

HOW TO GET BIG



FOR BEGINNER

BY
WAY



(HOW TO GAIN MUSCLE)

(BASICS FOR WEIGHT GAIN)

(U.D)

Get to know about weight gain

strength gain and

muscle gain simple guide

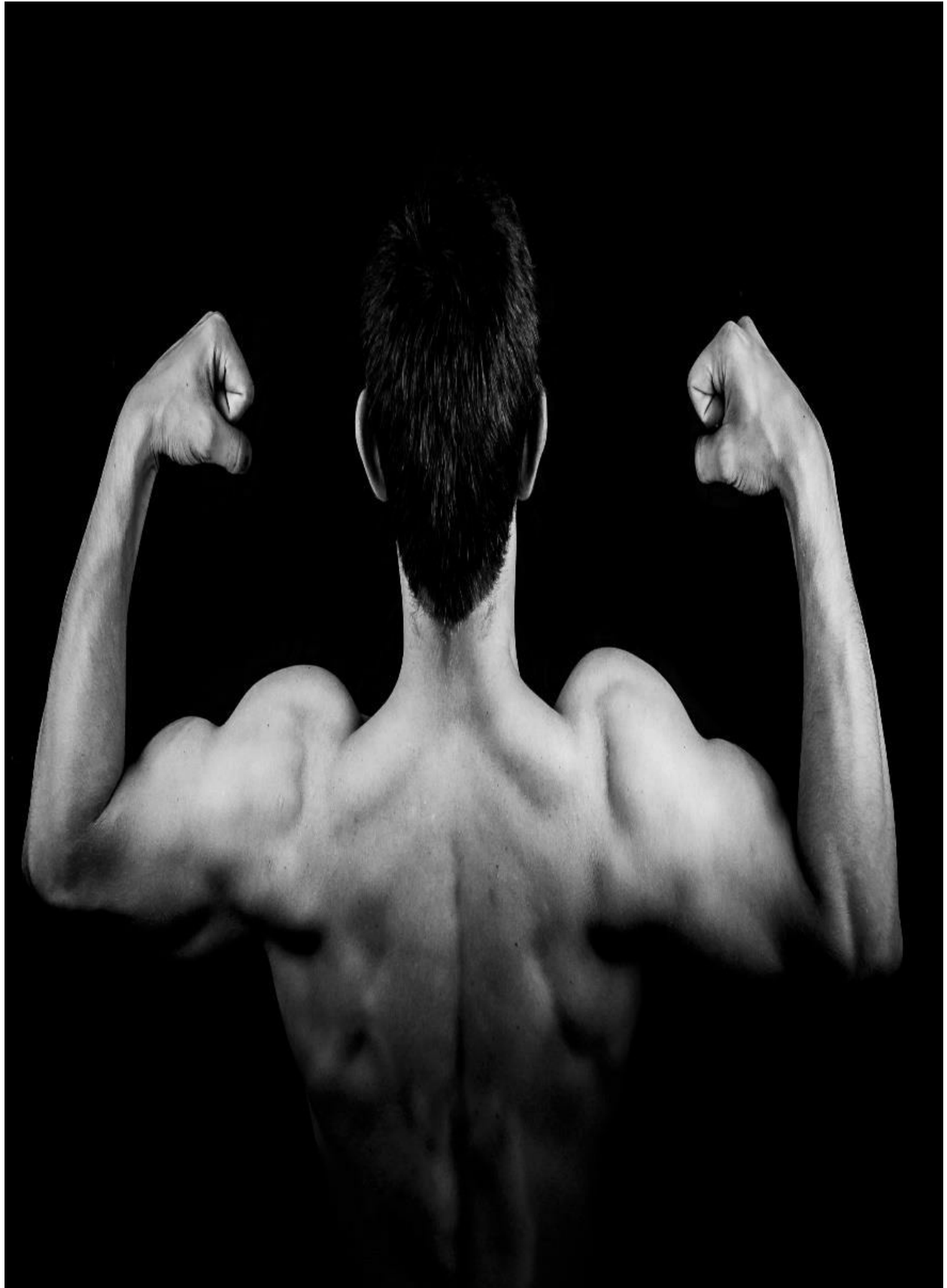
Why I Wrote This Book

Most of the time people have come to me asking questions like, how much do I need to know of the body building or about the exercise or what particular exercise do I need to undergo in order to get that perfect body or perfect looks or even the perfect fitness. Sometimes I have been bombarded with questions like what kind of diet or specific food that I should have in order to ‘get that body’.

So I decided to put down all the answer to such queries in most generalized form which could be understood by every type of person who are intending to change their body and looks and are about to do it for the first time.

First of all, it is very much important for any beginner to understand that there is no need to know everything about the body building to pump your muscle. Instead, what is important to know and understand that what type of diet and fitness regimes, like exercise and allied

activities that would suit YOUR BODY.



why You Should Read This Book

According to 'Pareto principle', our 20 % work gives nearly 80% results. So in this book I would like to give information of the 20 % work that you should focus on which in turn could give you, your desired results. First I would like you to know that everyone has their own body types, metabolism rate and so on. Thus every person would need its own kind of diet regime and certain food habits to follow so that they can successfully get the desired results. NO, I won't be jotting out a long list of foods to be consumed for every body types, which is just impossible and unnecessary as well. But instead here I would like to discuss with you the principles behind the body building which could give the insights of all the relations between muscle growth, metabolism, exercises and so on. Thus making you understand and self-sufficient enough to make your own diet and exercise schedules.

First you need to know the composition and make up of our body. If we look at the body on the surficial level, the composition or the building blocks of our body are protein,

calcium, and iron. How? The physical structure of our body is mainly built of muscles which in turn is made up of Proteins, then after muscles we have bone structures or Bones which is made up of calcium and the last is Blood which is made up of Iron. So if we intend to increase the size of our body, it is essential to increase the proportion of these nutrients in our daily diet to build the body and so having the proper knowledge of diet and exact knowledge of proportion of these nutrients to be managed according to the person in question is very much important.

In bodybuilding, protein is considered to be the king of all nutrients as it fulfills the general aim in bodybuilding, which is to gain or increase the muscle mass, done by protein. Protein basically breaks down into Amino Acid and amino acids in turn helps in increasing the muscle mass.

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CHAPTER 1

HEALTHY DOSAGE OF PROTEIN

PROTEIN.

Let's discuss about the intake of proteins in our daily routine. For every pound of body weight we need 1gram of protein. So depending on your body weight, the percentage of protein intakes need to be in check. For example, if your body weight is 180 pound then you must have 180 grams of proteins if you intend to build your muscles mass.



CHAPTER 2.

CALCIUM

It is universally known that our bones are made up of

calcium. In order to have balanced fitness along with good muscle mass, you also need to have strong bones and bone structure. Why so? Bones makes our body's internal frame on which our muscle mass is clinged or attached to it. Just when the muscle mass increases, the increasing weight of muscles put pressure on bones and so it is very much important for us to make bones stronger and stronger in order to withheld the pressures of increased muscle mass. For this, daily intake of 1000 mg of calcium is recommended which can be obtained by having 700 ml of toned milk on a daily basis.

CHAPTER 3

IRON

Iron is an essential element for blood production. About 70 percent of our body's iron is found in the red blood cells in our blood called 'hemoglobin' and in muscle cells called 'myoglobin'. Hemoglobin is essential for transferring oxygen in our blood from the lungs to the tissues.

Myoglobin, in muscle cells, accepts, stores transports and releases oxygen.

So for the healthy blood flow in our muscle, it is essential for our body to have good amount of blood and also good amount of hemoglobin in our blood.

CHAPTER 4

SOURCE OF PROTEIN

Milk, Whey Protein, Casein protein, soy protein, eggs, fish, chicken are good source of protein.

If we aim to have good muscle mass in our body, then per pound of body mass should have 1 grams of protein. All the nutrients that I have discussed in here are essential for building muscle but now I'm going to tell you about those nutrients which will help us during work out in gym.

Because both of these are related to each other. Whatever amount of muscle tissues we break during the workout, that same amounts of muscle tissues can be rebuild after the work out. So here we discuss about the nutrients that will help us during the work out.



CHAPTER 6

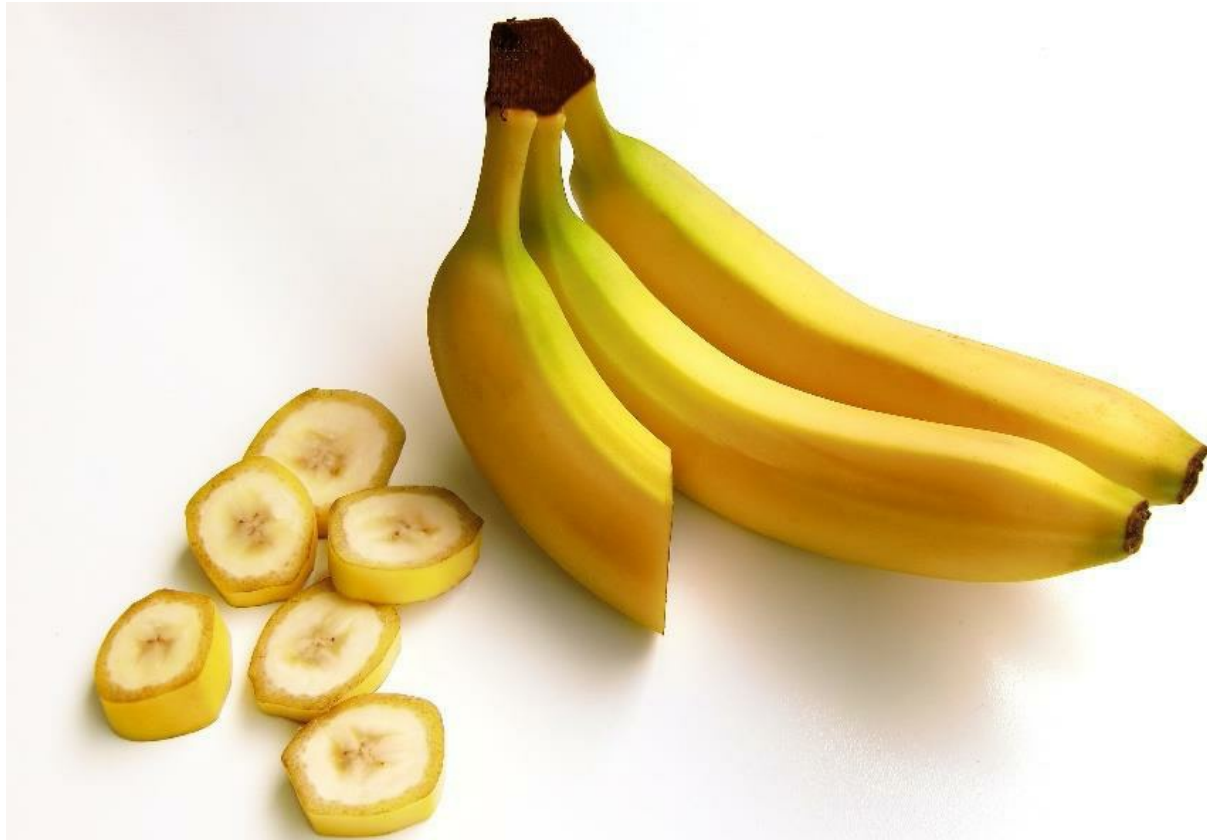
CARBOHYDRATE

The first important nutrient is **CARBOHYDRATES**.

Carbohydrates, are not so popularly used in our society as it is considered a stigma behind over weight and also it has got misused in many ways. Most of the people use sugar 'most' in their daily diet, which is definitely a source of carbohydrates but then it also increases the insulin levels in our body and ultimately puts us in the risk of diabetes.

The Sugar that I am going to suggest are not simple sugars, i.e. the daily one's, but the complex carbohydrates. Why?

Since complex carbohydrates gets absorbed very slowly in our blood, it gives us energy for long time and also does not increase the insulin levels instantly.



So while building the muscle, along with proteins, we are also simultaneously dependent on the complex carbohydrates as the source of energy. BUT you need to remember that by using carbohydrates we are just increasing our energies AND NOT the muscle mass, for that proteins are must. Our body brakes down the carbohydrates into glucose and this glucose is stored in our muscles so that it can be used as the source of energy during the workouts. But even the muscles have their own capacity to store the glucose and if we exceed this

capacity, then those excess glucose will convert into fats.

So it is very important to be aware of the fact that our consumption of carbohydrates should be equivalent to the capacity to which our body stores it.

CHAPTER 7.

FATS

The next nutrient is **FATS**:

Just like carbohydrates, fats too have low among people.

Because it is widely believed that by consuming fats it gives rise to fatness in our body making us look fat. But In contrary, fats are very important for our body, as it balances our hormones, they are also good for skin tissues, hairs which says that important is fats for our body. It is true that fats are not good but then there are many variants of fats. I won't be getting into detailed description narrating the different types of fats but would give you an idea of this variants by generalizing them into two, the 'Good fats' and the 'Bad fats'. Those fats which we can be used OR the Good fats are, olive oil, extra version olive oils, almonds, nuts, fish oil. With the aim of increasing the

size of our body it is necessary for us to consume more calories than we use on daily basis. One of gram of Protein contains 4 calories (P.S make note that it's 4 calories and not 4 grams of calories). One gram of carbohydrates ALSO contains 4 calories. But One gram of fat contains '9 calories'. So it is important for us to keep fats in our diet as it will help in consuming more calories. So per pound of body weight requires 0.5 grams of fats.

CHAPTER 8

FIBRE

For your kind information, I would like you to know that fibers are also as much important as protein, calcium and iron. A good digestion is essential for having a good body because if the digestion is improper then it will lose out on all the nutrients that we have had for last 3 days. So in order to keep the good digestive system, we should include sprouts and green vegetables on our daily diet, the sources of fiber. As per FDA's recommendation 35 grams of proteins is required in our daily diet for the people of age group between 19 to 50 years.



CHAPTER 9

WATER

For now let's keep muscle building and weight loss aside and let you know that how much important is water to even a normal person, that person who is not into body building. No matter whatever the reason would be, for a healthy lifestyle, consumption of adequate amount of water is very necessary as it keeps our digestive system on track and also releases toxins from our body. So we should, on a daily basis, consume water which would be 5% (in liters) of our body weight.

CHAPTER 10

EXERCISE

Now we come to second most important factor, after Diet, of body building, that is EXERCISE.

Most specifically I will be telling you about those exercises which would help in gaining size and strength. We need to work out three times in week by keeping gap of one day between each workout regimes.

First day of the exercise should include back for which we

would include only two exercises which are 'Dead lift' and 'Bent Over Row'. Dead lift, as the name says, is one of the toughest exercise which can increase our strength dramatically and for that we will need to do **5 sets** of dead lifts. This sets of deadlifts are supposed to do it in descending order which are as follows:



On MONDAY.

A. First Set: 12 repetitions (**Warm up Set with light weight**)

B. Second Set: 11 repetitions, 10 repetitions, 09

repetitions, 08 repetitions

In the first set, we should start with warm up, and then from second set onwards we should keep increasing the weights and by the 5th set, there would be so much weight that it won't allow you to do more than 8 repetitions.

DEADLIFT



Second exercise: BENT OVER ROW

A. First Set: 12 repetitions (**Warm up Set with light weight**).

B. Second Set: 11 repetitions, 10 repetitions, 09 repetitions, 08 repetitions

Here we finish with our first day of work out. Always remember that our first day workouts should not be getting over within 45 mins and after going home do make sure to have 50 grams of simple carbohydrates and 25 grams of proteins.

Now here you might think that consuming simple carbohydrates will get converted into fats but because your muscle glycogen are 'emptied' due to the exercises



that you have done, it will replenish those glycogen level that you have burnt during the exercise.

TUESDAY REST.

On WEDNESDAY.

Today we will undergo bench press

A. First Set: 12 repetitions (**Warm up Set with light weight**).

B. Second Set: 11 repetitions, 10 repetitions, 09 repetitions, 08 repetitions

In the first set, we should start with warm up, and then from second set onwards we should keep increasing the weights and by the 5th sets there would be so much weight that it won't allow you to do more than 8 repetitions.

Second Exercise: INCLINED BENCH PRESS

A. First Set: 12 repetitions (**Warm up Set with light weight**).

B. Second Set: 11 repetitions, 10 repetitions, 09 repetitions, 08 repetitions

THURSDAY REST.



On FRIDAY.

First Exercise 'SQUATS'

A. First Set: 12 repetitions (**Warm up Set with light weight**).

B. Second Set: 11 repetitions, 10 repetitions, 09 repetitions, 08 repetitions

Second Exercise, 'SHOULDER PRESS'

A. First Set: 12 repetitions (**Warm up Set with light weight**).

B. Second Set: 11 repetitions, 10 repetitions, 09

repetitions, 08 repetitions

If you want to gain more muscle or built up more size, then you need not necessarily do lots of exercises. You will need to do only those selective exercises which could give good pressure on your body. Whatever exercises that we have discussed above, they are not the isolation exercise; those exercise which focuses on a particular muscle or muscle group. The exercises that I have discussed are the compound exercises; which at one time itself works on several muscle groups and also give's strength to our body. While performing any of the above exercises, always keep in mind to have someone to keep an eye on you. Because in these exercises there are more chances of injuring yourself and also you may get tend to lift more than your capabilities. If you can't get anyone to observe you then make sure to do the last set of your exercise on the machine as it reduces the chances of injuries. It's not necessary that you have to do only the last set on machine, in fact, if you feel tired right after performing the 2nd or 3rd set, you can definitely get on to the machine. You

have to follow this routine for next three months. I would remind you that I have discussed about the DIET FIRST and then exercises, which means diet is more important than anything else. So make sure to have the sufficient amount of food and if you are aiming to increase the size of your body, then, definitely more amount of food then you take on regular basis. All the things that I have discussed here are tried and tested by many body builders. So eat, work out hard and remember one thing,

NO PROTEIN

POWDER, NO

SUPPLEMENT

CAN REPLACE

YOUR HARD

WORK.

ALL THE BEST.

ONE LAST THING....

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