

# BUILD MUSCLE

For any individual with a goal to increase their body weight the key is to aim to increase lean body mass (LBM), or muscle mass rather than fat mass through a combination of the right type of training and the correct nutritional intake. Physical activity burns up energy. If you are not eating enough food, the body uses up its stores (fat and muscle) to keep it going. Sometimes these requirements might be above and beyond your appetite and it becomes difficult to consume the sheer volume of food needed to replace what is being used up, let alone the extra that is needed for muscle growth!!! Timing and transporting of food can be hard when there is so much to be eaten. Being organized is the key. Muscle tissue comprised of approximately 70% water, 22% protein and about 8% fatty acids & glycogen. The key to gaining muscle mass is ensuring energy intake is greater than energy expenditure and this means consuming nutritious foods and supplements at frequent times throughout the day.

## Achieve increased caloric intake by:

- Supplementing meals with quality nutritional supplements.
- Eating larger portions at meal time.
- Eat more frequently.
- Eat more high calorie foods.
- Protein requirement 1.5-2.0g/kg when attempting to add lean body mass.
- Consider a reduction in aerobic training.

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**The main reasons that some individuals find it difficult to increase muscle mass are that they:**

- Consume insufficient energy intake.
- Consume an inadequate number of meals and snacks during the course of the day.
- Train excessively or expend energy used in other activities such as physical work or other sports.
- Are physically immature and are yet to reach adolescence.
- Use inappropriate training practices.
- Employ inadequate rest and recovery between sessions.

# IMPORTANT STEPS FOR BULKING UP



## STEP 1 TRAINING

- Effective weights training program, tailored to individual requirements.
- In some, the level of aerobic training may need to be reduced.



## STEP 2 INCREASE ENERGY INTAKE

(Kilojoules/calorie) intake

### Don't skip meals.

- Snack on high carbohydrate, low fat food between meals.
- Drink plenty of nutritious/high energy fluids e.g. milk, sports drinks, juice, etc.
- If feeling too full, reduce fibre intake e.g. white bread vs. Multigrain.
- Be organized – prepare meals and snacks in advance and have them handy so you can't skip them.



## STEP 3 BALANCING PROTEIN, FAT AND CARBOHYDRATE

- Carbohydrates are most important – your body will use up muscle protein if intake of carbohydrate is too low.
- Include one protein food at each meal – but remember, protein will automatically increase with extra food intake.

NAME	TIME
Ben Smith	6:50.7
Shady	7:17.6
Andrew Goober	6:57.9
Ash Sargent	6:57.1
Orlando Reed	6:57.1
Troy Charlton	7:17.5
Red Charles	6:52.5
James Smith	6:52.9
Chris Smith	6:12.6
Chris Smith	6:29.7
Murray Smith	6:29.7

2000m (Gen)  
TIME SPANDED - 5:48 7:00  
FINISH SPANDED - 5:48 8:30  
22 200 MINT UPDATE SEE CHALK.

68857 2.02 3.08 3.43 6.30 4.56  
A0421 3.07 4.23 6.36 4.40 4.34  
T.M 2.57 3.07 3.14 6.10 4.15

Jules 2.17 2.16 2.63 2.30 2.27  
16 2.10

Dan - 50:30 Red Chris  
Matt - 55:15 Blue Eric  
Trev - 57:25 Blue Matt  
Trev - 57:25 Blue Trev

## STEP 4 MONITOR PROGRESS

- Gaining weight is not easy, expect gains of about 0.25 – 0.5kg per week.
- Rapid gains will usually mean a gain in undesirable body fat.



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MR WORLD



## GENERAL TIPS FOR DEVELOPING MUSCLE MASS ALSO INCLUDE THE FOLLOWING:

- Follow a well-planned resistance training program that is suitable for the individual's age, physical maturity, training history and individual needs.
- Ensuring adequate rest.
- Consuming at least 5 or 6 meals/snacks per day in order to achieve positive energy.
- Consuming moderate serves of protein at each meal to facilitate muscle repair and growth – this can be in the form of food and nutritional supplements.



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- Consuming plenty of high carbohydrate foods, but perhaps lower fibre foods; foods and drinks should be consumed with and between meals.
- Careful consumption of sugars to add extra kilojoules and be wary of high GI carbohydrates.
- Consuming a protein-supplement before any weights or strength session. This will assist in attaining positive protein balance. We recommend Nitrobulk or for elite level athletes Nitrovol.
- Consuming carbohydrate and protein within 90 minutes of exercise. Protein will provide amino acids for growth and repair.
- Reducing saturated fat intake. Healthy monounsaturated and polyunsaturated fats should be included in moderate amounts to add extra kilojoules, as well as other important nutrients.
- Monitoring body fat levels to ensure that gains in body weight are due to increases in lean muscle tissue rather than fat.
- Aiming for an increase of 1-2 kilograms per month.
- Being prepared to carry drinks and snacks during the day to ensure adequate nutrients are on hand to fuel workouts, recovery and growth.



# DAILY RECOMMENDATIONS TO ACHIEVE RESULTS:

1.

400- 500g of Carbohydrates - achieved by eating porridge/muesli at breakfast, moderate portions of bread/potatoes/rice/pasta at lunch and large serves of vegetables/salad at dinner.

2.

200-300g of Protein - 600g of meat/fish = 150g protein, Milk and eggs can also be a good source of protein (approximately 100g of quality protein from BSc Nitrobulk / Nitrovol).

3.

100g of Fat – from fish, nuts, cheese, red meat.

4.

2-4 litres of water.

## DAILY RECOMMENDATIONS TO ACHIEVE RESULTS:

### BREAKFAST

- 1 piece of fruit, 2 cups /125gr wholegrain cereal / porridge.
- 2 cups/500 mls reduced-fat milk.
- 2 whole eggs with 2 slices of wholegrain or white toast with a scrape of spread of choice.
- 1 glass/250 mls fruit juice. • BSc Nitrobulk or Nitrovol / 300ml water.

### SNACK

- 1 sandwich or a piece of fruit and a low-fat yogurt or 1 muffin (low-fat).
- BSc Nitrobulk or Nitrovol / 300ml water or skim milk.

### LUNCH

- 1 serve chicken, fish (tuna) or lean beef.
- 1 serve rice, potato or pasta.
- 1 serve vegetable or salad.
- Or 3 salad sandwiches or rolls with lean meat, chicken, reduced-fat cheese, egg, canned tuna in spring water.
- 2 pieces fruit.
- 600 mls flavoured reduced-fat milk.

### SNACK (1 – 2 Hours before training)

- 1 serve chicken, fish (tuna) or lean beef.
- 1 serve rice, potato or pasta.
- 1 serve vegetable or salad.
- Pre-workout K-OS EFX + BCAAHMB.

### SNACK (after training)

- BSc WPI / 300ml water.
- 1.5 scoops Aminobol / 300ml water.
- 600-1000ml sports drink (See recovery practice information for specific requirements following sessions such as field/weights, etc).

### DINNER

- Large serving lean meat (155 g) / skinless chicken.
- Fish (185 g) / (250 g) – grilled or cooked with minimal oil.
- Large serving cooked rice, pasta or potato.
- Medium serving vegetables or tossed green salad (no oil Dressing).
- 2-4 slices bread or 2 bread rolls (no butter or margarine).
- 2 pieces fresh fruit and 2 scoops of low-fat.

### SUPPER

- Nitrobulk / Nitrovol with 2 tspn Peanut Butter, blend in 300ml water.

## SUITABLE FOR:



# RECOMMENDED PRODUCTS



## LEAN MUSCLE GAINER

Build muscle and strength with added protein. From fast proteins like WPI to pre-made post training formulas like lean muscle. We have dairy & Vegan solutions. Buy now.



**BUY NOW**



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