

THE ULTIMATE FITNESS GUIDE

The Ultimate Guide That Will Help You In Touching Your Genetic Potential When It Comes To Building Muscles . All you have to do is put in the work to a massive change in your physicality.



FIRSTMASCULINE



FIRSTMASCLUNE

Copyright © 2021 Firstmasculine

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review, crediting the author.

1st Edition: 2023

The information presented here is for informational and educational purposes only. It does not construe financial or tax advice

Copyright infringement: is the use of works protected by copyright law without permission, infringing certain exclusive rights granted to the copyright holder, such as the right to reproduce, distribute, display or perform the protected work, or to make derivative works

The copyright holder is typically the work's creator, or a publisher or other business to whom copyright has been assigned. Copyright holders routinely invoke legal and technological measures to prevent and penalize copyright infringement .

Also the sole purpose of this free ebook is to encourage and help men to improve their over all life with the help of my tactics and knowledge , do not use any information of thus book without the author's permission

“Your body is your temple .”

CONTENTS (BODYBUILDING SECTION)

Start

* **Mindset - Motivation - Drive**

* **20 Lies That You Have Been Told To You**

Basics

* **Calories**

* **Maintenance Calories**

* **Bulking - Cutting**

* **Body Types**

* **Which Body Type Should Do What**

* **Macronutrients And Micronutrients**

3 Most Aesthetic Muscle Groups

* **Aesthetic Chest Workout Explained**

* **Aesthetic Shoulder Workout Explained**

- * Aesthetic Back Workout Explained
-

Calisthenics Section

- * Understanding If Calisthenics Is Right For You
-

- * Different Calisthenics Disciplines And Defining Your Goals
-

- * What Equipments you Will Need
-

- * Calisthenics Workouts
-

- * Understanding Exercise Progressions To Help You Achieve Harder Skills And Work Out Efficiently
-

- * Common Beginner Problems
-

- * Calisthenics Terminology
-

- * Muscle Building Terminologies
-

Nutrition

- * 26 Best Nutritional Food Present On Earth Which Builds Muscles

START

MINDSET / MOTIVATION / DRIVE

If you're in the mind frame of, "I feel motivated, therefore I take action," or I don't feel motivated, therefore I don't take action," there's almost no chance that you're going to succeed in the long run at any decent sized goal that you've set for yourself, whether it's fitness related or non-fitness related.

Gentlemen, this is the exact guide you need to build an aesthetic physique. Before you blame your genetics, I want to make it clear that consistency + hard work can make you look a lot fucking better than the average cuck out there with no muscles. Your muscles will not only make you confident, but they will also help you in attracting bitche- , oh my bad . Women I mean . You'll be thinking, Aditya, is that true? Yes, it is, my g.

A lot of people out there tend to focus mainly on the mechanical side of things, in terms of proper training and nutrition, but remember that your ability to actually implement those things on a consistent basis, that highly depends on being in the right frame of mind to begin with.

Your overall attitude and the way that you'r viewing and perceiving things throughout your fitness journey, that can very easily make the difference between success and failure, and so I want to share a few things here that I think you'll find it really helpful.

Things that I've learned along the way, and that I found really helpful over the years myself. Before we begin, I want you to adopt the mindset that I do. Excited ? Let's start the adventure now, and after reading this book, your attitude toward fitness will entirely change. You'll learn a tonne of stuff and get a PHD in "aesthetic physique" development. "Aditya's virtual PHD degree" in aesthetics , sounds awful no ? Yeah it does , now I'll stop making unfunny jokes and let's get fucking serious , alright number 1.

1) Every single fit person out there was once a complete beginner too. Okay. Everybody started somewhere. It might be easy to just look at the polished sort of finished product of someone who's already put in the time and effort to build an impressive physique, and then to put that person up on a pedestal and think it's this huge lofty goal only reserved for a select few.

But keep in mind that every single one of those people all started out as a complete beginner at one time They don't have any magical, special qualities that you don't also have. A lot of them were really skinny or overweight to begin with, which is what actually motivated them to get into fitness in the first place.

But they had a vision, they had a goal, they followed a process, and they got a result. So follow the same process and you'll get the same result. It's really that simple. Of course, genetics come into play. Okay, there's no question about that, I've talked about in the beginning as well. But virtually anybody out there can build an impressive physique if they just committed to a proper program and they follow through on it.

I mean, speaking for myself, I remember when I first started working out, I was naturally skinny, I was insecure about it, and I knew absolutely nothing about lifting.

It was this whole foreign world to me. I didn't know what a compound exercise was. I had zero concept of calories or macronutrients. I didn't know what whey protein or creatine was. I remember printing off these little exercise tutorials and being down in the basement with my plastic weight set from Walmart trying to follow the instructions lol.

And I even remember my older brother's friends coming over and actually making fun of me for even trying. The people that you see at the gym who are in great shape are literally just you in the future if you just put in the work.

And this mindset shift is very important because aside from just having the basic desire to achieve something in the first place, one of the main things that's going to really push you into action and cause you to commit is when you already know in advance that you're going to succeed.

It's when you see that possibility as 100% real and you know, not think, but you know with absolute certainty that if you just follow the process, that you will get what it is that you're after.

And remembering that everybody out there who's in great shape now was also once a beginner too, that's going to help you see that end goal as being much more realistic and much more attainable for you, All right.

Mindset shift number two is to

2) Recognize the longterm ROI that fitness provides.

It's really easy to just think short-term and focus on the immediate gain that you're going to get once you commit to your program, but a very important thing to keep in mind is that by just putting in the work in the beginning stages and building up the proper training and nutrition habits, you're actually setting yourself up for an entire lifetime of benefits.

This isn't just something that you're going to be doing for the next six months or the next two years, this is a lifelong gain that will benefit you 10, 20, 60 years or more down the line.

And in a wide variety of ways. Okay.

Not just aesthetically in terms of how you look, but also just in terms of overall health, strength, energy, mindset. And I would say that on average, probably something like one to two years is all it takes to really get a solid handle on things.

To where your workouts have just become completely normal part of your weekly routine, where nutrition is mostly automatic and not something you have to really think too much about, and to where you've built a solid muscular foundation, and have achieved a fairly impressive physique that you're proud of.

And one to two years is really not a long time when you fit that into the overall scope of your life.

So if you're still new at this and you're feeling a bit overwhelmed at the start with all the new information you're trying to absorb, which is totally normal, just remember that fitness is a skill just like anything else.

Okay.

It's normal to go through an initial grind period where things seem unfamiliar and maybe a bit frustrating, but as you learn it and as you slowly integrated into your life, over the longer term, it just gets easier and easier and more and more automatic.

And the effort that you're putting in right now to adopt these new habits is not just going to serve you in the short-term, but it's literally going to benefit you for the rest of your life.

So keeping that long-term ROI in mind will help to motivate you through the initial stages when things naturally feel more challenging because it will help you to see the bigger picture reward that's involved.

3) Tip number three is to adopt a slow and steady frame of mind. So many people out there approach their muscle building goals with a speed mindset, and they're always trying to rush things and force the process to happen as quickly as possible.

And with all the quick fix information out there nowadays, I can't really blame people for falling into this sort of mindset, especially beginners. But the reality is that trying to build muscle fast is actually one of the biggest mindset mistakes you can make, and it actually increases the chances that you'll

end up making certain mistakes in your approach, and they're going to slow down your progress in the long-term, or even throw your entire plan off track altogether.

It could cause you to overeat and take in too many calories thinking that this is going to speed up your rate of growth, when in reality, all that's going to do is lead to excessive body fat gains.

It could cause you to become impatient in the gym and start adding weight to your exercises too quickly, which is going to hugely increase your risk for injury and force you to spend more time on the sidelines recovering, or possibly even lead to permanent joint issues moving forward.

And it can also cause you to become impatient because you just have unrealistic expectations when it comes to muscle growth rates for a natural lifter, which then leads to discouragement and the loss of motivation.

So it's very important to understand and to acknowledge right from the outset, okay, before you even get started, that building muscle to a significant degree is a game of months and years, not days and weeks. So stop checking the mirror every two hours expecting to see huge gains in a matter of days.

Anywhere from one to three pounds of total weight gain per month is what a beginner to intermediate lifter should realistically expect in the first couple of years.

So slow down, take your time, and focus on quality training and nutrition, a moderate calorie surplus (EXPLAINED

FURTHER), gradual progression in the gym, slow and steady weight gain from month to month.

Stay patient, and then let those small winds stack up over time. Nothing major is going to happen between any two individual weeks, but when you extrapolate

it over the long-term, six months, one year, two years, that's when you'll really start seeing significant gains.

In the big picture, taking a slower approach is actually the fastest way to gain muscle, as counterintuitive as that might seem.

All right.

4) Tip number four is to focus on consistency rather than perfection. So if you're getting started with your muscle building program and you're expecting full-on perfection from yourself, and you think that the entire process is just going to be clean and smooth sailing all the way through, and you're going to get from A to Z in a straight linear fashion, then it's very important that you forget about that because that's just not how the process works in the real world.

It's going to be messy at times, and if you're expecting to not experience any setbacks or bumps in the road, then when those things do happen, you're going to be way more likely to get discouraged by them and have a much harder time getting back on track.

There are going to be times where your diet

goes off course, whether it's for one day or a week or even an entire month. You're probably going to have ebbs and flows in terms of your motivation, and sometimes lose excitement over the process and question it, and not feel like going to the gym or sticking to your nutrition.

You're going to have little pains and injuries that'll probably come up along the way. You'll have issues with your work or your social life that distract you from your fitness goals.

All of these things are totally normal, and they happen to everyone from time to time. So if you truly want to succeed at this, then you have to knowledge upfront that there are going to be challenges involved, and that you are going to struggle here and there.

And when you're able to fully accept that going in, then those challenges will be a lot easier to overcome because you'll understand that those struggles, they don't mean that you've gone off course, but instead the struggles are actually part of the overall course itself.

This is not going to be a straight line from where you are now, all the way to where you want to be.

Okay. It's going to be a series of ups and downs. And the most important thing is just that the general trend is moving in the right direction.

You might have days or weeks or even entire months, or even several months in a row where things don't go the way you expected. But if, in the big picture, you're gradually

moving closer to your goal, then you will get there eventually, given enough time, as long as you don't quit.

And the fact that you simply reach your goal period, that's far more important than the specific timeframe that it takes to get there.

And lastly , we have

5) Number five, which is to stop relying on motivation. You've probably heard this before, but motivation comes and goes, it's fleeting, it's unreliable. And if you're in the mind frame of, "I feel motivated, therefore I take action," or, "I don't feel motivated, therefore I don't take action," there's almost no chance that you're going to succeed in the long run at any decent sized goal that you've set for yourself, whether it's fitness related or non-fitness related.

So unless you truly have a legitimate reason to postpone or skip a training session, you need to be able to just go ahead and execute on it, even if you don't really want to on a given day.

Yes, skipping one workout is not going to have any real negative effect on your actual body composition because it takes two weeks off or more to start actually losing lean mass, but it's more so just about making sure that you maintain overall consistency and momentum with your program.

Skip one workout because you don't feel like it, and then it becomes much easier to skip the next one and the next one, and to just keep spiraling downwards. And it also gives you justification to let your diet go off track.

And that's going to have its own compounding effect as well. Keep in mind that a huge percentage of muscle building and fat loss success is about building up daily systems and habits until they more or less become automatic.

Going to the gym should basically feel like brushing your teeth or showering. It's not something that you really think too much about or consider skipping, but it's just something that you do because it's part of your normal routine.

If you're still a beginning lifter or you're coming back after an extended layoff, then it will require discipline and willpower in those initial stages to build up those habits.

And you probably will have to just grind through and push through, and force yourself sometimes, even when you don't feel the motivation at all to do it.

But as you push through each time and you just take action, regardless of how you feel, you'll notice that it slowly becomes easier and easier and less willpower is required because it's become a standard routine that your brain expects and that you're actually getting rewards from.

And eventually, the opposite will probably happen. And that's where you'll actually start looking forward to the gym and looking forward to maintaining your healthy eating habits as well.

You'll actually want to do these things because your brain is starting to perceive them as a positive, rather than as a negative. Both in terms of how the consistent training and

nutrition is making you feel, and also from the concrete external results that you're getting from it.

So get a proper plan in place, execute on it, no matter how motivated or unmotivated you might feel, and know that over time, motivation itself becomes less and less of a factor to begin with, because training and nutrition are ingrained habits that you'll just start doing automatically.

So that it is gentlemen , ik you learnt so many things just but keep your back straight now , we are goin into some real shit soon , now let's hop onto the 20 lies or myths that people told you in this fitness industry , this is a serious topic gentlemen and now I want you to pay attention to what i am saying now.

20 LIES THAT YOU HAVE BEEN TOLD

Now this is going to be more of a rapid fire style. I'll just be quickly going over each one wit a brief explanation and that way I can cover a larger number of points here, but without making it too long.

Bodybuilding myth number one, is

1) The idea that you need to consume a protein shake or a high-protein meal as quickly as possible following your workout in order to take advantage of the anabolic window.

The reality here is that as long as you consume some sort of pre-workout meal within a couple hours of your session, then the same amino acids from that meal are still going to be available to your body even after your workout is over, since protein digestion is a gradual process and doesn't happen all

at once. So let me tell you what anabolism and anabolic window is

Anabolism is when small molecules grow into bigger, complex molecules. These molecules form into new cells and tissues, including muscle. It's the opposite of catabolism, or when larger molecules break down. Bear with me , don't get fruity when you read complex words , learn from it , alright g ? Good

Now what happens is after strength training, your body is in an anabolic state. This involves a range of cellular processes that facilitate muscle repair and growth. These processes are fueled by protein and carbs.

And so immediately consuming another post-workout meal is not some sort of critical make or break nutrition strategy that you have to follow. Not only that, but the anabolic window where your muscles will be more sensitive to nutrient uptake, that timeframe lasts a lot longer than just 30 minutes or one hour and it's proved in several studies. You will find several fitness influencers saying that " bro just take yo meal 30 mins after and it will make you jacked " bullshit

The anabolic window actually spans for quite a few hours up to as much as six hours or more. So don't overthink this. Get some protein in within a couple hours of your workout and ideally within a couple hours after and you'll be fine.

And even if you wait slightly longer, it's not going to be a huge deal. The most important factor by far is just that you get in enough total protein for the day as a whole and about 0.8 grams per pound of body weight is a good figure to aim

for. Now I am not saying that you should not eat just after it , i am saying it's okay if you don't and it's okay even if you do as well . I am just busting the myths here

2) Bodybuilding myth number two, is that you must eat big to get big. Okay I know now you are like - that ain't a lie

Yes, if you're in a focus bulking phase and you want to fully maximize muscle growth and strength gains, then you should be eating in a lot calorie surplus (explained further), but at the same time it's very important to remember that your body can only make use of a relatively small daily surplus for the purpose of building lean muscle and any calories you take in beyond that point will just be stored as fat.

So about 200 to 300 calories above maintenance is all you need to optimize your gains instead of just stuffing your face with more and more food and weight gain or shakes and things like that and trying to force feed muscle growth.

That's actually going to be counterproductive to your physique in the long run because it won't help you gain muscle any faster, but it will cause you to put on excessive body fat, that you'll then have to waste unnecessary time and effort dieting off later on.

3) Bodybuilding myth number three, is the idea that there are certain "muscle building foods" that you must eat in order to maximize your results.

The truth here is that proper nutrition is all about the big picture and it's about the total calories, the total macros, the

micros and the fiber that you eat for the day as a whole, from a combination of everything that you eat.

There are certain foods that are generally going to be more calorie and macro friendly, but there are no individual foods that you must eat or that are going to have some sort of special muscle building effect on their own in isolation. Now if you have no idea what are calories , macros etc then don't worry I will be explaining that further.

So if there are certain foods you really don't enjoy, then there's no reason to force yourself to eat them and you'll be much better off by simply basing your diet around the foods you most prefer, but that still allow you to hit your total nutritional needs for the day.

Not only will that just make your day-to-day diet more enjoyable in general, but it will also maximize the chances that you'll stick with it over the long run.

4) Bodybuilding myth number four, is that there are certain specific exercises you must perform in order to build muscle effectively.

Yes, there are certain movement patterns that you should ideally be including in order to create an optimal and properly balanced program such as a horizontal press for the chest, or a vertical pole for the lats, or a hip hinge for the hamstrings, but there are no individual variations of those movement patterns that are an absolute must in order for you to gain significant muscle. As long as a given exercise safely places the targeted muscle under tension and allows for consistent progressive

overload over time, then it will ultimately be an effective means of building muscle.

What do I now mean by vertical and horizontal ? Gentlemen it basically is nothing but the symmetry that you perform your exercise in a barbell bench press, or a dumbbell press, or even a machine press, or it could mean an overhand pull-up, or lat pull-down, or a hammer pull-down, etc.

So focus more on hitting the proper movement patterns first and foremost, and then select the specific exercise variations within those movement patterns that feel best for you in terms of maximizing muscle activation and minimizing joint stress bodybuilding.

5) Bodybuilding myth number five, is that cardio burns muscle.

So it is true that performing an excessive amount of cardio can negatively impact your gains by interfering with weight training, recovery and performance. However, a moderate amount of cardio is completely fine. It's not going to cause you to lose muscle and including some form of cardiovascular

exercise during the week is something that I recommend everyone do just for the overall physical and mental health benefits that it provides.

Just make sure that you don't perform your cardio immediately pre-workout because you don't want to pre-fatigue yourself right before weight training.

And I'd say to ideally limit it to two to three sessions per week to start, only increasing it later on if you really need to. And if you are performing higher volumes of cardio, then make sure that you increase your calorie intake to compensate for what you're burning to make sure that you're staying in a net calorie surplus if bulking is your primary goal.

6) Bodybuilding myth number six, is that training each muscle only once per week is not an effective way to build muscle.

It is true that training each muscle only once per week likely won't be optimal for building muscle at the very fastest rate in comparison to hitting at say, one and a half or two times a week.

That's because your muscles don't actually require a full week in order to completely recover, but you most definitely can still make significant gains over the longterm with a once per week frequency as long as the total volume and intensity is sufficient for the week as a whole.

Keep in mind that just because something isn't optimal doesn't mean that it's ineffective and plenty of lifters out there make great gains on bro split body part routines, and I went through phases in the past where I train that way as well with good results.

Hitting each muscle once a week Will still get you to the same end goal if you're consistently achieving progressive overload, but it will likely just take a bit longer to get there, in comparison to something like a full body routine, or upper lower, or legs push pull, where the frequency per muscle is a

bit higher per week. Again gentlemen , we are talking about myths here , not Do's.

7) Bodybuilding myth number seven, is that fasted cardio increases fat loss in comparison to fed cardio.

So this myth has been pretty thoroughly debunked over the years and whether you perform a fasted cardio or fed cardio, it's not going to have any noticeable impact on your bottom line fat loss, assuming your total calorie intake versus your total calorie expenditure for the day as a whole stays the same.

Fasted cardio does increase lipolysis, which is the amount of fat that gets broken down, but it doesn't actually increase fat oxidation, which is the amount of fat that actually gets burned for energy.

And in the end, the fatty acids that aren't used for fuel are just restored as body fat. So if you prefer fastened cardio for whatever reason, then that's totally fine, go ahead.

But ultimately your pre-cardio nutrition strategy should just be based on personal preference in terms of what feels best for you.

When it comes to fat loss, don't obsess over what happens over these short windows of 30 minutes or an hour.

What really matters is that you're maintaining a net calorie deficit for the overall day and week as a whole.

8) Bodybuilding myth number eight, is that delayed onset muscle soreness is an indicator of having had a successful workout.

So muscle soreness does indicate that some form of damage has occurred within the tissue, but it doesn't necessarily indicate that that damage will specifically lead to increases in muscle size and strength. Keep in mind that any form of repetitive stress can make your muscles sore, whether it's an intense cardio session or even something completely unrelated to regular exercise.

And as a beginner, you'll tend to get very sore after your workouts, and then over time as your body gradually adopts to weight training, that soreness is gradually going to subside as well. At the end of the day, the primary factor for gauging the success of your workouts is progressive overload.

Meaning that your performance in the gym is steadily increasing over time. And the main metric to pay attention to especially for beginner to intermediate lifters is simply the amount of weight lifted and the reps performed for each exercise.

As long as you're consistently getting stronger in the gym and putting up better numbers from week to week and month to month while maintain proper form, then that's what truly matters regardless of how sore or not sore you felt in the days after your session.

9) Bodybuilding myth number nine, is that weight training stunts growth. So unless we're talking about a rare situation

where you literally had a freak accident in the gym and you broke a bone and damaged an actual growth plate, there's no evidence that a properly executed weight training plan stunts growth in any way.

And in terms of sudden serious injuries, weight training itself is actually very safe and it's even safer in comparison to a lot of other common activities that teens and younger kids participate in, like sports or outdoor activities.

So assuming you grew up with adequate nutrition, height is really just a matter of genetics when it all comes down to it.

10) Bodybuilding myth number 10, is that eating smaller meals more frequently throughout the day increases metabolic rate in comparison to larger meals eaten less frequently.

In reality, when total calories are equated for the day as a whole, the specific way that you distribute those meals is not going to have any significant impact on overall fat loss, whether it's six small meals, four medium-sized meals, or two larger meals.

Resting metabolic rate doesn't change in response to meal frequency and neither does the total daily thermic effect of the food you eat. And so when it comes to fat loss, your best bet is to just lay your meals out during the day in whatever way it controls your appetite and most effectively and is most sustainable and enjoyable for you over the longterm bodybuilding.

11) Bodybuilding myth number 11, is that eating in the later evening hours will lead to increased fat storage.

So this ties in with the last point, but again, when it comes to fat loss, total calories consumed versus total calories expended for the entire day as a whole is what truly matters, not the specific timing of when those calories are ingested or burned.

Consuming a higher percentage of calories in the evening would produce a greater amount of immediate fat storage at that specific time, but it would still balance out overall since your body would have burned a greater amount of fat earlier on in the day when the calories were lower, as well as during the following morning and afternoon.

You can definitely cut back on your food intake in the later hours if you find it more comfortable on your stomach, since eating a very large meal right up close to bedtime can potentially interfere with sleep quality, but it won't make any difference when it comes to your bottom line body fat levels.

12) Bodybuilding myth number 12, is that squats and deadlifts increase testosterone levels, which then causes you to gain more muscle throughout your entire body as a result.

It is true that heavier compound exercises produce a larger increase in testosterone in comparison to smaller isolation lifts.

However, it's important to understand that simply increasing testosterone levels in and of itself doesn't automatically mean that those increases are going to translate to more muscle growth.

And that's because for increases in testosterone to have any measurable impact on hypertrophy, those levels have to be elevated by a very large percentage, and then sustained over a prolonged period of time.

And resistance training, even if it is a big heavy compound movement like a squat or a deadlift, isn't going to produce a large enough increase in testosterone in order for that to happen.

So while squats and deadlifts are definitely great muscle building exercises that allow you to move a lot of weight in target multiple muscle groups, they don't produce added total body gains specifically as a result of increasing testosterone.

13) Bodybuilding myth number 13, is that low reps should be used for increasing muscle size, while high reps should be used for increasing muscle definition.

So this is a really old and outdated myth, but even in 2019 I still see trainers and coaches promoting this idea.

The truth here is that at the end of the day, the only thing you can do to your muscles is make them bigger or smaller overall. But there's no special rep range or training technique that's going to somehow tone or define your muscles since it's not possible to spot reduce fat from specific areas of your body.

Muscle definition is simply a product of building up your total levels of muscle mass and then lowering your overall body fat percentage to make the muscles more visible.

So the only real purpose of weight training itself is to maximize muscle hypertrophy, which can be done using a wide variety of different rep ranges.

And then diet and cardio is what you'll use to take care of the fat loss aspect in order to bring out more visible definition as fat gets broken down from your entire body as a whole.

4) Bodybuilding myth number 14, is that BCAAs are an effective supplement for preventing muscle breakdown and increasing protein synthesis.

Now, there are tons of different supplements I could have chosen here, but I went with branched-chain amino acids since they are the top selling supplement on the list of supplements that don't actually do anything for you.

The bottom line is that if you're consuming adequate protein for the day as a whole, which is pretty easy to do, around 0.8 grams per pound of body weight is enough.

You'll all ready be getting all of the BCAAs that you need in order to maximize muscle growth, and dumping five, 10, 20 extra grams on top of that isn't going to have any added benefit.

This has been shown over and over in the research and yet people still continue to buy them and placebo themselves into thinking that BCAAs are helping when they really aren't.

And when it comes to fasted training, even then BCAAs are not going to be helpful because you still need the full

spectrum of amino acids present if you want to effectively halt muscle breakdown.

And so an essential amino acid blend would actually be the better choice there if anything.

A regular whole food protein like a scoop of whey would be even better. You technically wouldn't be truly fasted at that point, but like we talked about earlier, there aren't any specific benefits to fasted training anyway.

And also keep in mind that BCAAs and essential amino acids also contain calories as well. And so if you're planning to use either of those for fasted training, you might as well just use whey instead because 15 grams of whey, for example, contains about the same total calories as 10 grams of BCAAs.

15) Bodybuilding myth number 15, is that intermittent fasting is superior for fat loss in comparison to regular continuous calorie restriction.

Intermittent fasting is a perfectly viable way of structuring your diet if you enjoy it and if you find it easier to stick to.

But when total calories for the day as a whole are the same, intermittent fasting doesn't have any special fat burning benefits related to growth hormone or insulin or any of these other factors that IF promoters try to claim. Intermittent fasting can be really effective for some people simply because when you skip breakfast and you restrict your eating window down to only eight hours or fewer, you just tend to eat fewer calories for the day as a whole.

And we know that a calorie deficit is the primary driver of fat loss when it all comes down to it.

So if intermittent fasting helps you maintain a calorie deficit more easily, then that's great, go right ahead. It's definitely something you can experiment with, but if you prefer eating regularly spaced out meals throughout the day, then that's fine too.

And switching to IF from that approach isn't going to magically improve your results.

16) Bodybuilding myth number 16, is the idea that you need to constantly switch up your workouts in order to shock or confuse your muscles into new growth.

So not only is the idea of muscle confusion a myth in the first place since your muscles don't have a mind of their own, and they're just responding to the direct tension and volume that you're subjecting them to.

But constantly switching around your workouts will actually be directly counterproductive to your gains over the longterm.

And that's because when you're always performing different exercises, different rep ranges, training different muscles on different days, it becomes much harder to accurately track progressive overload, which is the most important factor in your entire training program by far.

Not only that, but it also prevents you from becoming highly skilled at any one particular set of lifts and fully maximizing

their effectiveness, since you're constantly bouncing around between different exercises.

So a much better approach, one that can easily make the difference between longterm success and failure is to have a preset concrete workup plan in place for a consistent training cycle and to maximize your strength gains on that one plan before you go ahead and switch over to something else.

17) Bodybuilding myth number 17, is that low-carb diets are inherently superior for fat loss. So it is true that protein has a higher thermic effect in comparison to carbs and fat.

And so if you're currently following a high-carb, low-protein diet, and you then reduce the carbs and up the protein, you technically will burn more calories through digestion, but the difference here likely wouldn't be too significant.

And in most cases, the real reason why some people do see positive results when they switch over to a low-carb diet is simply because when you restrict your carb intake, you end up consuming fewer calories in total, since like any macronutrient, carbs contain calories. Now you are like oh aditya what if I eat junk shit - try to understand

So if you take a person who regularly consumes high amounts of calorically dense, refined carbohydrates like muffins and bagels, pastries, granola bars, sugary drinks and things like that, which many people do, and then they replace those types of foods with lean protein and vegetables, it's no surprise that the weight finally starts falling off.

And in addition, if they were consuming very low protein before that and then they increase it, the higher protein will also lead to better appetite control.

So if you prefer a lower carb approach for whatever reason and you feel physically and mentally fine on it, then that's no problem. But when total calories are equated and assuming you're hitting your protein minimum for the day, there isn't going to be any significant fat burning difference in comparison to a moderate to higher carb intake.

And most people will do better in terms of overall dietary adherence and training performance when they don't actively restrict their carb intake down to really low levels.

18) Bodybuilding myth number 18, is that you must avoid alcohol if you want to gain muscle and lose fat effectively. Now, there's no question that excessive alcohol consumption is a bad idea and will be counterproductive to your progress.

It's a source of empty liquid calories that can really add up if you aren't careful. And if you're drinking to the point of being hung over, then that can negatively impact your training performance, your motivation, your overall productivity, etc.

But as with most things in life, the devil is in the dosage context matters. And the reality is that if you're training and your nutrition stays otherwise on point in the overall picture, then going out with your friends and having a few drinks here and there in moderation, will be fine and it won't detract from your overall results.

It won't significantly impact testosterone levels or lower protein synthesis or inhibit recovery like a lot of people claim so long as you aren't going overboard.

Just make sure to do it responsibly.

A weekly average of around one to two standard drinks per day for a male will be fine, and about half that amount for females.

Take the calories into account, rehydrate yourself, and if you find that it is noticeably interfering with your overall fitness plan, then you do need to have the self-awareness and the discipline to cut back.

But if you are able to keep things in moderation, then alcohol is not something that you necessarily have to cut out completely in order to build muscle and lose fat effectively.

19) Bodybuilding myth number 19, is that performing direct ab exercises like crunches and leg raises is the key to getting a six pack.

Yes, training your abs for hypertrophy definitely helps out with this because it will create more visible separation between the ab muscles and calls them to pop up more noticeably and you fucking have them to make them look like sculpted , but doing those exercise when your body fat % is 30

Keep in mind that it doesn't matter how well developed your abs are, if your body fat percentage is too high in order for them to be visible in the first place.

Ab exercises only target the abdominal muscles underneath the fat, but they have no effect on the actual fat stores in and around your midsection area.

So yes, train your abs directly in the gym. It definitely will improve the look of your midsection and allow your abs to be more visible even at a slightly higher body fat.

But the main limiting factor when it comes to getting a clearly defined six pack, is having a low enough body fat percentage. That's achieved primarily through your diet rather than through what you do in the weight room.

20) And finally, bodybuilding myth number 20, which is that you can't gain muscle effectively on a vegan diet.

Now, I'm not personally vegan, but for those out there who are vegan or who are thinking about trying out a vegan lifestyle, the truth is that you can still gain muscle mass and strength just as effectively as an omnivore can as long as you're getting in the proper total calories per day along with sufficient protein and fat.

Remember that proper nutrition is ultimately an overall numbers game rather than being about individual food sources, and as long as you put in the time and effort to structure your diet correctly and find it vegan food sources that allow you to meet your required numbers on a consistent basis, then there shouldn't be any issue.

The only thing that I would suggest is that because plant-based protein sources do have a lower absorption rate overall

in comparison to animal sources, and will also be lacking in at least one of the nine essential amino acids.

I'd recommend going slightly higher on total protein for the day. So rather than the typical 0.8 gram per pound of body weight figure that I normally give, I'd bump that up a bit closer to 0.9 to one gram.

And also try to get in a variety of different sources to ensure that all of your individual amino acid needs are being fully met. Okay gentlemen now that we have debunked those retarded myths now we will start our journey

BASICS

CALORIES

The amount of energy in an item of food or drink is measured in calories. Our bodies need energy to keep us alive and our organs functioning normally.

When we eat and drink, we put energy into our bodies. Our bodies use up that energy through everyday movement, which includes everything from breathing to running.

To maintain a stable weight, the energy we put into our bodies must be the same as the energy we use through normal bodily functions and physical activity.

An important part of a healthy diet is balancing the energy you put into your bodies with the energy you use.

For example, the more physical activity we do, the more energy we use.

If you consume too much energy on 1 day, do not worry. Just try to take in less energy on the following days. Additional knowledge :

The term calorie has been in use since the early 19th century, when it was used to define the amount of heat required to raise the temperature of a kilogram of water from 0 degrees to 1 degree Celsius. Scientists measured that as one kilocalorie,

which is where the shortening ‘kcal’ comes in. In fact, a standard calorie is made up of 1,000 small calories, or gram calories. But don't worry , if you didn't get it , it was just for extra knowledge because I feel as a man you should have a high intellect.

MAINTENANCE CALORIES

Everything you eat and drink has a calorie count, end every calorie goes toward your body's energy expenditure. Every day, your body requires a certain amount of energy to perform basic functions, such as muscle movement, cell growth, and energy conversion. The energy your body needs to do all of these things is known as maintenance calories, or total daily energy expenditure (TDEE).

Whether you're concerned about gaining weight, building muscle, or losing fat, understanding calorie maintenance is important. After all, when you consume exactly the number of calories your body needs to function on a daily basis, you won't lose or gain either fat or muscle. Instead, you'll maintain your current weight and form. This is ideal if you've reached the end of your weight loss journey and you simply want to maintain your weight, right where you are.

If you put more than just the maintenance level of calories into your body, you could build muscle or put on fat. In contrast, you can lose weight if you decrease your caloric intake below the maintenance threshold. Ultimately, it's all about striking the right energy balance and knowing how to make slight adjustments to meet your weight goals.

Even though you'll frequently hear generalized calorie count recommendations for women and men, there's no single maintenance calorie intake level that works for everyone.

That's because everybody has different calorie maintenance requirements that depend on their size and activity levels.

Simply said, maintenance calories are the number of calories needed to keep you at your current weight. You can calculate your maintenance calories from here <https://www.calculator.net/calorie-calculator.html>, if the link didn't open just copy it and paste it on your browser.

BULKING AND CUTTING

What is bulking?

Bulking is the building-up stage of bodybuilding. If you're bulking, you're trying to build muscle and gain weight—but ideally, not much fat.

You accomplish this by eating a specialized diet that ensures you're eating more calories than you burn. Put simply: bulking is about getting bigger.

But you will gain fat alongside and it's completely natural and we want it to be on minimal levels

Competitive bodybuilders or even normal lifters usually spend most of their time in the bulking phase. Then, three to four months before a competition or in summertime , they switch to cutting.

What is cutting?

The cutting phase is about modest weight loss and fat loss—but not much of muscle loss. If cutting done correctly it can make your muscles more defined with little to no muscle loss.

BMI AND BODY TYPES

The body mass index (BMI) is a method of assessing whether a person is a healthy weight in relation to their height. Some experts call it the Quetelet index. Using the person's height and weight, BMI indicates whether an individual is underweight, a healthy weight, overweight, or obese. BMI has become the standard method for assessing body weight in many countries across the world. However, there are some instances where using BMI may not be appropriate or accurate but it does give you a rough idea

BMI Thresholds

Once a person knows their BMI, they can use it to find out into which weight category they fall. Different countries have slightly different thresholds for these categories. In the USA, anybody with a BMI less than 18.5 is considered underweight. A BMI between 18.5 and 24.9 is healthy. People with a BMI between 25-29.9 are in the overweight range. Anyone with a BMI over 30 is classified, by this standard, as obese.

Why is BMI Helpful?

BMI is popular as a method of assessing body weight because it is generally good at predicting a person's risk of weight

related disease. It's easy to measure and can be calculated in the doctor's office. Another advantage of using BMI measurements is that they are easy for people to understand. Although BMI is not always the best way of telling whether a person is a healthy weight, it is generally accurate for the majority of the population.

Risks Associated with High BMI

In many instances, having a BMI of 25 or higher increases a person's risk of developing cardiovascular disease and high blood pressure.

Overweight and obese individuals are also more likely to get osteoarthritis, gallbladder disease, and type 2 diabetes. Some types of cancer are more common in people with a high BMI.

These include colon and breast cancers. A high BMI is also associated with certain mental health conditions including depression and anxiety. You can calculate your BMI here [Click here](#) , if you don't get redirected , simply type BMI calculator on any browser.

Types of body

There are basically 3 body types

- 1) Fat
- 2) Skinny
- 3) Skinny fat

1) Fat - If you are fucking fat , you should reduce 300 calories from your maintenance calories

2) Skinny - If you are skinny you should add 300 calories to your maintenance calories. These 2 body types do not need that attention because the goal is clearly visible .

If you are fat - Cut. if you are skinny - bulk. What does need attention is the 3rd type which is skinny fat

3) Skinny Fat - If you're a little unclear on what exactly skinny fat means, it is a phrase that refers to someone who has a weight and BMI that is normal for that person's height, but has much more body fat and not enough muscle mass recommended for optimal health.

Many people just assume that if their weight and/or BMI is normal, they have nothing to worry about. This has a lot to do with misconceptions about BMI's usefulness in assessing weight and health. For example, according to the World Health Organization (WHO), if your BMI is between 18.5 and 24.99, you are considered to be in the normal range for sufficient health. So if you have a BMI of 22, you're automatically in the clear, right? As long as I look good, that's all that matters right? If only that were the case.

Unfortunately, that attitude is exactly what causes people to become skinny fat in the first place. The appearance of being skinny seems to outweigh being fit and healthy. However, because of the way fat can be stored, skinny fat people risk having serious health problems.

Not all fat gets stored under the skin. The fat that people can see is referred to as subcutaneous fat, but there's a second

type – visceral fat – and it's the worse of the two. If you're skinny fat, you likely have a lot of this second type.

Visceral fat is internal fat that develops in the abdominal cavity, gets stored around the organs, and wraps around your kidneys, intestines, stomach, and liver. It's sneaky because while it's easy to see subcutaneous fat, it isn't so easy to see the visceral fat in your midsection.

Having large amounts of visceral fat can spell a heap of trouble, according to Harvard Medical School. Visceral fat has been linked with:

1. Increased risk of heart disease
2. High cholesterol
3. Insulin resistance, leading to type 2 diabetes
4. Lower bone mineral density
5. Loss of cognitive function

So while on the exterior, skinny fat people might look healthy, on the inside, their bodies may be at high risk for a number of health problems and syndromes.

How can you tell if you're skinny fat? It's not as easy as looking in the mirror or standing on a scale. You need to understand what your weight is made of.

How your weight is distributed determines whether you fall into the skinny fat category.

Weight alone cannot tell whether you're skinny fat or not, which is precisely why so many people don't realize that they are.

The term “skinny fat” is actually a popular term that describes a very real medical condition called sarcopenic obesity. This condition refers to an individual who may have what would be considered a normal/healthy weight, but metabolically, this person shares many health characteristics as someone who is overweight or obese.

A person who is sarcopenic obese will have high fat mass and low muscle mass.

One of the best ways to determine whether you may be skinny fat is to have your body composition analyzed and your percentage of body fat determined. Essentially, the net result of losing muscle mass (and decreasing metabolic rate) and gaining fat mass due to maintaining the same caloric intake with a lower metabolic rate creates the skinny fat condition. Diet and exercise (or lack thereof) play key roles here.

Carbohydrates and foods that are high in calories are great for creating energy potential in the body, but if that energy is not used through activity and exercise, it will become stored in the body as fat.

Similarly, muscle mass decreases over time when the muscles are not being used. If you work a 9-5 job that requires you to be seated and not move around for most of the day, skeletal muscle mass is likely to decrease over time. Fat mass will also increase as mobility decreases.

Sitting all day, eating an unhealthy diet, and skipping workouts is a recipe for muscle loss and fat gain. Many people have sedentary lifestyles due to work and are prime

candidates for muscle loss and fat gain if they don't do anything to guard against it. However, this isn't the only way muscle loss and fat gain can occur.

How to Tell If You're Skinny Fat ?

Once you're able to get reliable information about your body fat percentage, you can compare it against the recommended percent body fat ranges. The recommended ranges for healthy men are between 10-20% body fat, and for women, the ranges are 18-28%.

If your body fat exceeds these ranges, but you have a normal weight when you stand on the scale, you may be skinny fat.

There are several ways to have your body composition analyzed, all of which come with differing degrees of convenience and accuracy.

Here are three ways to measure body composition:

- Calipers

Probably one of the most common forms of body composition analysis.

Calipers operate by pinching the fat that is held just under the skin (subcutaneous fat) and estimating the internal (or visceral) fat, which is where many skinny fat people hide their weight.

Getting consistent results from test to test can be an issue as well because each test administrator will have a different



degree of skill than the person who conducted the test before. Even if it is the same person conducting the test, there is always the risk of human error (pinching softer/harder, etc.) with each test.

So, although this is probably the most accessible way to measure your body fat, it won't be the most accurate. This is because calipers only actually measure the subcutaneous fat and then use prediction equations or tables based upon your age to guess the visceral fat.

Clinical Tests

It is possible to have your body composition determined in a clinical setting using tests and procedures such as hydrostatic weighing and dual x-ray absorptiometry (DEXA).

However, these procedures both require specialized equipment, and in the case of DEXA, expose your body to low levels of radiation. Although both of these tests are regarded as being highly accurate, because of the limited access, they may not be the easiest to access for regular testing to track changes in body composition.

BIA Scales and Devices

BIA devices are devices that use small electric currents to measure body composition. These are the body composition results of someone who fits the skinny fat/sarcopenic obese body profile:

Below are results from an InBody Test, a medical body composition analyzer:

This section is taken from the InBody Result Sheet.

For this person, who is a 5'4" female, 135.3 pounds is just above her ideal weight, but within what is considered normal (BMI 23.2). However, it's clear to see that this person does not have enough Skeletal Muscle Mass and has excessive body fat.

If you do the math, this person has a body fat percentage of 35.0%. This surpasses all upper limits of percent body fat ranges, which are usually around 28%.

BIA devices are quick, easy to use, and depending on the manufacturer, can be quite accurate in determining body composition results for all areas of the body – including the abdominal area, where visceral fat builds up over time.

Visceral Fat area over 100 square meters increases the risk for metabolic syndrome.

When using a BIA device, it's important to look into how the device you are using determines body composition and how accurate its results are.

Some handheld devices may only directly measure your arms and estimate the remainder, while others may only directly measure your legs and estimate the upper body. Whenever possible, use a BIA device that directly measures the entire body for the most accurate results

How to fix being skinny fat ?

It all goes back to improving your body composition.

People who want to be thin and healthy need to increase their muscle mass and reduce their fat mass.

This can be done in a number of ways, such as eating a protein-rich diet, but one of the best ways to increase Skeletal Muscle Mass is weight training.

Why weight training? Lifting heavy weights is the best way to increase muscle growth, and correspondingly, Lean Body Mass.

With increased lean body mass, your Basal Metabolic Rate (BMR) increases. In plain speech, the higher your BMR, the more calories your body naturally burns when it is doing

nothing (i.e. sleeping). The more calories you burn at rest, the greater the fat loss.

If you are worried that building muscle might make you look bulky instead of skinny, don't! Muscle is much denser than fat, meaning that if you weighed the same as you do now, but you had more muscle than fat, you would actually appear thinner. Except in this thin body, you would be healthier.

Most people don't know that muscle is also heavier than fat. So, perhaps ironically, if you were to increase your muscle/Lean Body Mass to the point where you were able to reduce your body fat percentage significantly, you may actually weigh more than you did when you had a skinny fat body.

This is why understanding your body composition is so important. If you were just measuring your weight with a scale and judging your appearance in the mirror, you may have never known you were potentially at risk for health problems.

Also, misunderstandings about building muscle/gaining weight due to muscle may have led you to avoid strength training altogether and instead focused on insane levels of cardio coupled with calorie restriction. This is how many people become skinny fat in the first place.

So, now you know the facts. Just because someone looks skinny, don't just assume they are healthy. Don't aspire to be skinny, aspire to be healthy. Because at the end of the day, being healthy is always attractive.

MACRONUTRIENTS AND MICRONUTRIENTS

People need both macros and micros in their diet, but what are they, and does tracking them help?

Macronutrients and micronutrients are types of nutrients in food. Some people call them “macros” and “micros,” respectively.

Nutrition professionals and government guidelines recommend that people include certain amounts of these nutrients in their diets.

What are macronutrients

Macronutrients are molecules we need in large amounts, also known as the main nutrients we need to simply survive.

Micronutrients, in contrast, are substances required in much smaller amounts, such as vitamins, minerals and electrolytes.

The three macronutrients are carbohydrates, proteins and fats. Despite fad diets, you do need all three: Cutting out any one macronutrient puts you at risk for nutrient deficiencies and illness.

People need different amounts of macronutrients and micronutrients in order to maintain optimum health.

Carbohydrates

Carbohydrates give you quick energy. When you eat carbs, your body converts them to glucose (sugar) and either uses

that sugar immediately or stores it as glycogen for later use, often during exercise and in between meals. Complex carbohydrates — like starchy vegetables and whole grains -- also promote digestive health because they're high in dietary fiber.

Protein

Protein helps you grow, repair injuries, build muscle and fend off infections, to name a few functions. Proteins are made of amino acids, which are the building blocks of many structures in your body. You need 20 different amino acids, nine of which are essential amino acids, meaning your body can't produce them on its own and you must obtain them from food.

High-protein foods include poultry, beef, fish, soy, yogurt, cheese and other dairy products. If you stick with a plant-based diet, some starches, vegetables and beans are also good sources of protein.

Fats

Dietary fat is required for your body to do its many jobs. You need fat to absorb the fat-soluble vitamins (A, D, E and K), to insulate your body during cold weather and to go long periods of time without eating.

Dietary fat also protects your organs, supports cell growth and induces hormone production. The chart that I specifically used for you guys below will discuss the ideal amounts in more detail.

How many calories does each macronutrient have?

Each macronutrient corresponds to a specific calorie amount per gram:

Carbohydrates have 4 calories per gram

Proteins have 4.1 calories per gram

Fats have 9.3 calories per gram

Now In macros we basically have carbs , fats and protein which are essential for musclebuilding

How many macros should I eat?

There's really no answer to this question: Every person is different, and as such, every person's preferable macronutrient intake will be different.

However, the federal dietary recommendations suggest this macronutrient ratio:

45% to 60% carbohydrate

20% to 35% fats

Remainder from protein

The federal suggestion is based on the fact that carbs serve as the body's main fuel source, and are the easiest macronutrient for the body to convert from food into energy. The metabolic processes for fat and protein are much more complex and take longer, which wouldn't serve you well when you need quick energy.

Your macro ratio depends on your health and fitness goals, as well as how your body responds to particular foods. For example, many people thrive on a low-carb diet, but the thought of a low-carb diet for myself makes me shudder. I perform at my best when I eat about 50% carbohydrates.

Similarly, you may do well on a high-protein diet, while someone else might experience digestive discomfort from consuming too much protein.

Note that some people, especially those on the keto diet, count net carbs instead of total carbs. To get net carbs, subtract the grams of fiber from the total grams of carbs. Why count net carbs? Our bodies don't digest fiber, so it doesn't get absorbed by the small intestine and doesn't provide your body with any energy. In that sense, calories from fiber don't really count.

How to calculate macronutrients

Brother quickly go and bring pen paper , we will do the maths together which will tell you how many protein / carbs and fats you should eat on a daily basis to build muscles

Now why math ? That's because your intake ratio is written in percentages but nutrition information is provided in grams. I'll use my macro intake as an example.

Everybody is different and you should search around to find a method that works best for you. But this will act as a great blueprint, from which to build off of.

It may not be the perfect fit for you, but it is surely better than nothing at all. Before we dive into this guideline, it'd be best to avoid alcohol altogether.

That is once again a personal preference, but understand that it will do no good for your calorie intake. With that said, we will mainly focus on three different macronutrients, namely; carbohydrates, proteins, and fats.

All macronutrients provide you with energy, but to be absolutely accurate, we need to know the specifics for each. Here's how I would calculate my calories for each macronutrient:

Protein Calculation

The consumption of protein is a must. You should consume at least two grams per kilogram body weight, daily. I currently consumes around two and a half grams per kg body weight, every day.

To better illustrate this measurement, we will now introduce a fictional character, who goes by the name of Alex. Chad comes in at around eighty kilograms.

He decides to follow Aditya's example after reading this book and opts for 200 grams, as calculated by his weight multiplied by the suggested two and a half grams per kilogram.

Remember that one gram of protein contains 4.1 Kcal. Therefore, we should multiply the 200 grams by 4.1, and the answer we will receive is 820 Kcal.

This is the total calorie intake that Alex will obtain from 200 grams of protein. This number is required for further calculations.

Fat Calculation

The next host of calories that we will be covering is fats. The calculation remains the same, so refer back to the protein section.

The recommended grams of fat per kilogram are between 0.8 and 1.2.

Following the same mathematical equation, we can conclude that Alex will receive a total of 744 Kcal, assuming that he consumes 1g of fat per kg of body weight. In case you have forgotten, a gram of fat contains 9.3 Kcal.

Carbohydrate Calculation

Having calculated the calories obtained from Alex's fats and proteins intake, all that is left is his carb consumption. This is where it gets slightly confusing, so pay close attention. To obtain the number of carbs that Alex needs, we have to subtract the amount of Kcal that we obtained from both the fats and proteins combined, from the unit of maintenance calories that we calculated earlier.

Let's assume that Alex has an available MC of 3000 Kcal. The calculation would go as follows; Subtract 820 and 744 from 3000. And the answer would be 1436 Kcal.

Now we need to calculate the number of grams of carbs that Alex can consume.

Recall that one gram of carbohydrates contains 4.1 Kcal. So, the calculation would be 1436 Kcal divided by 4.1 Kcal, which would give us an answer of 350g.

Alex now knows how many Kcals of carbs, fats, and proteins he should consume.

WORKOUTS EXPLAINED

CHEST WORKOUT

Before we hop in I want you to give

5 Tips to Get the Most Out of These Chest Workouts

Before we get into the workout routines themselves, here are a few tips to help you get the most out of your chest training.

1. Use compound exercises to train your chest muscles.

Your primary aims in your chest workouts are to lift heavy weights and progressively overload your pecs.

Unsurprisingly, the best exercises for achieving these are compound exercises like barbell and dumbbell bench press, flat and incline bench press, and dips.

Machine, cable, and dumbbell flyes can have a place in your program, but heavy pressing should be your bread and butter.

2. Use heavy weights.

As a natural weightlifter, your number one goal should be getting stronger.

So long as you make that your primary focus in your training, you'll have no trouble with chest hypertrophy.

What's the best way to get stronger?

Lift heavy.

And by “heavy,” I mean working primarily with weights in the range of 75 to 85% of your one-rep max (1RM), or in the range of 8 to 10 (~75%) to 4 to 6 (~85%) reps.

High-rep sets also have a place in your training, but the majority of your time should be spent training in these rep ranges.

3. Increase your weights over time.

If you stop getting stronger, you’ll eventually stop getting bigger.

That’s why you must make progressive overload the key focus of your training.

You can do all the fancy training techniques you want, but if you’re not adding weight to the bar over time, you’re going to struggle to gain muscle effectively.

4. Train both the upper and lower portions of your chest.

If you want to build a powerful and proportionate pair of pecs, you need to target both “heads” of the pectoralis major: the sternocostal head, or the mid- and lower chest, and the clavicular head, or upper chest.

While all exercises that involve one do, to some degree, involve the other, research shows that the incline and reverse-grip bench press are fantastic exercises for emphasizing the

upper portion of the chest, whereas the flat bench press and dip are better for targeting the mid- and lower portions.

5. Make sure you're eating enough calories and protein.

In order to maximize muscle and strength gain, you need to maintain a mild calorie surplus.

That is, you need to eat about 110% of your total daily energy expenditure (TDEE) every day.

The reason for this is a calorie surplus optimizes your body's "muscle-building machinery," so to speak, greatly enhancing your body's ability to recover from and positively adapt to your training.

That's not all, though—you need to eat enough protein to allow your muscles to recover, repair, and grow effectively, too.

Now The Best Chest Workout for Men

I hope by now it's clear that building a big, strong, proportionate chest doesn't have to be complicated.

It more or less comes down to getting as strong as possible on a handful of effective pressing exercises, and that's exactly what you'll be doing in these workouts.

Just remember to do a thorough warm-up before each workout and rest 2 to 3 minutes between each set.

Barbell Bench Press: 3 sets of 4 to 6 reps ^



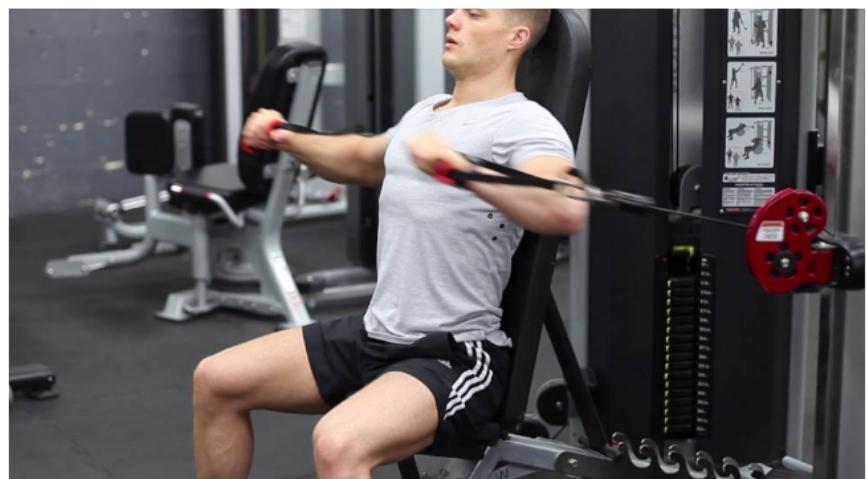
Why ? The barbell bench press is one of the single best exercises for building almost every major muscle in your upper body, including your pecs, triceps, and deltoids. This is why almost all well-designed chest workouts are built around heavy benching.

How ? Lie on a flat bench with your feet flat on the floor, directly under your knees. Pull your shoulder blades together and down, and without lifting your butt or shoulders off the bench, slightly arch your back. Grab the bar with your hands slightly wider than shoulder width apart, take a deep breath, brace your core, and unrack the barbell.

Bring the barbell to the middle of your chest, making sure to keep your elbows tucked at about a 45-degree angle relative to your body. When the bar touches your chest, explosively press the bar back to the starting position.

All right so chest exercise number 2 is going to be a seated cable press so i've been doing this movement consistently in my own chest workouts for over 5 years now I originally started doing it to work around an elbow injury

but it turns out this is actually probably one of the best chest exercises out there for stimulating hypertrophy



Now some people might scoff at this one because cables don't seem as hardcore as barbells or dumbbells nobody's going to be asking you in the gym - " Hey bro how much do you cable press "

But there are a couple of noteworthy benefits here - the first is that the cable press is going to train your pecs through a slightly larger range of motion in comparison to free weights and that's because the main function of your pecs is to bring your upper arm across the front of your torso and so in that contracted position the cable is going to be pulling both back and outward so your chest is going to be working the whole way through that arcing motion whereas with free weights gravity is going to be pulling the weight in a straight downward line toward the floor and so the resistance on your chest gradually drops off as you press further and further. Lot

to digest ? Read it again bro we are talking some real shit here.

3) The last is push ups and it's variations , if you want to build the mucles , do not miss on this , here is the workout

This workout hits all the upper-body “pushing” muscles hard without the need for any equipment. Don’t make the mistake of thinking that because this is a body weight workout that it’s easy—you still want to rest at least two minutes between sets to perform at your best.

Feet-Elevated Push-up: 3 sets of 10 to 20 reps

Diamond Push-up: 3 sets of 10 to 20 reps

Push-up: 3 sets of 10 to 20 reps

Triceps “Bench” Dip: 3 sets of 10 to 20 reps

Dive-Bomber Push-up: 3 sets of 10 to 20 reps (search on google you will get the idea)

AESTHETIC SHOULDER WORKOUT EXPLAINED

"Shoulders maketh the man." No doubt you've heard this maxim uttered dozens of times, but have you ever actually pondered why it rings true?

A set of broad shoulders isn't the only marker of a man's masculinity, but it is a powerful one. Dating back to ancient times, representations of great conquerors, warriors, kings, and gods have always come complete with wide, strong shoulders.

Military uniforms have often featured padding and epaulets to make the delts appear wider and more massive.

Even if we flash forward to modern times and scan the surveys in women's magazines like Cosmopolitan to find which physical attribute draws female attention first, wide shoulders are always at the top of the list.

You can have bulging arms, thick pecs, and even a six-pack row of abdominals, but if they're all framed in by narrow, stooped shoulders, good luck with the ladies. You're gonna need it.

Assuming you fully appreciate the importance of rugged delts for a manly body, it's time to start planning how to go about constructing your own pair.

Though the deltoids are a complex muscle group with many different functions, luckily they are not so complicated to

train. Further, they are a fairly responsive area for most trainers, especially when worked through their complete ranges of motion with proper form.

With just three basic shoulder exercises that have stood the test of time for millions of weight trainers and athletes, you can be well on your way to shocking your shoulders into expansive growth.

Shoulder Form And Function

Before delving into a training prescription for the shoulders, it would serve us well to quickly look at what the individual parts of the muscle do in the human body. The deltoids derive their name from the Greek delta, or triangle, as the muscle resembles a triangle in shape. It is a muscle with three distinct 'heads' or segments.

The anterior, or front head, flexes and inwardly rotates the arm. The front delts play a major assisting role in chest training, and even receive some degree of stimulation from biceps and triceps exercises like barbell curls and dips. Because of all the ancillary work they receive, front delts are often an overdeveloped item on many physiques.

Over time, this can even lead to posture problems, as the person tends to adopt a 'slumped forward' stance. The medial, or side head, abducts the arm, meaning that it brings the arms out and away from the midline of the body. The side heads are only activated to a significant level when trained using specific isolation movements. Finally, the posterior, or rear head, extends the arm and produces external rotation. The

rear delts are very much involved in back training movements such as chins and rows.

Now that we have a better understanding of what our shoulders do, let's get into how to train them right!

1.) Side Lateral Raise / Dumbbell lateral raise

The most critical component to creating broader shoulders is increasing their width. To accomplish this, we selectively target the medial deltoid head.

The larger the cross-sectional area of the side deltoids, the wider and rounder your shoulders will appear. Of course, clavicle width plays the most important role in how wide your shoulder ultimately can become.

In the recent Sydney Games, you may have noticed that nearly all swimmers possessed clavicles on the upper end on the genetic spectrum for width.

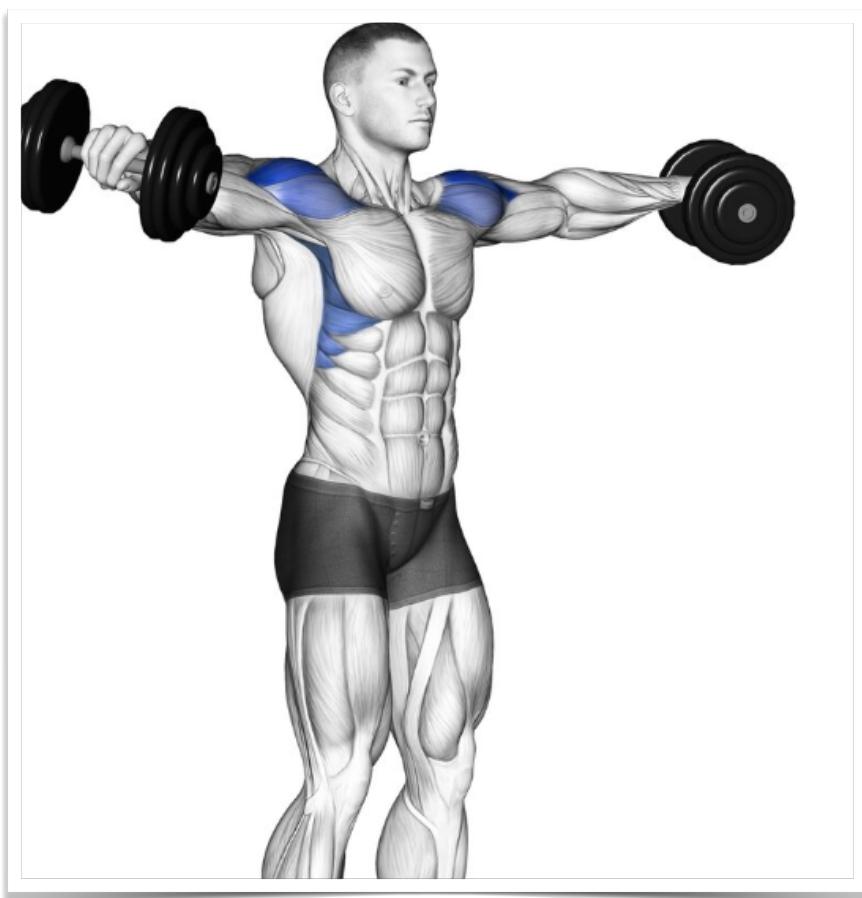
Few of the swimmers had massive deltoid development by physique magazine standards, but having such a wide skeletal framework made what size they did have seem that much more impressive.

You may have wide clavicles, narrow, or something in between. Regardless of the foundation you were dealt, anyone can increase their width to a meaningful extent by building up the mass of the side delts.

There is only one exercise we know of that isolates the medial heads, and that is the side raise, also known as the side lateral raise.

Side raises can be performed with a cable attachment or specialized machines, but the most widely-practiced version of this exercise is with a plain old pair of iron dumbbells.

As outdated and obsolete as some high-tech snobs may consider free weights, they are still with us despite all the advanced machine designs proliferating our gyms and health clubs. Simply put, barbells and dumbbells aren't going anywhere because they work.



The additional effort and coordination it takes to balance free weights not only make them more difficult to master, but also forces the muscles to work harder. This struggle translates into a forced adaptation of the muscle fibers.

In other words, they have no choice but to become larger and stronger in the face of the stress.

Begin with your feet planted firmly at shoulder width. Hold the dumbbells in front of you with your thumbs pointing forward. With a slight bend in the elbows, raise the 'bells up to just above your shoulder joints.

You may either complete the movement with your palms parallel to the floor, or instead choose to tip the thumbs downward in what is frequently described as a 'pouring water out of two pitchers' motion.

Many trainers feel a more pronounced contraction in the side delts when this extra motion is added. Slowly lower the dumbbells back into the start position under strict control.

The negative, or lowering, portion of the rep is just as important as the actual lifting. Never merely drop the weight back down.

2) Upright Barbell Row

Upright rows are often included in training programs for the back. This is because when a wide grip is utilized, the majority of the stress is directed to the muscle fibers of the



trapezius. With a narrow grip, upright rows become an excellent movement that targets all three heads of the deltoids.

Place your hands no more than six inches apart on the bar. Pull the bar to just underneath your chin, allowing the elbows to flare out as wide as possible. You may see some people pulling higher, for example to the eyes, but this is a greater range of motion than is necessary.

3) Standing Military Press

This exercise is so named due to its regular inclusion in physical conditioning programs for several branches of the Armed Forces.

No movement is more basic for the shoulders. The military press is to the shoulders as the bench press is to the chest, and the squat is to the thighs. It allows for the maximum amount of resistance to be lifted, which translates into optimal results. All three heads of the deltoids work hard in the press. Such a marker of upper body strength is the military press that for decades it and not the bench press were what other trainers



meant when they asked, "How much can you press?"

There are numerous machines with which to press, and you will often see trainers performing their presses seated with a back support, using either a barbell or dumbbells. The standing press is far more difficult to perform, and thusly superior in terms of producing results. Unless you are already addicted to

wearing a lifting belt, going beltless on this will even help you build a stronger lumbar spine musculature as the lower back muscles have to struggle to stabilize the upper body.

Either take the bar from a squat rack, or clean it to your shoulders. Your grip should be such that your forearms are perpendicular to the ground at the halfway point. For most of you, this will have your hands placed about two inches on each side wider than your shoulders. Press up smoothly to lockout, taking care not to use any hip thrust or anything but pure shoulder power to press the barbell. Feel the shoulders working every inch of the rep.

That's the time-proven trio of shoulder shockers that will be your ticket to bigger and broader shoulders. If you're about to buy any suits or jackets, you might just want to hold off for a while. Those delts of yours will soon be entering a growth phase, and there's no telling how big they just might get!

Workout Plan - I am assuming that most of you have either started your gym journey or you have been doing it from 1 year or something

So here is the workout plan

Beginner

Side Lateral Raise

3 sets, 8-12 reps

Military press

3 sets, 8-12 reps

Intermediate

Side Lateral Raise
3 sets, 8-12 reps

Barbell upright row
3 sets, 8-12 reps

Military press
3 sets, 8-12 reps

Advanced

Side Lateral Raise
4 sets, 8-12 reps

Barbell upright row
4 sets, 8-12 reps

Military press
4 sets, 8-12 reps

Pre-Exhaustive Routine

Side Lateral Raise
3 sets, 8-12 reps

Barbell upright row
4 sets, 8-12 reps

- Again do not neglect the importance of progressive overload , if I said 12 reps it means you either have to do 13 the next time or you have to increase the weight

AESTHETIC BACK WORKOUT EXPLAINED

Most People love training the front of their body. You know, the chest, the biceps, and the abs. Those are the beach muscles that matter, right?

Not all that much.

The Back isn't a single muscle group like the chest or the biceps. It's a group of muscles that collectively make up the backside of your torso.

The Lats, Spinal Erectors, Traps, Teres, Rhomboids, and even the Rear Deltos. All of them, collectively make up the back. Why do they matter so much?

The back is the foundation of aesthetics in the human body. A wide and well-developed back shows through even on the front. The shoulders appear broader, and the prime reason behind that is magnificent back development.

The back and the posterior chain muscles are also the foundation of strength.

Any primary movement pattern, even the pushing action, requires a stable base to exert the force from on.

The back does just that, and more.

Given that there are more than 3 major muscle groups in the back musculature, do you need to do 3 different exercises for each one of them?

Nothing could be further from the truth.

You only need to do 3 primal exercises that require all these muscle groups to work in unison.

The Most Primal Task

Most blue-collar job guidelines include a section on lifting through the legs and avoiding lower back injury. The most common primary task apart from the squat, that humans perform is the task of lifting something up from the ground.

1) The Deadlift does, just that. It recruits all the muscles in the back and even the legs to perform the movement. It is, after all, the epitome of full-body exercises.

The spinal erectors are among the prime stabilizers in this movement, along with the lats and the traps.

Done with good form, one simply cannot go wrong with the deadlifts.

If you don't do them already, learn the proper technique first and work your way up from there. Since deadlifts can be hard on recovery, you can start with just 1–2x a week.

It is best done in low reps ranges, of 3–8 reps.

The Most Wholesome Movement

2) Pullup. Chinup. Call it what you may.

This movement is a staple utilized by generations of physical training in militaries worldwide for a reason.

It is the single best exercise for testing and developing raw upper body pulling strength.

The United States Marines, who are amongst some of the fittest groups of people on the planet, test them regularly. Young males are required to do a whopping 23 full pullups in order to score full.

It mainly works your Lats, Teres, Traps, and Core muscles.

The bar to start this exercise is invariably high. Few people can do pullups when they first start training. There is a solution to this. All you need to do is choose an appropriate progression level and work your way up from there.

Negative Pullups → Bodyweight Pullups → Weighted Pullups

The potential to progress is truly limitless.

Start by performing them 2–3x a week.

Plus, this is hands-down the most wholesome exercise to perform.

There is something inherently satisfying with the act of pulling up one's body weight.

3) Row to Grow

There's a reason why most rowing athletes have incredibly strong and well-developed backs.

The rowing motion involved horizontal pulling, which involves the majority of the muscles in the back.

There are several variations of rows that one can perform based on one's progression and priorities.

While Barbell and Pendlay Rows involve the lower back to a significant degree, the Cable Rows help to isolate the lats and upper back better.

All of them, stand on their own merit.

These will help in targeting the upper back, even more so than the pullups, which are predominantly lat-focused.

As with the Deadlift, it is crucial to learn proper form on these first, and then progressively get stronger on the rowing exercise.

The Back Builds The Front

The Back Musculature is quite literally the foundation of your upper body. All Pushing movements such as the Bench Press, Overhead Press, The Pushup invariably involve the back muscles in a stabilizing role.

It is truly indispensable for one to build a strong and athletic upper body without emphasizing the back.

Plus the V Taper is something everybody likes. Don't we?

CALISTHENICS SECTION

UNDERSTANDING IF CALISTHENICS IS RIGHT FOR YOU

Calisthenics, also known as bodyweight fitness or even ‘street workout’, is a form of exercise that relies on the use of your own body weight, as opposed to using weights or resistance machines.

There are many reasons people choose calisthenics over other types of exercise, and some of them may be of no concern to you, but I want to stress that it’s crucial that you find your own reason for pursuing calisthenics.

There are different ‘disciplines’ within calisthenics, and finding which one motivates you will ensure you keep focused and allow you to set goals that you want to achieve.

I’ve been training calisthenics for many years now, yes I do weightlifting and calisthenics both and I believe the reason I have found success with calisthenics is that I always look forward to an upcoming workout. If you don’t find what motivates you, your workouts will feel like a chore, and you’ll inevitably not make the desired progress.

Before you go any further, I think it’s important to say that calisthenics isn’t the best choice for everyone. Bodyweight fitness is excellent for building functional strength, muscle endurance, and learning new skills, but it isn’t the most

efficient training technique for building muscle size. If your only goal is to get bigger, then I suggest you look elsewhere for a more efficient solution.

DIFFERENT CALISTHENICS DISCIPLINES AND DEFINING YOUR GOALS

I mentioned above that there are various reasons people choose calisthenics over conventional exercises and that there are different ‘disciplines’ that you may gravitate towards to find what suits you.

Calisthenics workouts are ideal for some people as they enjoy having the freedom to work out wherever they want, or are time-poor and struggle to make it to the gym. Having the option to workout at home or in your local park can be a huge advantage, and this can also help you save money by not subscribing to expensive gym fees.

But my favorite thing about calisthenics is that there are so many different skills you can work towards achieving, and there’s no better feeling than ‘unlocking’ a new skill.

For most people, these different skills would probably fit into one of the following categories: statics, dynamics, exercises that require a high level of functional strength, handstands, and flexibility work.

Let me talk briefly about each of those.



Static Holds (Statics)

Otherwise known as ‘isometric holds’, static holds are where you hold your body still in a specific position. In a static hold, your muscles are working hard and contracting against a force, but the length of the muscle remains the same, which is what keeps you in a specific position.

A simple static hold would be a seated wall squat, but some of the most sought after advanced static holds in calisthenics include the human flag, planche, front and back lever, and v-sit.

People love statics as they are a true display of your strength, relative to your bodyweight. Some of the advanced moves I have just listed can take people years to master, and may

require a specific workout program to achieve them, but can be extremely rewarding when you have achieved them.

Dynamics

Better known as ‘Freestyle Calisthenics’ or ‘Bar Flow’, dynamics is all about using power, momentum and self-expression to perform tricks around a bar.

Freestyle calisthenics is also the format used in calisthenics competitions all around the world

I love freestyle calisthenics because it brings a lot of adrenaline and excitement, but in my experience, that same factor can also put some people off.

If you don’t feel comfortable learning freestyle moves, then don’t put yourself down as you’re not alone.

Advanced Bodyweight Exercises

There are many bodyweight exercises that require plenty of strength and skill to achieve, and training for them can be highly rewarding.

The most popular exercise most people want to learn is the muscle-up, but other advanced exercises also include one-arm pull-ups, dragon flags, pistol squats etc.

For some people, simply achieving their first unassisted pull-up may be a huge celebration.

One thing that can be addictive about calisthenics is that learning and performing a new exercise for the first time feels

much more rewarding than anything that can happen in the conventional gym.

Sure, as you get stronger, you may bench press 100kg for the first time, but that feeling isn't the same as performing an unassisted muscle-up for the first time since the outcome is much more tangible.

Hand Balancing / Handstands

Holding a handstand requires a high level of control over your own body weight. Therefore it should be no surprise that handstands have such a strong association with calisthenics.

You'll find handstands are part of many calisthenics workout programs as they are great for improving your balance, posture and shoulder strength.

Handstands are a considerable part of my own calisthenics training, and they are something I spend a lot of time working on outside of regular calisthenics workouts.

In fact, many people fall in love with handstands and actually make them their primary workout goal!

Having a skill such as handstands to focus on outside of your workout plan keeps you active and can be a welcoming alternative if you wish to skip a regular workout due to tiredness or muscle fatigue.

I've gotten a lot of questions recently about what is calisthenics how do I get started and how do I make a fitness routine around it

Calisthenics Paths: Summary

To conclude this section, I want to come back to my original point, that is to find what you enjoy and set your own goals around that.

You aren't limited to any one path in calisthenics, and I recommend trying a little bit of everything and find what excites you.

There is no better feeling than unlocking a new skill in calisthenics, and you will find that as you improve, you will likely change direction and focus on different exercises and skills.

WHAT EQUIPMENT YOU WILL NEED FOR CALISTHENICS

Although the beauty of bodyweight fitness is that you should be able to do it with just your bodyweight, you will still need (or need access too) a few items of equipment.

The most important item you will need is a pull-up bar. Many pushing exercises are easy to do using your own body weight, but it is much harder to perform pulling exercises without any equipment, which makes buying a pull-up bar vital.

The only other item I'd strongly recommend when starting out is a set of resistance bands, which are (more about those shortly). All other items on our recommended list are useful, but you may not need them straight away.

WORKOUT LIST YOU NEED

Finding the best exercises for you will depend on your level of strength and experience. If you're a beginner, it's best to start with the basics, but if you've been working out for some time and are looking for a more advanced workout, you could dive straight into some more challenging calisthenics exercises.

If you're just starting out, here are some simple bodyweight exercises to try:

Squats

Bodyweight squats are a simple and effective exercise you can do either on their own, or with a resistance band placed around your thighs for more of a challenge.

Lunges

Bodyweight lunges can either be done on the spot by stepping forward or backwards, or you can try walking lunges where instead of bringing your feet back together, you take another lunging step forwards. You can even increase the intensity and do these as jump lunges for more of a challenge.

Bent and straight leg raises

Leg raises can be performed lying on the ground to improve stability in your lower back. As your strength improves you can try using a bench or progress to hanging leg raises holding onto a bar or rings.

Planks

Planks are a simple yet challenging exercise and are great for stability, balance and core strength. For a more difficult variation, try commandos. This is where you push up to a high plank one hand at a time, then lower back down.

Push-ups

Start by doing push-ups on your knees, or standing with your hands up against a wall, and eventually progress to push-ups on your toes. This exercise is great for building upper-body and core strength.

Advanced calisthenics exercises "

Once you become more confident, you can increase your training complexity and intensity with these exercises:

Burpees

Burpees are a great high-intensity exercise that work multiple muscle groups at the same time, making them a great movement for building full-body strength and muscular endurance.

Pull-ups

Pull-ups are challenging, so if you're a beginner you can practice your technique by using a resistance band to support your bodyweight — simply wrap the band around the pull-up bar and place your feet into the loop before you get started.

Chin-ups

Chin-ups are similar to pull-ups but are performed with an underhand grip (palms facing towards your body). Chin-ups will engage more of your biceps and the front of the shoulders compared to pull-ups.

If you can't do a chin-up, try using a resistance band to support your weight as you build your strength, or use an assisted chin-up machine at the gym.

Handstands

These are a great way to build strong and stable shoulders. Start by doing a handstand hold with your feet resting on top of a box, or by leaning your legs up against a wall.

L-sits

L-sits can be done to build strength in your core and upper body, either on the floor or holding onto two bars.

Find what works for you and ensure you follow a workout plan that works towards your goals and trains specific skills that you wish to work towards.

UNDERSTANDING EXERCISE PROGRESSIONS TO HELP YOU ACHIEVE HARDER SKILLS AND WORK OUT EFFICIENTLY

The most important thing I've learnt in calisthenics is not to try and run before you can walk. Be patient.

Many exercises and skills are hard, and progressing slowly with a focus on the correct technique is actually the fastest way to reach your goals.

Let's put that theory into practice; how do you go from not being able to do a pull-up to performing a muscle-up?

The answer is by using progressions.

In the weightlifting world, most people wouldn't bench presses 100kg on their first attempt. They'd start with a lower weight, and add 5kg on over a number of weeks, months (or even years), as their strength improves.

With bodyweight exercises, we can't simply 'reduce the weight', since it's your bodyweight that acts as the resistance. Instead, we find easier variations of the exercise (progressions) or use a resistance band as assistance, and slowly work through these progressions until we can perform the full version of the exercise.

Let's say you were inspired to start calisthenics because you saw somebody hold full-planche, and you're now making it your mission to learn that skill. Unfortunately, it takes people years to achieve the full planche, but to get there, you would

work up through a number of progressions until you reach that point.

Those progressions may be:

Planche lean on the floor

Hanging knee raises

Planche tuck hold

Planche hold using a resistance band for support

Straddle planche

Full planche

Understanding and using progressions will ensure you improve efficiently, keep you motivated as you see tangible progress, and will also minimize the chance of injuring yourself.

COMMON BEGINNER PROBLEMS

It's easy to make mistakes as a beginner, especially if you are working out by yourself without a professional instructor to critic or help you.

Here's a bunch of tips that are valuable to anybody who is just starting calisthenics:

Always remember to warm up. The goal of the warmup is to increase blood flow and activate muscles. Not only will this prevent injury, but it will prepare your body and mind for the harder exercises to come.

Film yourself and analyse your technique. You can pick up a handy tripod for around £10 and use that to film yourself when exercising. Often it may feel like your technique is correct, but watching back the footage of yourself proves otherwise!

Always strive for proper form. Remember, this is calisthenics, not CrossFit. It's not a competition. Proper form will get you much further than hitting record rep numbers with poor technique.

Try and find local, like-minded people, where possible. If you've got calisthenics bars or a park nearby, you may find other people training calisthenics there regularly. There's a lot of energy and passion in the calisthenics community, and training alongside can be fantastic for motivation, even if everybody sticks to their own workouts.

Quality recovery can be just as important as the workout. Avoid overtraining the same muscles too regularly, ensure

you get enough sleep, drink plenty of water, and make sure you eat right to promote quality recovery. Don't underestimate the importance of rest.

Mixing Other Sports And Targeting All Muscle Groups With Calisthenics : Calisthenics is great for getting fit and building functional strength, but if your training plan only consists of calisthenics, then you may suffer in other areas of fitness.

Most calisthenics workouts are based around strength training, so it's important that you include some cardio in your training plan to keep a well-rounded level of fitness.

You should be free to mix other cardio-heavy sports alongside your training, such as jogging, football, squash, badminton etc. If you're worried about overtraining, then the general rule of thumb is to listen to your body. Rest is vital for muscle growth, and if you feel tired and are struggling to recover, then chances are you're either training too much, not resting enough, or not getting a good amount of sleep.

Nutrition And Eating Right For Calisthenics :

Healthy proteins

Like many different forms of fitness, most people getting into calisthenics will inevitably be looking to lose weight and get into better shape.

And since your bodyweight acts as the resistance in calisthenics exercises, it should be no surprise that losing excess fat will make most bodyweight exercises easier.

Think of it this way – the effort needed for a person weighing 100kg to perform a pull-up is the same as another person weighing 80kg and wearing a 20kg weighted vest.

There is no such thing as a ‘calisthenics diet’. Just like any other sport, the key is to eat healthily and manage your calories. The hard work takes place in the kitchen.

CALISTHENICS TERMINOLOGY

Calisthenics Terminology

You will hear of many new terms when starting calisthenics (even more so if any type of resistance workout is new to you), but don't worry, I have you covered with our calisthenics glossary.

Repetitions (Reps) and Sets – These are the basic counters of exercise. Performing 30 push-ups would be completing 30 reps, and if you broke that down into 10, 10, 10, then you would be performing 3 sets of 10 push-ups.

Rep range – This refers to the desired range you should aim to achieve within the set, rather than an exact number, e.g. 5-8 reps. You should look to make the exercise easier if you are unable to complete the minimum amount of reps, or make it harder if you can complete many more reps than the stated range.

Rest time – This is the amount of time you are recommended to rest for between each set.

AMRAP – Stands for ‘as many reps as possible’. When this term is used there would not be a standard rep range within each set; instead, you would perform reps until failure to complete the set.

‘For Time’ – Similar to AMRAP but is used for static exercises, meaning you are required to hold the position for as long as you can until failure.

Tabata – A specific workout that lasts 4 minutes and consists of 8 rounds. Each round requires 20 seconds of work at maximum effort, followed by 10 seconds of rest.

Pyramid – Refers to an increasing or decreasing rep range over a number of sets. For example, a '10 to 1' pyramid requires you to perform 10 reps, rest, 9 reps, rest, 8 reps, rest.... continuing until you have got down to 1 rep. The rep range may go from low to high (1-10), high to low (10-1), or even combining both such as going from low to high and then back to low (1-10-1).

Circuit – A workout where several exercises are completed one set at a time. For example, rather than performing 3 sets of push-ups, 3 sets of pull-ups, then 3 sets of squats, you would perform a single set of each exercise, then repeat 3x until you have completed 3 sets of each exercise.

P-Bars – A more commonly used term for Parallel Bars.

High bar / low bar – On a callisthenics rig, anything high enough to perform a pull-up from would be called a high bar, and any bars positioned around waist height would be called a low bar

Flow – Performing several exercises in sequence to develop a routine or ‘flow’.

Narrow / Wide – This can refer to hand positioning on the floor or where you grip a pull-up bar. A regular grip would be hands placed shoulder-width apart, for reference.

Underhand / Overhand – Refer to how you grip a pull-up bar. Palms facing away from you with thumbs pointing inwards is an overhand grip, palms facing towards you with thumbs pointing outwards is an underhand grip.

Full repetition / full range of motion – This refers to completing the exercise in its fullest form to ensure all required muscles are being worked in the exercise.

Anything else would be considered a partial repetition. A well-known example of a partial repetition is people who perform push-ups, but don't get their chest all the way down to the floor at the bottom of each rep.

Progression – A simpler version of an exercise that is used to help you to progress to the full exercise. Performing push-ups with your knees on the floor is a great example of a progression for anybody who is unable to perform regular push-ups.

Dead Hang – A passive exercise where you are hanging from the bar. This exercise is excellent for building up grip and forearm strength. Proper pull-up technique requires you to complete each pull-up in dead hang position, with your back and shoulders disengaged.

Explosive rep – Focusing on power by performing the hardest part of the exercise as fast as possible. For example, an explosive pull-up would be putting everything you have into the rep to pull yourself up as quickly as possible.

MUSCLE BUILDING TERMINOLOGY

A

Abduction - Movement of a limb away from middle of body, such as bringing arm to shoulder height from hanging-down position.

Abs - Abbreviation for abdominal muscles.

Abyss - A barrier which stands between knowing what needs to be done and actually doing it

Accommodating Resistance - Increasing resistance as the lifter's force increases through range of motion. Nautilus machines are said to provide accommodating resistance.

Adduction - Movement of a limb toward middle of body, such as bringing arm to side from extended position at shoulder.

Adhesion - Fibrous patch holding muscles or other parts together that are normally separated.

Aerobic Exercise - Prolonged, moderate-intensity work that uses up oxygen at or below the level at which your cardiorespiratory (heart-lung) system can replenish oxy-gen in the working muscles. Aerobic literally means with oxygen, and it is the only type of exercise which burns body fat to meet its energy needs. Bodybuilders engage in aerobic workouts to develop additional cardiorespiratory fitness, as well as to burn off excess body fat to achieve peak contest muscularity. Common aerobic activities include running, cycling, swimming, dancing, and walking. Depending on how

vigorously you play them, most racquet sports can also be aerobic exercise.

AFWB - American Federation of Women Bodybuilders - group that administers women's amateur bodybuilding in America.

Agonist - Muscle directly engaged in contraction, which is primarily responsible for the movement of a body part.

All-or-None - Muscle fiber contracts fully or it does not contract at all.

Amino acids - A group of compounds that serve as the building blocks from which protein and muscle are made.

Anabolic Drugs - Also called anabolic steroids, these are artificial male hormones that aid in nitrogen retention and thereby add to a male bodybuilder's muscle mass and strength. These drugs are not without hazardous side effects, however, and they are legally available only through a physician's prescription.

Anabolic Steroid - Synthetic chemical that mimics the muscle-building characteristics of the male hormone testosterone.

Anaerobic Exercise - Exercise of much higher intensity than aerobic work, which uses up oxygen more quickly than the body can replenish it in the working muscles. Anaerobic exercise eventually builds up a significant oxygen debt that forces an athlete to terminate the exercise session rather quickly. Anaerobic exercise (the kind of exercise to which

bodybuilding training belongs) burns up glycogen (muscle sugar) to supply its energy needs. Fast sprinting is a typical anaerobic form of exercise.

Androgenic Drugs - Androgenics are drugs that simulate the effects of the male hormone testosterone in the human body. Androgens do build a degree of strength and muscle mass, but they also stimulate secondary sex characteristics such as increased body hair, a deepened voice, and high levels of aggression. Indeed, many bodybuilders and power-lifters take androgens to stimulate aggressiveness in the gym, resulting in more productive workouts

Antagonist - Muscle that counteracts the agonist, lengthening when agonist muscle contracts.

APC - American Physique Committee, Inc. Group that administers men's amateur bodybuilding in America.

Antioxidant - Small compounds that minimize tissue oxidation and help control free radicals and their negative effects.

Arm Blaster - Aluminum strip about 5x24 inches, supported at waist height by a strap around neck. Keeps elbows from moving while curling barbell or doing triceps pushdowns.

Atrophy - Decrease in size and functional ability of tissue or organs. Atrophy is basically "muscle loss" through incorrect nutrition and overtraining.

B

Baby's Butt - Indentation between the two heads of biceps muscles of very muscular man.

Barbell - Weight used for exercise, consisting of a rigid handle 5-7' long, with detachable metal discs at each end.

Back-Cycling - Dropping back the amount of weight used, number of reps or number of sets in your workout.

Balance - A term referring to an even relationship of body proportions in a man's physique. Perfectly balanced physical proportions are a much-sought-after trait among competitive bodybuilders.

Basic Exercise - A bodybuilding exercise which stresses the largest muscle groups of your body (e.g., the thighs, back, and/or chest), often in combination with smaller muscles. You will be able to use very heavy weights in basic exercises in order to build great muscle mass and physical power. Typical basic movements include squats, bench presses, and deadlifts. (You should also see the listing for Isolation Exercise.)

Bar - The steel shaft that forms the basic part of a barbell, dumbbell or cable attachment. These bars are normally about one inch thick, and they are often encased in a revolving standard size metal sleeve that holds the weight.

Barbell - Weight used for exercises, consisting of a rigid handle with detachable (or fixed) metal discs at each end.

Basic Exercise - A muscle building exercise which targets the largest muscle groups of your body (upper legs, back, and/or chest) and often smaller muscles in the same movement.

Basic exercises are the best for building muscle mass. Typical basic movements include squats, bench presses, rows and deadlifts.

Bench - A fixed or adjustable padded bench that you can use for doing various exercises like dumbbell bench press, shoulder press and arm exercises. Some benches are flat and adjustable in height, other can incline to 10-90 degrees.

Benches - A wide variety of exercise benches is available for use in doing barbell and dumbbell exercise either lying or seated on a bench. The most common type of bench, a flat exercise bench, can be used for chest, shoulder, and arm movements. Incline and decline benches (which are angled at about 30-45 degrees) also allow movements for the chest, shoulders, and arms.

Biomechanics - The science concerned with the internal and external forces acting on a human body and the effects produced by these forces.

Body Composition - The percentage of your body weight composed of fat compared to fat-free mass.

Buff - Being muscular to the highest level.

Buffed - As in a "finely buffed finish" - good muscle size and definition, looking good.

Bulking Up - Gaining bodyweight by growing muscle, body fat or both muscle and fat.

Burn or "The Burn" - A beneficial burning sensation in a muscle that you are training. This burn is caused by a rapid buildup of fatigue toxins in the muscle and is a good indication that you are optimally working a muscle group. The best bodybuilders consistently forge past the pain barrier erected by muscle burn and consequently build very massive, highly defined muscles.

Burns - A training technique used to push a set past the normal failure point, and thereby to stimulate it to greater hypertrophy. Burns consist of short, quick, bouncy reps 4-6 inches in range of motion. Most bodybuilders do 8-12 burns at the end of a set that has already been taken to failure. They generate terrific burn in the muscles, hence the name of this technique.

C

Calisthenics - Simple exercises performed without equipment, using only the body for resistance, like jumping jacks, lunges, push-ups, dips.

CAFB - The Canadian Amateur Federation of Bodybuilders, the sports federation responsible in Canada for administering amateur bodybuilding for men, women, and mixed pairs. The CAFB is one of the more than 120 national bodybuilding federations affiliated internationally with the IFBB.

Calories - The unit for measuring energy value. This can be the amount of energy you burn or the amount of energy contained in foods.

Carbohydrates - Organic compounds containing carbon, hydrogen, and oxygen. They're a very effective fuel source

for the body. There are 2 main types of carbs. Simple carbs are found in sugars and complex carbs are found in wheat, rice, bread, potatoes etc. You need to eat complex carbs for long lasting energy.

Chalk - The powder used on hands for a secure grip.

Cheating (cheat reps) - A method of pushing a muscle to keep working far past the point at which it would normally fail to continue contracting due to excessive fatigue buildup. In cheating you will use a self-administered body swing, jerk, or otherwise poor exercise form once you have reached the failure point to take some of the pressure off the muscles and allow them to continue a set for two or three repetitions past failure.

Chin-up Bar - A bar attached high on the wall or gym ceiling, on which you can do chins, pull ups, hanging leg raises, and other movements for your upper body.

Cholesterol - A type of fat that, although most widely known as a "bad fat" implicated in promoting heart disease and stroke, is a vital component in the production of many hormones in the body.

Circuit Training - Going quickly from one exercise apparatus to another and doing a prescribed number of exercises on each apparatus, to keep pulse rate high and promote overall fitness.

Collar - The clamp that is used to hold plates securely in place on a barbell or dumbbell bar. The cylindrical metal clamps are held in place on the bar by means of a set screw threaded

through the collar and tightened securely against the bar. Inside collars keep plates from sliding inward and injuring your hands, while outside collars keep plates from sliding off the barbell in the middle of an exercise.

Compound Exercise - An exercise that requires you to move at two joints or more. Examples of compound exercises are squat, bench press, pull up and dip.

Compound Training - Sometimes called "giant sets", doing 34 exercises for same muscle, one after other, with minimal rest in between.

Concentric - The lifting phase of an exercise, when the muscle shortens or contracts. For example in a bicep curl when you pull the weight up you're in the "positive" or concentric part of the movement.

Clean - The movement of raising a barbell or two dumb-bells from the floor to your shoulders in one smooth motion to prepare for an overhead lift. To properly execute a clean movement, you must use the coordinated strength of your legs, back, shoulders, and arms.

Clean diet - This refers to eating nutrient-rich, low-fat meals.

Clean and Jerk - Olympic lift where weight is raised from floor to overhead in 2 movements (see also SNATCH).

Collar - The clamp that is used to hold plates securely in place on a barbell or dumbbell bar. The cylindrical metal clamps are held in place on the bar by means of a set screw threaded through the collar and tightened securely against the bar.

Inside collars keep plates from sliding inward and injuring your hands, while outside collars keep plates from sliding off the barbell in the middle of an exercise.

Compound Training - Sometimes called "giant sets"; doing 3-4 exercises for same muscle, one after other, with minimal rest in between.

Concentric - The lifting phase of an exercise, when the muscle shortens or contracts. For example, When you lift the weight in a bench press, pressing it from your chest to the lock-out position, that's the concentric, or "positive," phase of the exercise.

Couples' Competition - A relatively new form of bodybuilding competition in which man-woman teams compete against others with particularly appealing posing routines featuring adagio and other dance movements and lifts. More frequently called "Mixed Pairs Competition," this event is rapidly gaining international popularity with the bodybuilding community and general public, and is held in both amateur and professional World Championships.

Clean and Snatch - One of 2 Olympic lifts where weight is raised from floor to overhead at arms' length in one motion.

Crunches - An exercise for the abdominal muscles. The exercise is done on the floor with legs on bench, hands behind neck. Also known as sit-ups.

Curl Bar - Cambered bar designed for more comfortable grip and less forearm strain.

Cut Up (or Cut) - A term used to denote a bodybuilder who has an extremely high degree of muscular definition due to a low degree of body fat.

Cycle - Refers to deliberate variation in the intensity and volume of workouts, or to variation of dosages of steroids or other growth-enhancing drugs.

D

Dead Lift - A muscle building exercise and one of three powerlifting events (other two are squat and bench press). Weight is lifted off floor to approximately waist height. Lifter must stand erect, shoulders back.

Deficiency - A less than optimum level of nutrients for your body's requirements. Most commonly seen in vitamins. Your body may become deficient when you are training hard and not eating a healthy diet.

Definition - The absence of fat over clearly delineated muscular movement. Definition is often referred to as "muscularity," and a highly defined bodybuilder has so little body fat that very fine grooves of muscularity called "striations" will be clearly visible over each major muscle group.

Delts - Abbreviation for Deltoids. Deltoids are the shoulder muscles. The body has front, middle and rear deltoids.

Density - Muscle hardness, which is also related to muscular definition. A bodybuilder can be well-defined and still have excess fat within each major muscle complex. But when he has muscle density, even this intramuscular fat has been

eliminated. A combination of muscle mass and muscle density is highly prized among all competitive bodybuilders.

Diet - Food and drink regularly consumed by a person, often according to specific guidelines to improve physical condition.

Dip Belt - A large heavy belt that a lifter can wear around the waist and attach additional weights to increase the intensity of the dip exercise.

Dipping Bars - Parallel bars set high enough above the floor to allow you to do dips between them, leg raises for your abdominals, and a variety of other exercises.

Diuretics - Sometimes called "water pills," these are drugs and herbal preparations that remove excess water from a bodybuilder's system just prior to a show, thereby revealing greater muscular detail. Harsh chemical diuretics can be quite harmful to your health, particularly if they are used on a chronic basis. Two of the side effects of excessive chemical diuretic use are muscle cramps and heart arrhythmias (irregular heart beats).

Double (Split Training) Routine - Working out twice a day to allow for shorter, more intense workouts. Usually performed by advanced bodybuilders preparing for contests.

Drop Set - An advanced training technique where the trainee completes one set, immediately followed by another set with slightly lighter weights and the followed by a third set with lighter weights again. Drop sets are often used with dumbbells or machines. Barbell drop sets are often referred to

as "stripping" because you take the plates off the bar instead of using lighter dumbbells. It's important that you have no rest between sets, not even 5 seconds!

Drying Out - Encouraging loss of body fluids by limiting liquid intake, eliminating salt, sweating heavily and/or using diuretics.

Dumbbell - Weight used for exercising consisting of rigid handle about 14" long with sometimes detachable metal discs at each end.

E

Easy Set - A set performed without using maximum effort. Like a warm up set.

Eccentric - The lowering phase of an exercise, when the muscle lengthens. For example, lowering the weight to your chest during the bench press is the eccentric, or "negative" part of the exercise.

Endurance - Ability of a muscle to produce force continually over a period of time. The greater your endurance the longer you can perform the exercise.

Energy - Measure in Calories or KJ energy is the capacity to do work. Energy harnessed is power.

Essential fatty acids (EFAs) - Fats our bodies can't make, so we must obtain them through our diets. These fats (which include linoleic and linolenic acid) are very important to

hormone production, as well as cellular synthesis and integrity. Good sources of these fats are flaxseed oil and safflower oil.

Estrogen - Female sex hormone.

Exercise - An exercise is each individual movement. For example, leg press and squat are both different exercises.

Extension - Extending a body part from a bent position to a straight position. For example, tricep extension (bending at the elbow) and leg extension (bending at the knee).

F

Failure - That point in an exercise at which you have so fully fatigued your working muscles that they can no longer complete an additional repetition of a movement with strict biomechanics. You should always take your post-warm-up sets at least to the point of momentary muscular failure, and frequently past that point.

Fascia - Fibrous connective tissue that covers, supports and separates ~1 muscles and muscle groups. It also unites skin with underlying tissue.

Fast Twitch Muscles - Refers to muscle cells that fire quickly and are utilized in anaerobic activities like sprinting and powerlifting.

Fat - One of the macronutrients. Fat contains nine calories per gram; it has the most calories of all the macronutrients. There

are two types of fat-saturated "bad" fat and unsaturated "good" fat.

Fat Free Mass (FFM) - Any part of the human body that does not contain any fat. For example, bones, hair, muscles skin etc.

Flex - Bend or decrease angle of a joint; contract a muscle.

Flexibility - A suppleness of joints, muscle masses, and connective tissues which lets you move your limbs over an exaggerated range of motion, a valuable quality in body-building training, since it promotes optimum physical development. Flexibility can only be attained through systematic stretching training.

Flexion - Bending in contrast to extending, as in leg flexions.

Flush - Cleanse a muscle by increasing the blood supply to it, removing toxins left in muscle by exertion.

Forced Reps - Forced reps are a frequently used method of extending a set past the point of failure to induce greater gains in muscle mass and quality. With forced reps, a training partner pulls upward on the bar just enough for you to grind out two or three reps past the failure threshold.

Form - This is simply another word to indicate the mechanics used during the performance of any muscle building or weight training movement. Perfect form involves moving only the specific muscles in an exercise description.

Free Style Training - Training all body parts in one workout.

Free Weights - Barbells, dumbbells, and related equipment. Serious bodybuilders use a combination of free weights and such exercise machines as those manufactured by Nautilus and Universal Gyms, but they primarily use free weights in their workouts.

Frequent Feeding - Eating often throughout the day to work with your body, not against it. By eating at regular intervals throughout the day (approximately every two to three hours), you can keep your metabolism elevated and energy levels stable.

Fructose - The main type of sugar found in fruit. It's sweeter than sucrose (table sugar).

G

Giant Sets - Series of 4-6 exercises done with little or no rest between movements and a rest interval of 3-4 minutes between giant sets. You can perform giant sets for either two antagonistic muscle groups or a single body part.

Glucose - The simplest sugar molecule. It's also the main sugar found in blood and is used as a basic fuel for the body.

Glycogen - The principal stored form of carbohydrate energy (glucose), which is reserved in muscles. When your muscles are full of glycogen, they look and feel full.

Gorging - This refers to eating large amounts of food at one meal, then waiting for many hours, maybe a full day, before eating again.

Grazing - This term refers to frequent feedings - eating small amounts of food often.

H

Hand Off - Assistance in getting a weight to starting position for an exercise.

Hard Set - Perform a prescribed number of repetitions of an exercise using maximum effort.

HDL - This stands for "high-density lipoprotein." It's one of the subcate-gories of cholesterol--typically thought of as the "good" cholesterol. You may be able to raise your HDL cholesterol levels by ingesting qual-ity unsaturated fats like flaxseed oil. Exercise has ~so been shown to increase HDL levels.

Hypertrophy - The scientific term denoting an increase in muscle mass and an improvement in relative muscular strength. Hypertrophy is induced by placing an "overload" on the working muscles with various training techniques during a muscle building workout.

I

IFBB - International Federation of Bodybuilders, founded in 1946 - group that over-sees worldwide men's and women's amateur and professional bodybuilding.

Intensity - The relative degree of effort that you put into each set of every exercise in a bodybuilding workout. The more intensity you place on a working muscle, the more quickly it will increase in hypertrophy. The most basic methods of increasing intensity are to use heavier weights in good form in each exercise, do more reps with a set weight, or perform a consistent number of sets and reps with a particular weight in a movement, but progressively reducing the length of rest intervals between sets.

Isokinetic Exercise - Isotonic exercise in which there is ACCOMMODATING RESISTANCE. Also refers to constant speed. Nautilus and Cybex are two types of isokinetic machines, where machine varies amount of resistance being lifted to match force curve developed by the muscle.

Exercise - Muscular contraction where muscle maintains a constant length and joints do not move. These exercises are usually performed against a wall or other immovable object.

Isolation Exercise - In contrast to a basic exercise, an isolation movement stresses a single muscle group (or sometimes just part of a single muscle) in relative isolation from the remainder of the body. In all isolation exercises only 1 joint movement is required. Examples are bicep curl, leg extension and tricep extension.

Isometric Exercise - Muscular contraction where muscle maintains a constant length and joints do not move. These

exercises are usually performed against a wall or other immovable object.

Isotonic Exercise - Muscular action in which there is a change in length of muscle and weight) keeping tension constant. Lifting free weights is a classic isotonic exercise.

J

Judging Rounds - In the universally accepted and applied IFBB system of judging, bodybuilders are evaluated in three distinctly different rounds of judging, plus a final pose down round for only the top five competitors after the first three rounds have been adjudicated. In Round One, the competitors are viewed in groups and individually in seven well-defined compulsory poses; in Round Two, they are viewed semi-relaxed from the front, both sides, and back; and in Round Three, they perform their own uniquely personal free-posing routines to their own choice of music. Overall, this use of three rounds of judging and a pose down round results in a very fair choice of the final winners of a bodybuilding champion-ship.

Juice - A slang term for anabolic steroids, e.g., being "on the juice."

K

Kinesiology - Study of muscles and their movements.

Knee Wraps - Elastic strips about 3-5 inches wide used to wrap knees for better support when performing squats, dead lifts, etc.

L

Lats - Abbreviation for latissimus dorsi, the large muscles of the back that move the arms downward, backward and in internal rotation.

Law Of Nature - Use it or lose it.

Layoff - Most intelligent bodybuilders take a one or two week layoff from bodybuilding training from time to time, during which they totally avoid the gym.

LDL - This stands for "low-density lipoprotein" and is a subcategory of cholesterol, typically thought of as the "bad" cholesterol. Levels of LDL cholesterol can be elevated by ingestion of saturated fats and a lack of exercise.

Lean Body Mass - Everything in the body except fat, including bone, organs, skin, nails and all body tissue including muscle. Approximately 50-60% of lean body mass is water.

Lift Off - Assistance in getting weight to proper starting position.

Ligament - Strong, fibrous band of connecting tissue connecting 2 or more bones or cartilages or supporting a muscle, fascia or organ.

Linoleic Acid - An essential fatty acid and, more specifically, an omega-6 polyunsaturated fatty acid. Good sources of this fatty acid are safflower oil and soybean oil.

Linolenic Acid - An essential fatty acid and, more precisely an omega-3 poly-unsaturated fatty acid. It is found in high concentrations in flaxseed oil.

Lock Out - Partial repetition of an exercise by pushing the weight through only last few inches of movement.

Lower Abs - Abbreviation for abdominal muscles below the navel.

M

Mass - The relative size of each muscle group, or of the entire physique. As long as you also have a high degree of muscularity and good balance of physical proportions, muscle mass is a highly prized quality among competitive bodybuilders.

Max - Maximum effort for one repetition of an exercise.

Meal - Food that's eaten at one time. Each meal should contain a portion (which is the size of the palm of your hand or your clenched fist) of protein and a portion of carbohydrates.

Metabolic Rate - The rate you convert energy stores into working energy in your body. In other words, it's how Fast

your "whole system" runs. The metabolic rate is controlled by a number of factors, including: muscle mass (the greater your muscle mass, the greater your metabolic rate), calorie intake, and exercise.

Metabolism - The use of nutrients by the body. It's the process by which substances come into the body and the rate at which they are used.

Mid-Section - Muscles of abdominal area, including upper and lower abdominals, obliques and rectus abdominis muscles.

Military Press - Pressing a barbell from upper chest upward in standing or sitting position.

Minerals - Naturally occurring, inorganic substances that are essential for human life, which play a role in many vital metabolic processes.

Muscle - Tissue consisting of fibers organized into bands or bundles that contract to cause bodily movement. Muscle fibers run in the same direction as the action they perform.

Muscle Head - Slang for someone whose life is dominated by muscle building training.

Muscle Spasm - Sudden, involuntary contraction of muscle or muscle group.

Muscle Tone - Condition in which a muscle is in a Constant yet slight state of contraction and appears firm.

Muscularity - An alternative term for "definition" or "cuts."

Myositis - Muscular soreness due to inflammation that often occurs 1-2 days after unaccustomed exercise.

N

Nautilus - Isokinetic type exercise machine, which attempts to match resistance with user's force.

Negative Reps - One or two partners help you lift a weight up to 50% heavier than you would normally lift to finish point of movement. Then you slowly lower weight on your own.

NPC - The National Physique Committee, Inc., which administers men's and women's amateur bodybuilding competitions in the United States. The NPC National Champions in each weight division are annually sent abroad to compete in the IFBB World Championships.

Non Locks - Performing an exercise without going through complete range of motion. For example, doing squat without coming to full lockout position of knees or pressing a barbell without locking out elbows.

Nutrients - Components of food that help nourish the body: that is, they provide energy or serve as "building materials." These nutrients include carbohydrates, fats, proteins, vitamins, minerals, water, etc.

Nutrition - The applied science of eating to foster greater health, fitness, and muscular gains. Through correct

application of nutritional practices, you can selectively add muscle mass to your physique, or totally strip away all body fat, revealing the hard-earned muscles lying beneath your skin.

O

Obliques - Abbreviation for external obliques, the muscles to either side of abdominals that rotate and flex the trunk.

Odd Lifts - Exercises used in competition other than snatch and clean and jerk, such as squats, bench presses, and barbell curls.

Olympian - A term reserved for use when referring only to a bodybuilder who has competed in the Mr. Olympia or Ms. Olympia competitions.

Olympic Barbell - A special type of barbell used in weightlifting and powerlifting competitions, but also used by bodybuilders in heavy basic exercises such as squats, bench presses, barbell bent rows, standing barbell curls, standing barbell presses, and deadlifts. An Olympic barbell sans collars weighs 45 pounds, and each collar weighs five pounds.

Olympic Lifting - The type of weightlifting competition contested at the Olympic Games every four years, as well as at national and international competitions each year. Two lifts (the snatch and the clean and jerk) are contested in a wide variety of weight classes.

One Rep Max - The heaviest weight with which a person can complete one full repetition. (e.g. "My max rep on the bench press is 325 pounds.")

Onion Skin - Slang denoting skin with very low percentage of subcutaneous fat which helps accentuate muscularity.

Optimal Nutrition - The best possible nutrition; distinct from merely adequate nutrition, which is characterized by no overt deficiency. This term describes people free from marginal deficiencies, imbalances, and toxicities, and who are not at risk for such.

Overload Principal - Applying a greater load than normal to a muscle to increase its capability.

P

Partial Reps - Performing an exercise without going through a complete range of motion either at the beginning or end of a rep.

Peak Contraction - Exercising a muscle until it cramps by using shortened movements. **Pecs** - Abbreviation for pectoral muscles of the chest.

Pecs or Pectorals - The large muscles of the chest.

P.H.A. - Peripheral Heart Action; a system of training where you go from one exercise to another, with little or no rest, preferably alternating upper body and lower body exercises.

Designed for cardiovascular training and to develop muscle mass.

Plates - The flat discs placed on the ends of barbell and dumbbell bars to increase the weight of the apparatus. Although some plates are made from vinyl-covered concrete, the best and most durable plates are manufactured from metal.

Plyometrics - Explosive movements (like jumping squats) to improve power and strength, generally for a sport.

Plyometric Exercise - Where muscles are loaded suddenly and stretched, then quickly contracted to produce a movement, Athletes who must jump do these, i.e. jumping off bench to ground, quickly rebounding to another bench.

Pose - Each individual stance that a bodybuilder does onstage in order to highlight his muscular development.

Pose Down - Bodybuilders performing their poses at the same time in a competition, trying to out pose one another.

Portion - The amount of carbohydrates or protein one should eat with each meal. A portion is the size of the palm of your hand or your clenched fist.

Poundage - The amount of weight that you use in an exercise, whether that weight is on a barbell, dumbbell, or exercise machine.

Power - Strength + Speed.

Power Lifting - A second form of competitive weightlifting (not contested in the Olympics, however) featuring three lifts: the squat, bench press, and deadlift. Power lifting is contested both nationally and internationally in a wide variety of weight classes.

Power Lifts - Three movements used in powerlifting competition: the squat, bench press and dead lift.

Power Mindset - The state of being where you feel self-reliant, confident, and strong.

Power Training - System of weight training using low repetitions, heavy weights.

Progression - The act of gradually adding to the amount of resistance that you use in each exercise. Without consistent progression in your workouts, you won't overload your muscles sufficiently to promote optimum increases in hypertrophy.

Progressive Resistance - Method of training where weight is increased as muscles gain strength and endurance, the backbone of all weight training.

Protein - Proteins are the building blocks of muscle, enzymes, and sonic hormones. They are made up of amino acids and are essential for growth and repair in the body. A gram of protein contains four calories. Those from animal sources contain the essential amino acids. Those from vegetable sources contain some but not all of the essential amino acids. Proteins are broken up by the body to produce amino acids.

Pump AKA "the pump" - The tight, blood-congested feeling in a muscle after it has been intensely trained. Muscle pump is caused by a rapid influx of blood into the muscles to remove fatigue toxins and replace supplies of fuel and oxygen. A good muscle pump indicates that you have optimally worked a muscle group.

Pumping Iron - Phrase that has been in use since the 1950s, but recently greatly popularized. Lifting weights.

Pumped - Slang meaning the muscles have been made large by increasing blood supply to them through exercise.

Q

Quads - Abbreviation for quadriceps femoris muscles, muscles on top of legs, which consist of 4 parts (heads).

Quality Training - Training just before bodybuilding competition where intervals between sets are drastically reduced to enhance muscle mass and density, and low-calorie diet is followed to reduce body fat.

R

Range of Motion (ROM) - Refers to the limits of motion of the joints and muscles associated with an exercise.

Repetition (rep) - The number of times you lift and lower a weight in one set of an exercise. For example, if you lift and

lower a weight 10 times before set-ting the weight down, you have completed 10 "reps" in one set.

Rep - The number of times you lift and lower a weight in one set of an exercise. For example, if you lift and lower a weight 10 times before set-ting the weight down, you have completed 10 "reps" in one set.

Rep Out - Repeat the same exercise over and over until you are unable to do any more.

Reps - Abbreviation for REPETITIONS.

Resistance Training - Working out with weights or using your body to resist some other force. This includes a wide spectrum of motion, from push-ups to dumbbell curls.

Rest Interval - Pause between sets of an exercise.

Rest Pause Training - Training method where you press out one difficult repetition, then replace bar in stands, then after a 10-20 second rest, do another rep, etc.

Rest Period - The amount of time you allow between sets and exercises.

Rest-Pause Training - Training method where you press out one difficult repetition, then replace bar in stands, then after a 10-20 second rest, do another rep, etc.

Ripped - Slang meaning extreme muscularity.

Roid or Roids - Slang for ANABOLIC STEROID.

Routine - Also called a training schedule or program, a routine is the total list of exercises, sets, and reps (and sometimes weights) used in one training session.

S

Saturated fats - These are bad fats. They are called saturated because they contain no open spots on their carbon skeletons. These bad fats have been shown to raise cholesterol levels in the body. Sources of these fats include animal foods and hydrogenated vegetable oils, such as margarine.

Set - Group of reps (lifting and lowering a weight) of an exercise after which you take a brief rest period. For example, if you complete 10 reps, set the weight down, complete eight more reps, set the weight down again, and repeat for six more reps, you have completed three sets of the exercise.

Sleeve - The hollow metal tube fit over the bar on most exercise barbell and dumbbell sets. This sleeve makes it easier for the bar to rotate in your hands as you do an exercise. Spotters - Training partners who stand by to act as safety helpers when you perform such heavy exercises as squats and bench presses. If you get stuck under the weight or begin to lose control of it, spotters can rescue you and prevent needless injuries.

Slow Twitch Muscle - Muscle cells that contract slowly, are resistant to fatigue and are utilized in endurance activities such as long-distance running, cycling or swimming.

Snatch - Olympic lift where weight is lifted from floor to overhead, (with arms extended) in one continuous movement (see also CLEAN AND JERK).

Spot - Assist if called upon by someone performing an exercise.

Spotter - Training partners who stand by to act as safety helpers when you perform such heavy exercises as squats and bench presses. If you get stuck under the weight or begin to lose control of it, spotters can rescue you and prevent needless injuries.

Steriods AKA Roids - Prescription drugs which mimic male hormones, but without most of the androgenic side effects of actual testosterone. Many bodybuilders use these dangerous drugs to help increase muscle mass and strength.

Sticking Point - A stalling out of bodybuilding progress.

Strength - The ability of a muscle to produce maximum amount of force.

Strength Training - Using resistance weight training to build maximum muscle force.

Stretch - A type of exercise program in which you assume exaggerated postures that stretch muscles, joints, and connective tissues, hold these positions for several seconds, relax and then repeat the postures. Regular stretching exercise promotes body flexibility.

Stretch Marks - Tears (slight scars) in skin caused if muscle or fat tissue has expanded in volume faster than skin can grow.

Superset - A superset is when one set is done directly after the other with no rest in between. For example, a superset could be bench press and dumbbell flies.

Supplement - This is a term used to describe a preparation such as a tablet, pill, or powder that contains nutrients. Supplements are used to help you achieve optimal nutrient intake.

Swole - A compliment regarding the overall muscularity or massiveness of a physique or muscle. To look swole is to look muscular, big, massive, or huge.

Symmetry - The shape or general outline of a person's body, as when seen in silhouette. If you have good symmetry, you will have relatively wide shoulders, flaring lats, a small waist-hip structure, and generally small joints.

T

Tendon - A band or cord of strong, fibrous tissue that connects muscles to bone.

Testosterone - The male hormone primarily responsible for the maintenance of muscle mass and strength induced by heavy training. Testosterone is secondarily responsible for developing such secondary male sex characteristics as a deep voice, body hair, and male pattern baldness.

Thick Skin - Smooth skin caused by too much fatty tissue between the layers of muscle and beneath skin.

Tone - See **MUSCLE TONE**.

Training Effect - Increase in functional capacity of muscles as result of increased (overload) placed upon them.

Training Straps - Cotton or leather straps wrapped around wrists, then under and over a bar held by clenched hands to aid in certain lifts (rowing, chin-ups, shrugs, dead lifts, cleans, etc.) where you might lose your grip before working muscle to desired capacity-

Training to Failure - Continuing a set until it is impossible to complete another rep without assistance.

Traps - Abbreviation for trapezius muscles, the largest muscles of the back and neck that draw head backward and rotate scapula.

Tri Sets - Alternating back and forth between 3 exercises until prescribed number of sets is completed.

Trimming Down - To gain hard muscular appearance by losing body fat.

U

Upper Abs - Abbreviation for abdominal muscles above navel.

Universal Machine - One of several types of machines where weights are on a track or rails and are lifted by levers or pulleys.

Unsaturated Fat - These are 'good' fats. They are called unsaturated because they have one or more open spots on their carbon skeletons. This category of fats includes the essential fatty acids linoleic and linolenic. The main sources of these fats are from plant foods, such as safflower, sunflower, and flaxseed oils.

V

Variable Resistance - Strength training equipment where the machine varies amount of weight being lifted to match strength curve for a particular exercise-usually with a cam, lever arm or hydraulic cylinder. Also referred to as "ACCOMMODATING RESISTANCE."

Vascularity - Increase in size and number of observable veins. Highly desirable in bodybuilding.

Vitamins - Organic compounds that are vital to life, indispensable to bodily function, and needed in minute amounts. They are calorie-free essential nutrients. Many of them function as coenzymes supporting a multitude of biological functions.

W

Warm Up - The 10-15-minute session of light calisthenics, aerobic exercise, and stretching taken prior to handling heavy bodybuilding training movements. A good warm-up helps to prevent injuries and actually allows you to get more out of your training than if you went into a workout totally cold.

Weight Class - In order for bodybuilders to compete against men of similar size, the IFBB has instituted weight classes for all amateur competition. The normal men's weight classes are 70 kilograms (kg), 154 pounds (lbs); 80 kg, 176 lbs; 90 kg, 198 lbs; and over 90 kg. In a minority of competitions, particularly in the Far East, one additional class 65 kg, or 143 lbs is also contested.

Weightlifting - The competitive form of weight training in which each athlete attempts to lift as much as he can in well-defined exercises. Olympic lifting and power lifting are the two types of weightlifting competition.

Weight Training Belt - Thick leather belt used to support lower back. Used while doing squats, military presses, dead lifts, bent rowing, etc

Weight Lifting Belt or "weight belt" - Thick leather belt used to support lower back. Used while doing squats, military presses, dead lifts, bent rowing, etc

Workout - A bodybuilding or weight-training session. First of all some of you were embarrassed to ask these questions in dms but don't be because it's actually my privilege and honor to introduce you to calisthenics in this , if you read all of these you officially have knowledge about every term that exists in muscle building , any term w XYZ don't exist.

NUTRITION

Muscle building foods for gaining lean muscle , I am gonna name all 26 that I consume day to day (7-8 on a daily basis atleast)

1. Eggs

Eggs contain high quality protein, healthy fats, and other important nutrients like B vitamins and choline (1Trusted Source).

Proteins are made up of amino acids. Eggs contain large amounts of the amino acid leucine, which is particularly important for muscle gain

B vitamins are also critically important for a variety of processes in your body, including energy production

2. Salmon

Salmon is a great choice for muscle building and overall health.

Each 3-ounce (85-gram) serving of salmon contains about 17 grams of protein, 1.5 grams of omega-3 fatty acids, and several important B vitamins

Omega-3 fatty acids play an important role in muscular health and may even increase muscle gain during exercise programs

3. Chicken breast

There's a good reason why chicken breasts are considered a staple for gaining muscle: They're packed with protein. Each 3-ounce (85-gram) serving contains about 26.7 grams of high quality protein .

Chicken breasts also contain generous amounts of the B vitamins niacin and B6, which may be particularly important if you are active

These vitamins help your body function properly during the physical activity that's necessary for optimal muscle gain

What's more, some research has shown that higher protein diets containing chicken may aid in fat loss

4. Greek yogurt

Dairy not only contains high quality protein but also a mixture of fast-digesting whey protein and slow-digesting casein protein

Some research has shown that people experience increases in lean mass when they consume a combination of fast- and slow-digesting dairy proteins

But not all dairy is created equal. For example, Greek yogurt often contains approximately double the amount of protein as regular yogurt

While Greek yogurt is a good snack anytime, eating it after a workout or before bed may be beneficial, due to its mixture of fast- and slow-digesting proteins

5. Tuna

In addition to 20 grams of protein per 3-ounce (85-gram) serving, tuna contains high amounts of vitamin A and several B vitamins, including B12, niacin, and B6. These nutrients are important for optimal health, energy, and exercise performance

Additionally, tuna provides large amounts of omega-3 fatty acids, which may support muscle health

This may be particularly important for older adults. Research has shown that omega-3 fatty acids can slow the loss of muscle mass and strength that occurs with age

6. Lean beef

Beef is packed with high quality protein, B vitamins, minerals, and creatine.

Some research has even shown that consuming lean red meat can increase the amount of lean mass gained with weight training

Even when you're trying to gain muscle, it may be best to choose beef that supports muscle gain without providing too many extra calories.

For example, 3 ounces (85 grams) of 70% lean ground beef contains 235 calories and 16 grams of fat

However, the same amount of 95% lean ground beef contains slightly more protein, plus only 148 calories and 6 grams of fat

7. Shrimp

Shrimp are almost pure protein. Each 3-ounce (85-gram) serving contains 19 grams of protein, 1.44 gram of fat, and 1 gram of carbs

While healthy fats and carbs are important in your overall diet, adding some shrimp is an easy way to get muscle building protein without too many additional calories.

Like many other animal proteins, shrimp contains a high amount of the amino acid leucine, which is necessary for optimal muscle growth

8. Soybeans

Half a cup (86 grams) of cooked soybeans contains 16 grams of protein, healthy unsaturated fats, and several vitamins and minerals

Soybeans are a particularly good source of vitamin K, iron, and phosphorus

Iron is used to store and transport oxygen in your blood and muscles, and a deficiency can impair these functions

People who menstruate may be particularly at risk of iron deficiency due to blood loss during their cycle

9. Cottage cheese

One cup (226 grams) of low fat cottage cheese packs 28 grams of protein, including a hearty dose of the important muscle building amino acid leucine

Like other dairy products, cottage cheese can be purchased with varying fat contents. High fat versions like creamed cottage cheese have more calories.

Choosing which type of cottage cheese is best simply depends on how many extra calories you want to add to your diet. Regardless of which type you choose, it's a great muscle building snack.

10. Turkey breast

A 3-ounce (85-gram) serving of turkey breast contains around 26 grams of protein and almost no fat or carbs

Turkey is also a good source of the B vitamin niacin, which helps process fats and carbohydrates in your body

Having optimal levels of B vitamins could help you gain muscle over time by supporting your body's ability to exercise

11. Tilapia

Although it doesn't have as much omega-3 fatty acids as salmon, tilapia is another protein-packed seafood item.

A single (87-gram) fillet provides around 23 grams of protein, along with good amounts of vitamin B12 and selenium

Vitamin B12 is important for the health of your blood cells and nerves, which allows you to perform the exercise you need to gain muscle (32).

12. Beans

Many different types of beans can be part of a diet for lean muscle gain.

Popular varieties — such as black, pinto, and kidney beans — contain around 15 grams of protein per cup (about 172 grams) of cooked beans

What's more, they are excellent sources of fiber and B vitamins, in addition to being high in magnesium, phosphorus, and iron. For these reasons, beans are a good source of plant-based protein to add to your diet.

What's more, they may play a role in long-term health and disease prevention

13. Protein powders

While any good diet should focus on whole foods, there are times when dietary supplements can be beneficial

If you have trouble getting enough protein from foods alone, you could consider adding protein shakes to your daily routine.

Dairy protein powders, such as whey and casein, are some of the most popular. Other protein powders use soy, pea, beef, or chicken protein.

You can find a variety of protein powders online.

14. Edamame

Edamame is the term for immature soybeans. These developing beans are found in pods and served in a variety of dishes, particularly those of Japanese origin.

One cup (155 grams) of frozen edamame provides around 18 grams of protein and 8 grams of fiber. It also contains large amounts of folate, vitamin K, and manganese

Among other functions, folate helps your body process amino acids, the building blocks of protein

In fact, folate may be important for optimal muscle mass and strength, particularly in older adults

15. Quinoa

While protein-rich foods are a priority for building lean muscle, it's also important to have the fuel to get active.

Foods with carbohydrates can help provide this energy

Cooked quinoa contains about 40 grams of carbs per cup (185 grams), along with 8 grams of protein, 5 grams of fiber, and hearty amounts of magnesium and phosphorus

Magnesium plays an important role in the function of your muscles and nerves, both of which are used every time you move

16. Scallops

Like shrimp, tilapia, and lean poultry, scallops provide protein with very little fat.

If you are looking to add protein to your diet without consuming too many calories, these very lean sources of protein may be good choices.

Three ounces (85 grams) of scallops provide around 17 grams of protein and fewer than 100 calories

17. Lean jerky lmao bro it doesn't mean you jerk on it and then eat okay ?

When you're on the go, you may want high quality protein from meat such as lean jerky. Just search it up once on google

Many different types of meat can be made into jerky, so the nutrition facts vary. Most fat is removed from lean jerky during processing, so almost all calories in jerky come directly from protein.

These animal sources of protein are high in quality and stimulate muscle growth

18. Chickpeas

Chickpeas, also known as garbanzo beans, are a good source of both carbs and protein.

Each 1-cup (164-gram) serving of canned chickpeas contains around 15 grams of protein and 45 grams of carbs, including 13 grams of fiber

As with many plants, the protein in chickpeas is considered lower quality than that in animal sources. However, it can still be part of a balanced muscle building diet

19. Peanuts

Peanuts contain a mix of protein, fat, and carbs. A 1-ounce (28-gram) serving contains 7 grams of protein, 6 grams of carbs, and large amounts of unsaturated fat

They also contain higher amounts of the amino acid leucine than many other plant products.

Each 1-ounce (28-gram) serving of peanuts contains around 166 calories

If you're having a hard time getting enough calories to drive your muscle gain, eating peanuts could be a good way to get some extra calories and nutrients.

Additionally, nuts are thought to play an important role in an overall healthy diet

20. Buckwheat

Buckwheat is a seed that can be ground into flour and used in place of traditional flours.

One cup (168 grams) of cooked buckwheat groats contains around 6 grams of protein, along with plenty of fiber and other carbs

Buckwheat has become a very popular health food due to its impressive vitamin and mineral content. It contains high amounts of B vitamins, magnesium, manganese, and phosphorus

These vitamins and minerals can help your body stay healthy and able to perform muscle building exercises

21. Tofu

Tofu is produced from soy milk and often used as a meat substitute.

Each half-cup (124-gram) serving of raw tofu contains 10 grams of protein, 6 grams of fat, and 2 grams of carbohydrates

Tofu is also a good source of calcium, which is important for proper muscle function and bone health

Soy protein, found in foods like tofu and soybeans, is considered one of the highest quality plant proteins

For all these reasons, foods containing soy protein are great options for vegans and vegetarians.

22. Pork tenderloin

Pork tenderloin is a lean cut of meat that provides 23.1 grams of protein and only 2 grams of fat per 4 ounces (113 grams)

Some research has shown that pork has effects similar to those of other muscle building foods, such as beef and chicken

23. Milk

Milk provides a mix of protein, carbohydrates, and fats

Similar to other dairy products, milk contains both fast- and slow-digesting proteins

This is thought to be beneficial for muscle growth. In fact, several studies have shown that people can increase their muscle mass when they drink milk in combination with weight training

24. Almonds

One ounce (28 grams) of roasted almonds provides 6 grams of protein and large amounts of vitamin E, magnesium, and phosphorus

Among other roles, phosphorus helps your body use carbohydrates and fats for energy at rest and during exercise

As with peanuts, almonds should be consumed in moderation due to their high calorie content. Half a cup of blanched almonds contains more than 400 calories

25. Bison

Similarly to beef, bison provides about 22 grams of protein per 3-ounce (85-gram) serving

However, some research has shown that bison may be better than beef in terms of the risk of heart disease

If you like to eat red meat as part of your muscle building diet but also worry about your heart health, you could consider replacing some beef with bison.

26. Brown rice

Although cooked brown rice provides only 6 grams of protein per cup (202 grams), it has the carbohydrates you need to fuel your physical activity

Consider eating healthy carb sources like brown rice or quinoa in the hours leading up to exercise

This may allow you to exercise harder, providing your body with a greater stimulus for your muscles to grow.

Plus, some research has shown that rice protein supplements can produce as much muscle gain as whey protein during a weight training program

What's the right diet if you want to build muscle?

You should eat foods that are rich in complex carbohydrates and high quality protein sources, which can be from both animals and plants .

A daily protein intake of 1.6 grams–2.2 grams has been shown to be the most influential factor when trying to optimize the building of muscle mass, accompanied by resistance exercise.

You can reach this protein level by eating high quality protein sources throughout the day. You could also consider supplementing your diet with high quality protein supplements such as whey or casein.

Consider using nutrition apps to track your daily protein intake

How important is the diet when building muscle?

Your diet is a very important part of building muscle. Higher protein diets are helpful for muscle mass, contributing to muscle gains and greater strength when paired with resistance exercise

What foods are best for gaining lean muscle?

High protein foods such as chicken, salmon, Greek yogurt, skim milk, and beans are some of the best foods to help you gain lean muscle

What foods build muscle mass fast?

Eggs are a good food to help build muscle mass fast. Whole eggs are better than egg whites.

One study showed that the post-workout muscle building response in participants eating whole eggs was 40% greater than the muscle response of participants consuming an equivalent amount of protein from egg whites

How can I build muscle while eating only three times per day?

To build muscle while eating only three times per day, make sure your meals include more calories than you're burning, which will create a state of anabolic growth

Strive to hit a good balance of protein, carbohydrates, and healthy fats. A registered dietitian, if you have access to one, or a healthcare professional can help you with questions about your specific nutritional needs.

How should I modify my diet to maximize muscle growth? To maximize muscle growth, you'll need to eat more calories than you typically do. Eat 1.4–2 grams of protein for each kilogram of your body weight per day.

You should also eat enough carbohydrates, vitamins, minerals, and healthy fats to help support muscle growth and recovery.

The bottom line

Numerous foods can help you gain lean muscle. Many of them are high in protein and allow your muscles to recover and grow after you have been active.

It is also important to consume carbohydrates and fats to provide fuel for exercise and physical activity.

What's more, many of the foods on this list contain the vitamins and minerals your body needs to operate at its best.

To reach your goal of gaining lean muscle, focus on exercising regularly and eating more calories each day from nutritious foods like the ones listed in this article. I'll do my best to summarize my answer but I want to give you guys the best information

ENDING WORDS

" You now have completed The Ultimate Fitness Guide , go to gym today and make me proud , you leaned a lot today and I am proud of you "

