

HOW TO

Build Muscle

& Tone Up

SPEEDFIT

THE SMARTER WORKOUT

So, your goal is to build muscle/tone up. Below you will find a list of main focus points that directly correlate to this goal. The aim here is to consistently follow every aspect to increase your likelihood of succeeding in this goal. Understanding each component is important as you may become aware of areas you are less confident in or lack knowledge in, this gives you an area that needs to be focused on and that is where we come into it. Please ask questions when you feel like you need more information.

Increase Protein Intake:

- Why: Protein is the building block of muscle. Adequate intake supports muscle repair and growth after strength training.
- How: For muscle building, aim for 1.6-2.2 grams of protein per kilogram of body weight. Include protein in every meal, especially after workouts to aid muscle recovery. Whey protein shakes can also be a convenient way to hit your protein targets. Use your body scan as a guide to how much protein you should be getting in every day as a bare minimum

Strength Training (Progressive Overload):

- Why: Progressive overload means gradually increasing the levels, reps, or intensity of your sessions to continuously challenge your muscles, which promotes growth.
- How: Focus on coming to ALL of your sessions, to fast track results consider upping your sessions to two sessions a week. When you are training you need to be pushing your limits and not just going through the motions. It needs to be hard, if you finish a session and feel like you could go again you have not pushed hard enough. In your Sessions you will utilise EVERY muscle in your body, which can't be done by doing generic training. Your SpeedFit sessions work multiple muscle groups, making your workouts more efficient.

Caloric Surplus (Controlled):

- Why: To build muscle, you need extra energy (calories), but consuming too many calories can lead to fat gain.
- How: Aim for a small surplus of about 200-300 calories above your maintenance level. This should give your body enough energy to build muscle without adding excess fat. Adjust if you notice fat gain by reducing carbs or fats slightly while keeping protein high. Use your body scan as a guide to how many calories is recommended for your body to hit this goal.

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Nutrient Timing:

- Why: Eating at the right times can help fuel your workouts and aid in recovery. Specifically, consuming carbs and protein before and after workouts maximises performance and muscle repair.
- How: Have a balanced meal with protein and carbohydrates about 1-2 hours before your workout (e.g., chicken and rice, or a protein shake with a banana). Post-workout, have protein and carbs again to replenish glycogen stores and help with muscle recovery.

Cardio (Moderation):

- Why: Too much cardio can hinder muscle growth by burning extra calories that your body needs to build muscle.
- How: Include 1-2 short cardio sessions weekly, focusing on low-intensity activities like walking or light cycling. This maintains cardiovascular health without risking muscle loss.

Consistency and Patience:

- Why: Building muscle is gradual. Consistency over time is key.
- How: Focus on making steady progress, rather than quick fixes. Monitor your body measurements, Do your body scans, take photos, rather than obsessing over the scale, ask your trainers for guidance on this and if you need to reassess and break down your results to ensure you're on the right path, we will do this with you.