



BUILD MUSCLE

JOIN THE RESOLUTION





INTRODUCTION

BUILD MUSCLE GUIDE

Increasing muscle mass is a common obstacle for many individuals. Struggling to gain weight in the form of muscle can be frustrating, and the fear of piling on excessive fat is always at the back of everyone's mind.

The frequent 'eat everything in sight' and 'train for hours' unqualified advice can be misleading, confusing and often lead to disappointing results.

At Myprotein, we understand that every one of us is different, and a 'one size fits all' approach just won't do. So, we've designed a healthy, sustainable and evidence-based guide filled with expert advice and tips to help you efficiently and safely build muscle.

Regardless of age, genetics and ability, we'll help you educate yourself, providing expert dietary, training and lifestyle tips for kick-starting your journey to increased muscle mass.

IMPACT WHEY PROTEIN

[Choice of flavours 1kg]

Consume 1 large scoop [25g] before or after any workout, or throughout the day to increase daily protein intake

MYPRE

[Blue Raspberry, 500g]

Take 1-2 scoops 30 minutes before exercise. Mix each scoop with 300-400 ml of cold water [to desired sweetness] and consume immediately

BCAA PLUS

[90 tablets]

Consume 3 tablets [2-4 times daily] – before, during and after your workouts for maximum benefit

MEN'S BUILD MUSCLE BUNDLE

Building muscle is all about gradual stepping stones. Try to rush, ramping up your calorie intake, portion size and training, and you'll pile on excessive fat mass that becomes difficult to shift.

But a combination of the correct timing, nutrition type, progressive training and appropriate sleep and rest can get you there. Educating yourself and understanding the importance of nutrient timing in and around your workouts is more important here than squeezing out that extra rep.

Fundamentally, nobody can supplement a poor diet, so our Men's Build Muscle Bundle should be integrated into any healthy eating plan. It's packed with ground-breaking, best-selling products specifically tailored towards building that great, lean muscle.

So, let's kick-start your journey and help you achieve those all-important gains at an incredible price...

VITAMIN D3

[180 capsules]

Consume 3 capsules daily
30-60 minutes before bed on
an empty stomach

ALPHA MEN

[120 tablets]

Consume 2 tablets in the
morning and 2 in the evening,
preferably with meals

CREATINE MONOHYDRATE

[250 tablets]

Consume 3-5g
with a whey protein
and carbohydrate blend





ADDITIONAL PRODUCT OPTIONS

Alongside our Men's Build Muscle Bundle, we've got other great products that complement one another to help you achieve your goals. They've been carefully and intelligently designed by an experienced, and innovative team of experts to help you safely increase muscle mass and avoid body fat.

HURRICANE XS



What? : The perfect all-in-one formula to support performance and recovery

When? : Within 30 minutes post-workout or anytime throughout the day

Why? : To support recovery muscle mass

CAFFEINE PRO



What? : Caffeine extract in a capsule format

When? : 1 capsule before your morning/afternoon/evening workouts

Why? : To stimulate the central nervous system, boost energy and reduce fatigue

BETA-ALANINE



What? : A heavily researched non-essential amino acid

When? : 1.5g in the morning and again in the evening

Why? : Beta alanine works with L-histidine to increase carnosine concentration in the skeletal muscle

HMB



What? : 100% HMB, a metabolite of leucine

When? : 3 x 1g doses (morning, afternoon, evening) – daily total of 3g

Why? : HMB is a metabolite of leucine, which is an essential amino acid your body cannot synthesise itself

MALTODEXTRIN



What? : A high glycaemic carbohydrate

When? : Immediately post-exercise with a protein shake

Why? : High glycaemic carbohydrate which will rapidly replenish your energy stores and increase your daily calorie intake

MICELLAR WHEY PROTEIN



What? : A new ground-breaking pre-bed protein supplement

When? : 30-60 minutes before bed

Why? : Combines the anabolic properties of whey and the slow sustained release assets of casein to keep your muscle mass in safe hands during sleep

NUTRITION

Before we get into the specifics of your diet, here are your nutritional targets for this plan

TARGET

3000 kcal

PROTEIN

30% / 225g per day

FATS

20% / 66g per day

CARBS

50% / 375g per day

WATER

2000ml

TARGET STEPS PER DAY

10000

ESTIMATED CALORIES BURNED

2500 kcal (inclusive of BMI and activity levels)

Please be aware that these are general guidelines and may need to be updated depending on your specific needs. These breakdowns have been formulated based on the average sedentary male or female, as well as your commitment to the entire nutrition and training programme.



BUILD MUSCLE MEAL PLAN

If you're looking to build muscle, you need to pay close attention to your daily calorie intake. Quite simply, you can only increase muscle mass when your body is in a calorie surplus. So, at the end of each day, you must have fed your body more calories than you have burnt. However, the question that arises here is 'what do I eat at what times and in what quantities?' At Myprotein, we refer to this as TIMING, TYPE and TOTAL of nutrients.

You need to base your diet around good, healthy foods in plentiful amounts [3 main meals + 4 snacks daily]. A Common mistake that individuals make when striving to increase mass is overeating on junk food and consuming everything in sight, hoping this will develop into muscle. Instead, this rapidly increases your body fat composition levels, which you will eventually have to lose.

From a macronutrient perspective, you need to be tailoring your CARBOHYDRATE intake around your training intensity and duration as well as rest days. Regular PROTEIN consumption throughout the day, and in particular pre/post-workout, is an absolute must, as its fundamental function is to repair, develop and maintain skeletal muscle mass. Increasing your dietary FAT intake via mono and polyunsaturated sources will ensure good hormonal production and muscle growth, while supporting a healthy heart, recovery and a balanced diet.

ALWAYS remember to stay hydrated with a glass of water at every meal, and optimise your vitamin and mineral intake by consuming a portion of vegetables with the majority of meals.





RULES

No matter what level you're at, these 11 'Build Muscle' rules are easy to understand and just perfect for keeping your training on track.

1. RESISTANCE TRAINING

Without providing your body with a stimulus, increasing muscle mass will be impossible

2. PROTEIN EVERY 3-4 HOURS

Protein contains amino acids which are the building blocks for lean muscle growth and repair

3. IMPORTANCE OF PROTEIN

This is the only nutrient that is capable of stimulating muscle growth

4. SELECT YOUR CARBOHYDRATE

Know the difference between low glycaemic vs high glycaemic carbohydrates and what types to consume throughout the day

5. CONSUME ENERGY

You will need to select snacks and meals bursting with energy to achieve a calorie surplus each day

6. MONITOR PROGRESS

Ensure you are achieving results, but remember, patience is the key to success

7. MONITOR YOUR TRAINING

Structure your resistance and cardio training schedule correctly

8. POST-WORKOUT MEALS

Feed your muscles what they need instantly for maximum gains

9. PLAN AHEAD

Stay organised by treating your meal prep like your workouts!

10. MASS GAINER SUPPLEMENTS

Definitely make sure your diet covers the basics of supplementation

11. DON'T NEGLECT SLEEP

Without sufficient rest, adaptations won't occur and your body will develop overtraining syndrome

WORKOUTS TO SUPPORT BUILDING MUSCLE

Selecting the appropriate muscle-building exercises can be the difference between endless frustration and the head-turning physique you've always wanted. When building muscle, make sure you structure your resistance training workouts around basic compound exercises such as squats, shoulder press, deadlifts, pull-ups, leg-press, lunges, and bench press. This is because when performed correctly, they place stress on multiple muscle groups and produce hormonal and nerve responses to stimulate muscle growth and repair. Whereas isolated exercises like tricep extensions and hammer curls are poor muscle and strength builders.

To achieve the size you are striving for, you must align your resistance training with evidence surrounding rest, sets, exercises and intensity. After all, you're looking for your muscles to grow in size and strength, a process called 'muscular hypertrophy'. So, all your workouts should consist of multiple sets, some supersets, repetitions of 6-12, rest intervals of 90 seconds, and some sets completed to failure. With each exercise, stick to a tempo of 3-1-1 [3 second lowering, 1 second pause, 1 second lift].

This 30-day 'Build Muscle' programme has been designed and implemented by one of Myprotein's expert fitness instructors. So take everything you've learnt so far and add in this training, and you're on your way!



TIPS

30-DAY WORKOUT PLAN

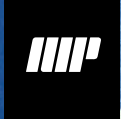
Adjust all exercises to your ability and strength

Always warm up for 5-10 minutes but NEVER to muscle failure.
Stretch all muscle groups before resistance training to avoid strains, tears and injuries

Beginners may benefit from starting off with only 2 sets of every exercise, and then progressively increase

To increase mass and size, you must progressively increase the volume of your training load. Challenge yourself with sensible upsurges in weight (2.5 – 5.0 kg each time)

Steady-state cardio can be completed via any activity of your choice



WEIGHTS

Resistance training

MONDAY

Lower body

TUESDAY

Upper body

WEDNESDAY

Rest

THURSDAY

Lower body

FRIDAY

Upper body

SATURDAY

Rest

SUNDAY

Rest



CARDIO

High-intensity-interval-training [HIIT]

MONDAY

Rest

TUESDAY

20-25 min steady-state cardio

WEDNESDAY

Rest

THURSDAY

Rest

FRIDAY

Rest

SATURDAY

Rest

SUNDAY

20-25 min steady-state cardio

MONDAY

EXERCISE	EVENING (PM)	SETS	REPS	REST
1.	BARBELL SQUAT	4	8-10	90 sec
2.	WALKING LUNGES	3	30 yards	90 sec
3.	HACK SQUAT MACHINE	3	8	90 sec
4.	ROMANIAN DEADLIFT	3	8-10	60 sec
5.	LEG EXTENSIONS	3	8-10 (last set until failure)	90 sec
6.	LEG CURLS	3	8-10 (last set until failure)	60-90 sec
7.	STANDING CALF RAISE	3	10-15	60 sec
8.	SEATED CALF RAISE	4	10-15	60 sec



TUESDAY

EXERCISE	MORNING (AM)	SETS	REPS	REST
1.	DUMBBELL BENCH PRESS	3	8-10	60-90 sec
2.	MILITARY PRESS	4	10 [last set until failure]	60-90 sec
3.	WIDE GRIP PULL-UPS	3	10	60 sec
4.	DECLINE BENCH PRESS	3	10-12	90 sec
5.	ONE-ARM DUMBBELL ROW	3	8-12	60 sec
6.	SIDE LATERAL RAISES	3	8-10 [3 sets until failure]	90 sec
7.	CLOSE GRIP EZ-BAR PRESS	3	10	60 sec
8.	ABDOMINAL CYCLE	2	60 SECOND WORK	15 sec
9.	20-25 MIN STEADY-STATE CARDIO			

THURSDAY

EXERCISE	EVENING (PM)	SETS	REPS	REST
1.	BARBELL LUNGE	4	8-10	90 sec
2.	LEG PRESS	3	8-10 [last set until failure]	90 sec
3.	SINGLE LEG DEADLIFT WITH KETTLEBELL	3	10	90 sec
4.	GLUT BRIDGES	3	10-12	60 sec
5.	LAYING LEG CURLS	3	8-10 [last set until failure]	90 sec
6.	BOX JUMPS	3	10 [soft controlled landing]	60-90 sec
7.	STANDING CALF RAISE	3	10-15	60 sec
8.	HACK SQUAT CALF RAISE	4	10-15	60 sec
9.	HYPEREXTENSIONS	3	12	60 sec



FRIDAY

EXERCISE	MORNING (AM)	SETS	REPS	REST
1.	INCLINE BARBELL PRESS	3	8-10	60-90 sec
2.	SMITH-MACHINE SHOULDER PRESS	4	10 [last set until failure]	60-90 sec
3.	DUMBBELL BENT OVER ROWS	3	10	60 sec
4.	DECLINE BENCH PRESS	3	10-12	90 sec
5.	UPRIGHT ROWS	3	8-12	60 sec
6.	WEIGHTED TRICEP DIPS	3	8-10 [3 setS until failure]	90 sec
7.	HANGING LEG RAISES	2	10	60 sec

