

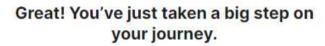








myfitnesspal



Nutrition is critical to help you build muscle. Track your food to make sure you're getting enough protein and carbs for optimal metabolism.

Now, let's talk about your goal to gain muscle.

BACK

NEXT





What results do you want to achieve

from gaining muscle?

Select all that apply.

Tone up – you want visible muscles with as little mass as possible

Bulk up – you want large, well-defined muscles, with a low percentage of body fat

Get strong – you want to lift the maximum amount of weight and are not concerned with body fat or muscle definition

BACK

NEXT





What results do you want to achieve

from gaining muscle?

Select all that apply.

Tone up – you want visible muscles with as little mass as possible

Bulk up – you want large, well-defined muscles, with a low percentage of body fat

Get strong – you want to lift the maximum amount of weight and are not concerned with body fat or muscle definition

BACK

NEXT



