

How to do; Vegem Bodybuilding

- How to gain Muscle (Brian Turner, youtube)
- ↳ get your diet right! (Calories.)
 - ↳ Progressive Overload... increase intensity with future. (↑ weight, ↑ reps) 5-20
 - ↳ Protein?
 - ↳ Vary your diet.
 - ↳ Lift 3x a week (4x5 if you can.)
 - ↳ Regimen: "Push, Pull, Legs" NB: don't forget form.

→ Guide to vegan bodybuilding (Sen Venus, youtube)

- ↳ get your proteins (beans, tofu, etc.)

3 phases: Bulking, Cutting, Maintaining

Foods for bulking: Lentils, beans, tofu, rice
oatmeal, berries
↳ post workout shake

Cutting: restrict calories & up cardio
or intensity

macros?

- ↳ 500 calorie deficit
- ↳ don't cut protein

fat(?)
↳ keep low

Carlos(?) Fone, keep grains whole 60/20/20
3hr ← workout → 2hr (?)

Supplements... powder?

↳ good way to add protein

↳ Don't rely on it.

Smoothie, good way to meet calories & macros quickly & easily

get bloodwork done to check your diet is okay if you're new to being vegan.

→ Top 5 tips for building muscle (Vegan Muscle TV, YouTube)

eat enough food! ↳ grains, rice, quinoa } carbs are key

get good sleep! & water too!

↳ lift as heavy as you can w/ good form

cardio too. 15/30 mins

→ Diet/Fitness playlist (Kegges for thought, YT)

↳ Don't injure yourself 😊

How many sets? ~ 6 per muscle group


Reps? Hypertrophy, 10-15 reps

↳ work in multiple ranges

Hit each muscle group 3x per week

Bulking ... not just raw calories get quality food

↳ track & drink as necessary

↳ Carbs  (captured shake w/ fruit & nut milk)
(rice & lentils)

(veg & potatoes) (beans & veg)

(PBJ sandwich w/ soy milk)

(snacks, fruits/nuts)

• cutting, track everything

↳ ~~that~~ like before, less calories &
up intensity of workout.

↳ protein shakes are

extra useful [^] for lots of problems for few cal.
for cutting

• How to measure your food

↳ weight, volume, quantity

↳ care for ^{easier} calories/row weights.

→ Beginner Workout routine (Buff dudes, VT)

Day 1

- Back squats - 5×5
- Bench rows - 5×5
- Bench Press - 5×5
- Push Press - 5×5
- Cable tricep ext - 3×10
- Lateral Raises - 3×10
- Seated calf raises - 3×10

Day 2

- Dead lifts 5×5
- Pullups 5×5
- Incline press 5×5
- Overhead press 5×5
- Bicep curls 3×10
- Bent reverse flys 3×10
- Standing calf raises 3×10

Day 3

- Front squats 5×5
- Pendular rows 5×5
- Chest dips 5×5 (Not bnd dips!)
- Single Arm DB Shoulder press 5×5
- Single Arm DB tricep ext 3×10
- Cable front raises 3×10
- Seated calf raises 3×10

Vegan Body building & fitness (Beck, Bob Osebe)

→ Nutrition

↳ **Protein** - 1g: 4 cal, need 1-2g per 1 pound to build
8-1.5g to maintain

sources; Pea, rice, beans, lentils, tofu,
quinoa, sprouts

(20-50g)

→ consume post workout to build muscle ↑

→ poor source of energy behind fats & carbs

→ 20% of caloric intake (too much?)

↳ **Carbs** - 1g: 4 cal

main energy source for the body

↳ sources; whole foods & dark grains
brown rice, quinoa, potatoes

↳ 80% of calories from carbs

↳ eat before workout (fruit)

↳ Fat - 1g: 9 cal

special fatty acids

- omega 3 (fish)
- omega 9 (pumpkin seeds)
- omega 6 (seeds)
- omega 5 (pomegranate)

→ eat before exercise

→ anti-inflammatory good for post workout (?)

↳ Why are animal foods inflammatory if not for fat? All due to animal protein?

20-40% overall calories

Common Macro ratios

50% carbs / 30% protein /
20% fats

↳ different diets:

↳ Mass building ↳ fat burning (cutting)

↳ pre-combust ↳ maintenance

↳ Bulking

Body builders need lots of protein

↳ Not your average joe.

↳ Low protein is fine for non-athletes

Also, need calories to get muscles to grow
and to have energy to lift heavy weights

Nmai Delgado (Rich roll podcast)

How do I find this?
↓

↳ When calculating protein, base it on lean body mass.

$$LBM = \text{Weight} - \text{Body fat \%}$$

protein intake is $0.8 - 0.9 \times LBM$

calculates in lbs. !!

↳ after certain point more protein gets processed by kidneys & pissed out.

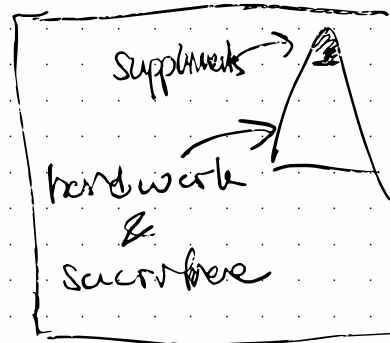
→ carbs. energy source but can be manipulated (don't cut them out.)

20/28% cals. from fat & rest is carbs

→ Blood work.

↓
whole food complex carbs!

→ you break down in the gym but you build up outside of it.



→ When you plateau do something different!

↳ 1 month at a time then new routine.

Be consistent.

"you can't outwork a bad diet"

Vegan Bodybuilding FAQ (Brian Turner)

↳ 55% carbs / 25% protein / 20% fat
65% " / 15% " /

↳ total calories on bulking/cutting

important
for hormones

7 tips for bulking (PB10)

→ good food = good gains

↳ need enough calories

macros, different for each person

→ change routine regularly

→ As intense as possible to gain muscle.

→ Have good technique

→ Be consistent

→ Have a purpose

OSM calorie calculator

↳ 2500 \leftarrow 2650 kcal \rightarrow 3000
min Max

1g - 4cal carbs
1g - 4cal protein
1g - 9cal fat

g (prob. 1/6 lbs)	g (prob)
1.5	250g
1g/lbs	165g
0.8	132g

660 cal / 530 cal / 1460 cal
protein fat carbs

↓ ↑

25 / 20 / 55

what
bran turns
does

Current cronometer

↳ 1729 kcal day⁻¹

↳ 68 / 14 / 18 carbs protein fat

BMK \approx 1900

↳ 50g fibre
↳ 66g protein
↳ 35g fat
↳ 300g carbs

} High carbs
Low fat
diet.

Athlean-X

How to get ripped

- Nutrition, not diets
 - Drink lots of water (Thirst vs. hunger)
 - Prioritize weight training over cardio
 - Lift what you should & not what you can
 - ↳ don't expend good form
 - ↳ Injury will fuck you up
 - Be consistent
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Athlean-X

↳ 100 KATOS Planets

10x3 exercises, review when easy

Day 1	Threats the needle Staggered side plank (one up (bot.))
Day 2	Toe taps Staggered s. plank (one up (top))
Day 3	Hip drop Plank press