## THE SECRETS TO QUALITY MUSCLE MASS & STRENGTH GAINS













### © Copyright - All rights reserved.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

### Legal Notice:

This book is copyright protected. This is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part or

the content within this book without the consent of the author or copyright owner. Legal action will be pursued if this is breached.

## **Disclaimer Notice:**

Please note the information contained within this document is for educational and entertainment purposes only. Every attempt has been made to provide accurate, up to date and reliable complete information. No warranties of any kind are expressed or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice.

By reading this document, the reader agrees that under no circumstances are we responsible for any losses, direct or indirect, which are incurred as a result of the use of information contained within this document, including, but not limited to, —errors, omissions, or inaccuracies.

## **TABLE OF CONTENTS**

Introduction	5
Chapter 1	7
The Mindset of a Champion	7
Unwavering Dedication	9
Fight Distraction	
Finish What You Started	11
Build Positive Mental Habits	12
Push Yourself beyond Normal Limits	14
Chapter 2	16
Workout Routines for Increasing Muscle Mass	16
Choice of Exercises	17
Number of Sets	18
Resistance	20
Rest between Sets	22
Chapter 3	26
Power Building Lifestyle	26
Mix Your Workouts	26
Adequate Sleep	28
Schedule Regular Recovery Time	30
Hydration	
Chapter 4	35
Diet for Increasing Muscle Mass	
Eat at Home	35
Plenty of Protein	

Snack Often	
Best Foods to Bulk Up	
Chapter 5	
Supplementation for Muscle Mass	46
Importance of Supplements for Body Building	46
Creatine	48
Beta Alanine	50
BCCAs	52
HMB	53
Chapter 6	56
Cardio for Muscle Building	
Importance of Cardio in Muscle Building	
Dos of Cardio	
Don'ts of Cardio	-
Chapter 7	
Tracking Progress	
Keep a Journal	66
Weighing Scale	
Body Fat Composition	
Measurements	
Take Pictures	71
Chapter 8	74
Best Fitness Apps to Measure Progress	74
Nike Training Club	74
Garmin Fit	
JEFIT Workout Tracker	
Fitness Pal	
IMuscle	79
Workout Trainer	80
Conclusion	82

# Introduction

Bulking up, as in bodybuilding, is often seen as synonymous with lifting weights. And for most people that's where the equation ends. As long as they lift weights, they believe they'll get jacked.

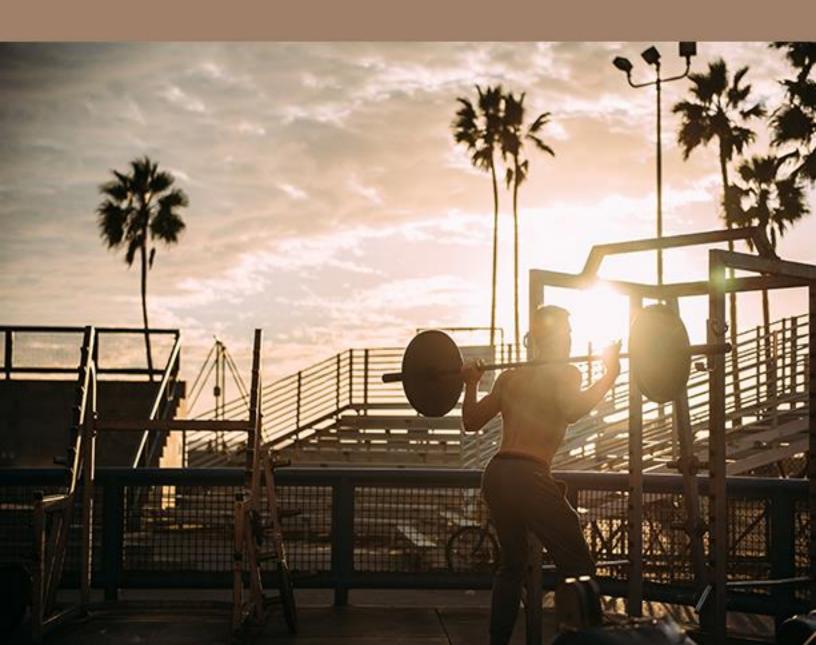
However, there's much more than just weightlifting when it comes to bodybuilding essentials. In fact, it's an entire series of components including nutrition, supplementation, and training. Then come rest and recovery, along with lifestyle changes that will help you gain muscle and keep it that way.

You will need to incorporate these and other essentials to get results. And while weights are integral to becoming ripped, they won't get you anywhere alone.

So here we will look at what you need to do and what routines to follow to reach your goals.

# CHAPTER

# THE MINDSET OF A CHAMPION



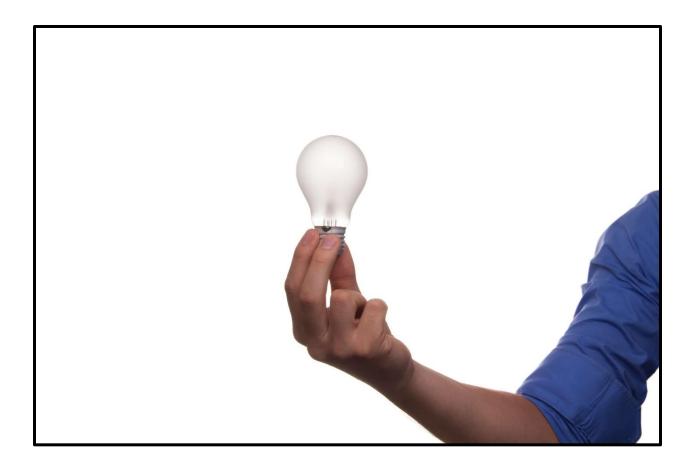
# Chapter 1

# The Mindset of a Champion

Mental toughness is a trait required for success in any field. It's what gives your goals resilience, gets you over adversity and lets you follow through with what you set out to do in the first place.

When it comes to bodybuilding, you don't just need your body but also your mind to collaborate together.

You have to put your mind to the game to win it. For many people, bodybuilding doesn't work out because they don't have their mind in the game.



What separates the successful from others is not only their dedication or motivation but also their mindset. So it's not only your physical competency that will set you apart but also mental attitude towards getting to your goals.

Here's what you need to look for in the mindset of a champion:

## **Unwavering Dedication**

If you want to build quality muscle mass, you'll need to be very dedicated to your goals. It's a strong set of beliefs you'll need to follow where your goals are defined clearly.

Your dedication, may, at times, be dictated by your physical strength, stamina and endurance. On other occasions, you may be driven on by your eagerness to learn. But whatever the case, you need to believe whole heartedly that you are cut out to achieve your goals.

There will be times when your dedication and determination may waver but you need to stay on course. You'll need constant reminders of why you started this journey in the first place and that thought should keep you on track.

Dedication can also be reinforced if you're always willing to learn. This willingness becomes the driving force for continuing and improving your craft by constant practice. This way you can develop grit and achieve the mindset of a go-getter.

For added motivation you could have posters of professionals on your walls or in your phone. This is another way to stay focused. When you look at those pictures, you'll be reminded of why you started in the first place.

## **Fight Distraction**

Distractions can make you derail from your priorities and goals. When you lose focus, you lose the game. That's why it's absolutely imperative that you keep distractions away. Even when you're faced with distractions, you need to muster up the determination to ignore them completely.

For instance, if you've already chalked out a workout routine, you need to stick to it no matter what. Champion athletes and bodybuilders know that they have the potential to improve and don't let distractions get in the way. Missing out one day of training can quickly evolve into a pattern of laziness, but champions never let it get to that point.

One thing that works quite well is planning your day beforehand. When you've already planned your day, you're more likely to follow through. Being spontaneous is great, but doesn't always deliver when you have an agenda to follow. Having said that, you can't completely get rid of distractions because they're an integral part of productivity. However, you can train your mind to ignore any distraction that comes your way. Look at the bigger picture and keep yourself focused on that.

## **Finish What You Started**

Many people start their muscle building routine with a lot of excitement and passion but they don't finish because they either get distracted or become lazy on the way. You need to keep the same level of motivation going on as you had on the first day of your training.

Something that works well for this is to keep track of your progress. If you can see how you're progressing, you'll be tempted to finish what you've started.

To make things easier, you could make a checklist for yourself. Write the different exercises that you have to do on every day of the week. Just ticking off the task from your list will give you a sense of satisfaction. This is necessary if you want to reach the finish line without tiring out or losing focus. Keep telling yourself how close you are to your goals and how much you've achieved so far. Set both short and long term goals to keep going. The short term goals can act as catalysts for long term ones.

## **Build Positive Mental Habits**

It's very important to build positive mental habits. You'd be surprised to know how much influence your brain has on your body.

To start off, stop comparing yourself to others. This is one of those mental habits that'll always leave you unsatisfied and ungrateful. Stop comparing yourself to other bodybuilders or your buddies in the gym. You've your own goals and they have theirs.

Another mental habit that often brings you down is thinking that you are a failure. So, you weren't able to finish your reps because you had a long day at work. That doesn't make you a failure. It's just one day. Pick yourself up and work harder the next day.

If you have a champion mindset, you won't let any limiting beliefs or destructive self-talk get in the way. Instead, you'll have mastered