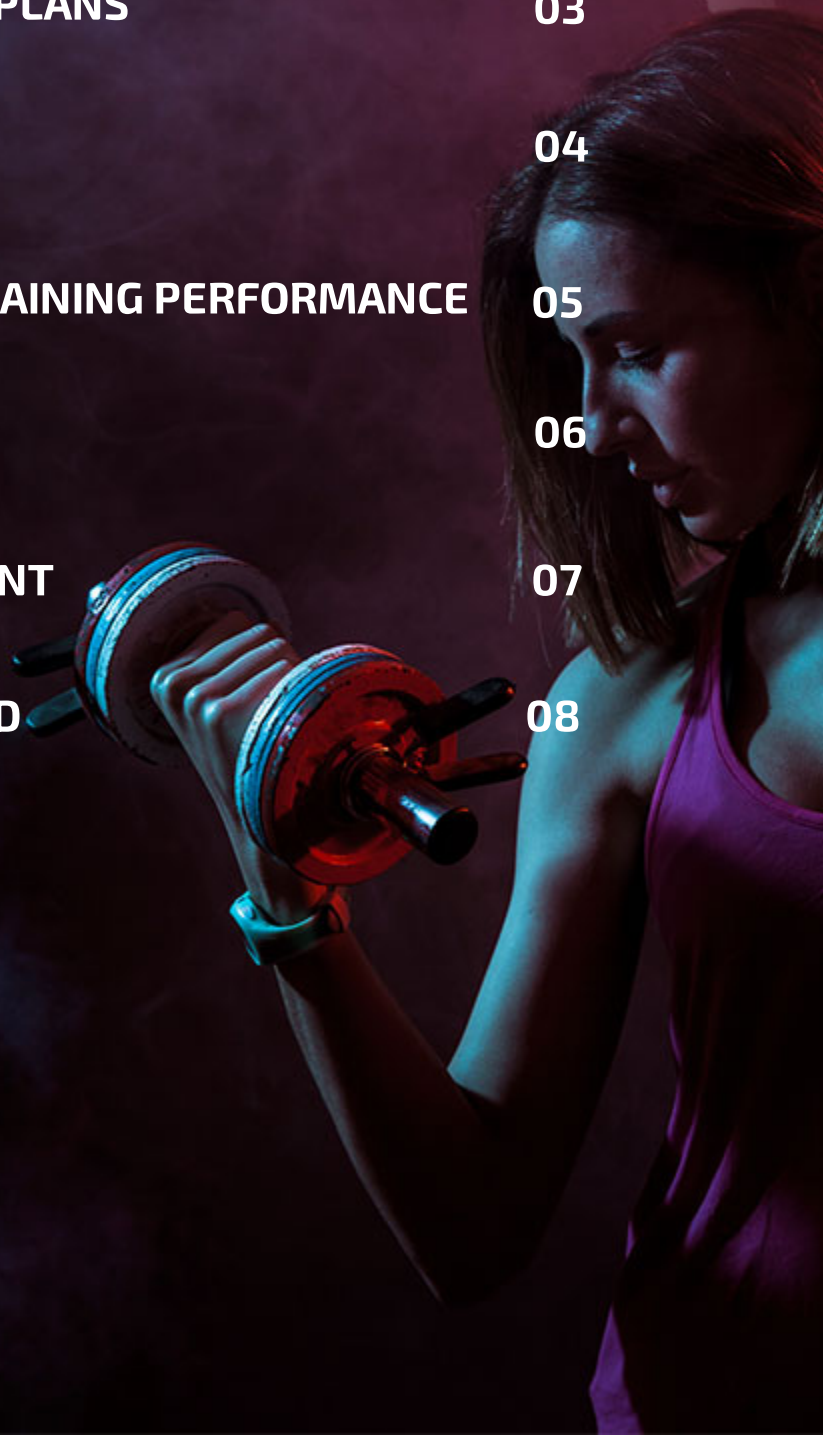
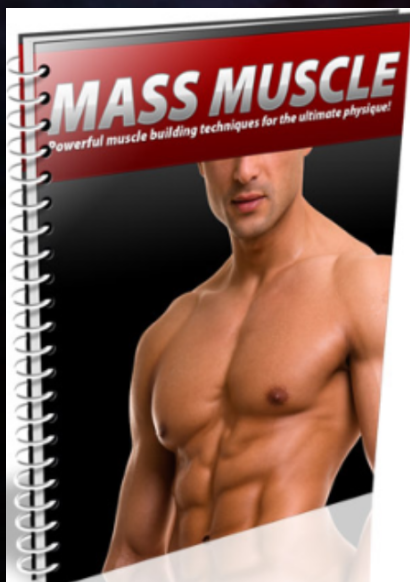
AUTHORED BY DAVE GAUDER (AKA BIG DAVE)

WORLD STRENGTH ATHLETE & HOLDER OF MULTIPLE GUINNESS
BOOK OF RECORDS FOR WORLD STRENGTH FEATS

GAIN MASS MUSCLE AND BULK UP !

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About The Author Dave Gauder



Dave's Story

Dave Gauder was born in Birmingham and is proud of his roots and growing up as a 'Brummie'

His incredible story really began when as a young lad he was small in body build and found himself being picked on and bullied by other lads in his school years. To overcome this he decided to bulk up his body weight and develop his mental strength to be able to manage the situations he found himself in. He started to work hard on weight training and gym fitness workouts and placed a high degree on his nutritional and calorific intake in his diet.

Little did he realise where this might lead to one day and how the first decision he made to go to his local gymnasium would shape his physical and mental approach that would take him on a journey that no one could have predicted. The life map that has taken in world record strength feats that few if any could ever match and his career as a World Strength Athlete is only matched by his ability as a Community Engagement Champion & Ambassador.

Dave reaches out to millions of children and young people through his many campaigns to people who find themselves behind bars at HM Prisoners through his work with the Police and Probation Service. He has worked with many businesses and organisations including Education, Armed Services, Police and Government Departments in various awareness campaigns. Over one million UK school children have received his anti-bullying presentation and this number is growing.

World Renowned Strongman Dave Gauder is a motivational speaker, anti-bullying activist & an Ambassador for Standing up for Birmingham. Dave has multiple listings in the Guinness Book of records & has presented his Anti-Bullying presentation to over 1 million people. This won a prestigious Oyster Award from the Home Secretary.

Dave has won many awards over the years and is the proud winner of The Phoenix Newspaper Group Community Engagement Award 2019 which has now led to him having his own Page in a Global Newspaper (Big Dave's Safe page). This has a vast Audience of Online and Offline readers that can be viewed by millions of people across the Commonwealth and has now launched into the African Continent. This is indeed an honour to be able to address so many people and has been recognised as an Ambassador to help facilitate trade with Ghana.



Workout Journal Planner

The Month Goals				Source of Motivation			

Last Month Weight And Measurement Results					Last Month Personal Record		
	Starting	Target	Final	Difference	Exercise	Result	Target
Weight							
BMI							
Chest							
Waist							
Arm							
Hips							
Thighs							

REMINDERS	Notes

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Training Tracker

Weight Training Tracker

Date	Activity	Duration	Sets	Reps	Weight Lifted	Calories Burned

Measurement Tracker

Date	Activity	Duration	Sets	Reps	Weight Lifted	Calories Burned

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Workout Tracker

Cardio Workout Tracker

Date	Activity	Machine Used	Distance	Duration	Intensity

Cardio Workout Tracker

MONTH OF

Activity	Week 1	Week 2	Week 3	Week 4	Week 5	End of the Month
MAX REPS						
BODY WORKOUT						
WEIGHT TRAINING						
MAX SETS						
BODY WORKOUT						
WEIGHT TRAINING						
MAX WEIGHT LIFTED						
MAX DISTANCE RUN						
MAX DURATION RUN						

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The Full Sheets Are Available At The Back Of This Book

Introduction To Mass Muscle

Dave Gauder Intro

Hi there my name is Dave Gauder and I will help you bulk up and gain a tremendous amount of muscle quickly and easily if you follow what I have to say.

Sure this is no quick fix and you will have to work hard to get the body mass and muscle strength that you aim for and there will be a lot of sweat given to get this.

But if you truly desire to attain this and stick at it you will succeed of that I have no doubt.

I can't promise you will become a record holder of the Guinness Book of Records like myself, but you will gain mass muscle and bulk up as a result of following what in in this book.

In case you are new to weight training, let me give you a quick summary of what it's all about. Body building is the process of developing muscle tissue through intense (and repeat) strength training sessions. It's different than basic weight loss because your objective is to gain muscle mass rather than simply to shed weight.

As you become part of the body building circuit, you'll hear different terminology used to explain various weight training routines and strength workouts.

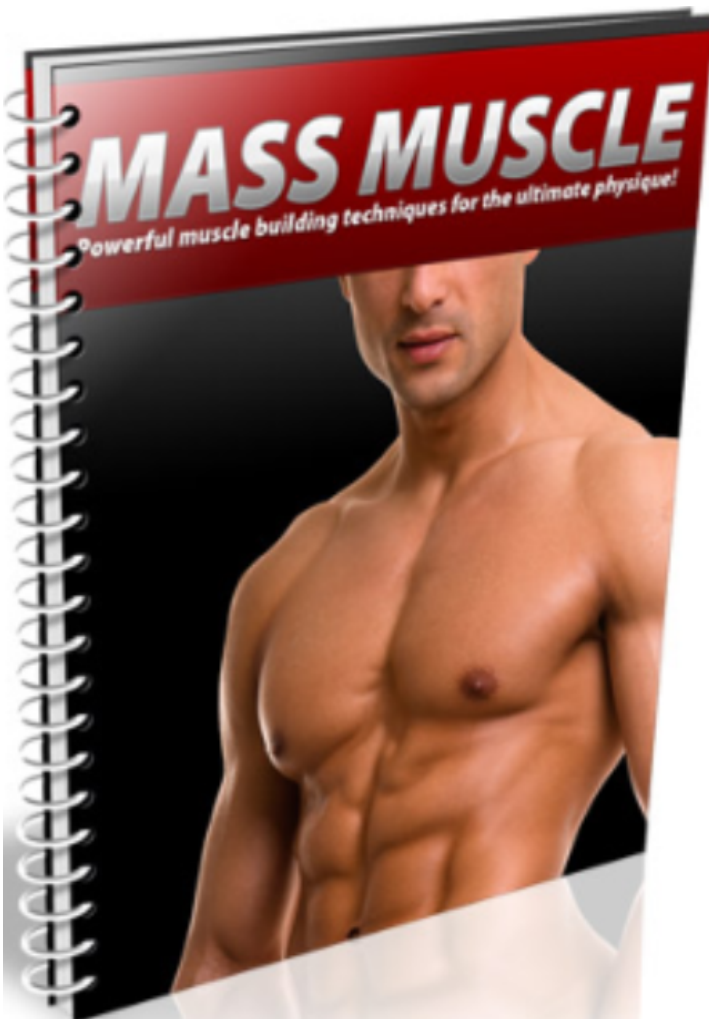
Here's a quick summary of the most common phrases and terms you'll hear:

Strength Training - Strength training and weight training are similar, but not exactly alike. Strength training focuses on increasing muscular strength and size while weight training is one type of strength training that incorporates weights as the primary force to building muscle mass.

Resistance Training - Resistance training involves the use of elastic or hydraulic resistance to contraction rather than gravity. When your muscles are resisting a weight, the overall tone of that muscle will grow over time.

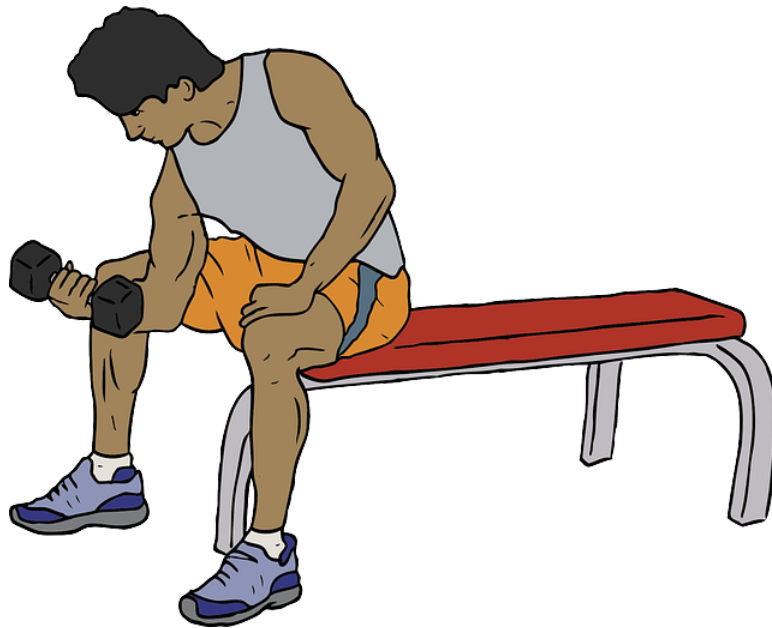
Reps - the number of times you complete a specific routine (repetition).

Tempo - the speed in which you complete strength training exercises



Equipment - used in weight training includes barbells, dumbbells, pulleys, and stacks in the form of weight machines or the body's own weight as in push-ups and chin-ups. Different weights will give different types of resistance.

Weight training - also focuses on form performing the movements with the appropriate muscle groups and not transferring the weight to different body parts in order to move great weight. If you don't use good form in weight training, you risk muscle injury, which could hinder your progress.



New To Body Building

One important thing to keep in mind is that if you are new to strength and weight training, you want to start off with a lower weight initially, as you work towards conditioning your body to handle more weight.

One of the biggest mistakes that new body builders make is in going full force into workouts, and without having a strong foundation and a system conditioned to effectively handle and manage intense weight, they end up permanently damaging tissue, hindering their ability to build strong muscle mass.

If you are looking for personal guidance with beginning your body building routine, consider hiring a personal trainer who can develop a customised workout routine and weight training system designed for your body type. A personal trainer will also help guide you towards consistently building muscle mass, while encouraging you every step of the way.

You can find qualified personal trainers just by calling your local gym or workout facility and if you are local to Birmingham (UK) I am available for 1-2-1 personal training and coaching.

The costs of hiring personal trainers will vary, but if you're dedicated to improving your physique and learning how to maximize your strength training sessions for increased performance, they're well worth the investment.

Muscle Building Workouts



This segment features some of the more common muscle building routines, however you'll want to mix it up so that your muscle groups are consistently challenged.

Never let your body become too familiar with one routine! You always want to focus on different muscle groups every other day, while combining a series of strength training with weight training for maximum impact.

To bulk up and build your body mass you have to focus on strength training but equally if not more so is the dietary food and drink intake which we will discuss later in the book. But I always say ' If you want to put it on you need to work hard at the training and add more timber. The more training you undertake the more timber you need. As the calories will be needing fuel constantly to keep it going strong to enable you to be able to train hard and push yourself further each day.

Train Hard Each Day

