



THE SUPERHERO PHYSIQUE CHEAT SHEET








THE REAL SCIENCE OF LOOKING GOOD NAKED. SIMPLIFIED.

Want to fill out your T-shirt like Captain America? Who doesn't?

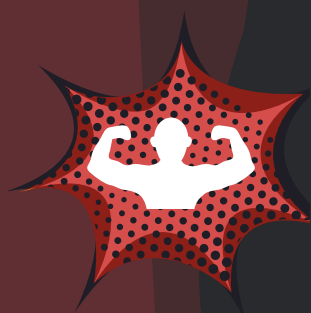
There are tons of health and psychological benefits to be had from exercise. But here's the best thing about *looking* like a superhero:

You start to feel like a superhero, too!

You will:

-  Strengthen your muscles, bones, and joints
-  Reduce stress and improve your mood
-  Finally feel in control of how your body looks
-  Acquire new found levels of confidence and athleticism
-  Perform feats of strength you never thought possible!
(The cool Superhero stuff!)

Hollywood wants you to think building a superhero physique is some metaphysical process requiring Super Soldier Serum or a laboratory accident gone wrong. But with solid habits, a little science, and a lot of hard work, you can have a superhero physique, too.



TRAIN FOR MUSCLE GAIN

Whether you're aiming for the physique of Ant-man or The Hulk, you're going to need some muscle mass!

Be sure to train each muscle group at least twice per week with loads in the 60-85% range. This will usually land you in the 6-12 rep range, but don't be afraid of going a bit higher or lower if the situation calls for it. What matters more than your rep range in a given workout is your progress over time.

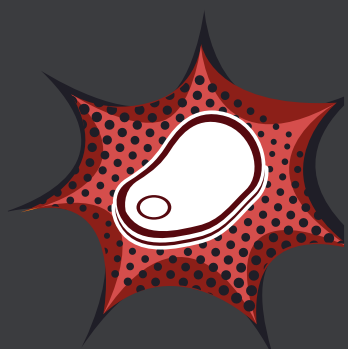
You'll need to progressively overload your muscles in order for them to grow. This means you'll need to add more weight, sets, or reps to your workouts from week to week.

For example, let's say you performed three sets of twelve reps on bench press last week and were feeling strong at the end of each set. Next week you could add a little weight, in addition to another working set.

Yes, you may lose a few reps on each set due to the increased weight. But you'll be getting stronger, while still ensuring an overall increase in volume (reps x weight) because of the added set.

This is only one way to apply progressive overload.

The point is that workout volume is the key driver of muscle growth, so it's important to keep track of it to ensure progress.



EAT TO GAIN MUSCLE, NOT FAT

You need to eat enough to gain weight. And it's nearly impossible to gain significant muscle without adding some bodyfat. But if you plan to take your shirt off anytime soon, you don't want to gain too much fat and lose your muscle definition.

The key to this is consuming sufficient protein (1 gram per pound of bodyweight) and making sure you are not gaining more than 1-2% of your total bodyweight each month.

But keep in mind the leaner you are the easier is it to gain gain muscle. If you're over 15% bodyfat, it's probably best to cut down to 8-12% before attempting to pack on muscle.

Here are some additional tips to keep you on track:



Make lean protein the star of every meal



Consume fruits or veggies in every meal or as a snack



Eat slowly and stop when you are about 80% full



Watch out for liquid calories and condiments



And most of all, be sure to enjoy your food! You may have the power to eat whatever you choose, but...

...With great power comes great responsibility!

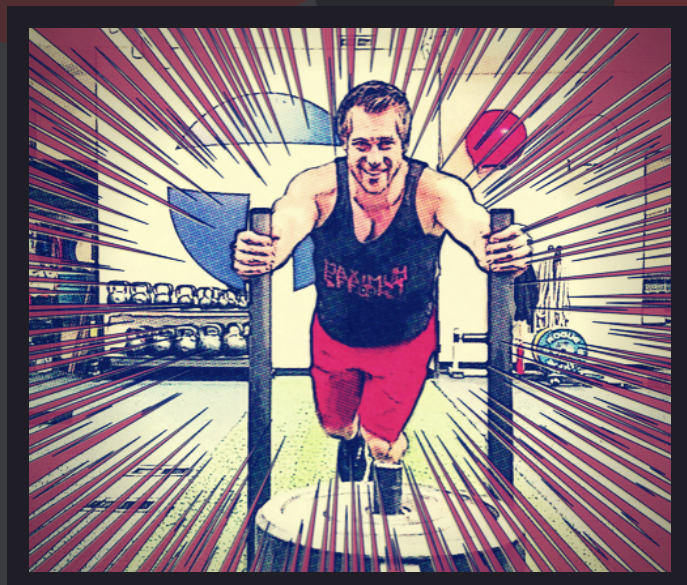


KEEP SOME CONDITIONING IN THE MIX

It's hard to feel super when you get winded going up a flight of stairs. **Performing a moderate amount of regular conditioning will provide a slew of benefits.** It boosts your heart health and speeds up your body's recovery. That means more future gains and less heavy breathing when lifting.

Don't hesitate to mix in some strength aspects to your cardio to keep things interesting! It's hard not to feel like a badass superhero when pushing a heavy sled or performing weighted carries.

I'm Justin
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My epic quest to feel like a superhero has succeeded.

And so can yours!

My superpower? Enabling you to transform your body and mindset. Think of me as Professor-X but with functioning legs and way better hair!