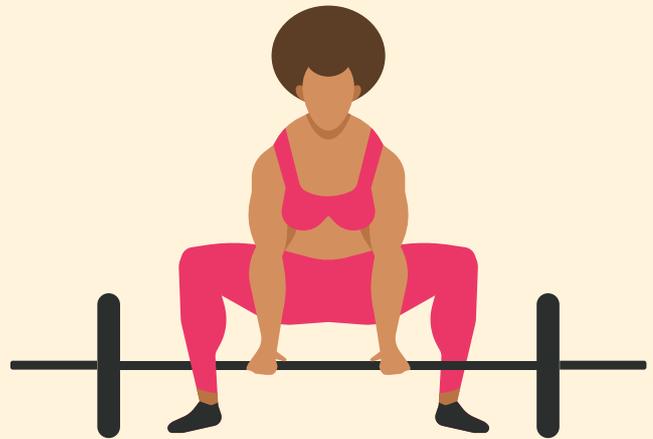


THE MUSCLE BUILDING GUIDE



ZLR FITNESS
DISCOVER YOUR INNER WARRIOR

CONTENTS PAGE

Page 1- Muscle Building Guide

Page 2- Contents Page

Page 3- The difference between fat and muscle!

Page 4- What is muscle mass and how do I build it?

Page 5- Top tips to increase your muscle mass!

Page 6- Why you need to track your workouts!

Page 7- Build your foundations first!

Page 8- Understanding rep ranges!

Page 9- Why you shouldn't keep changing your workouts!

Page 10- DOMS (Muscle Soreness)

Page 11- Rest Days

Page 12- Alcohol & The Impacts

Page 13- Other reasons you can't build muscle

Page 14- Body Composition

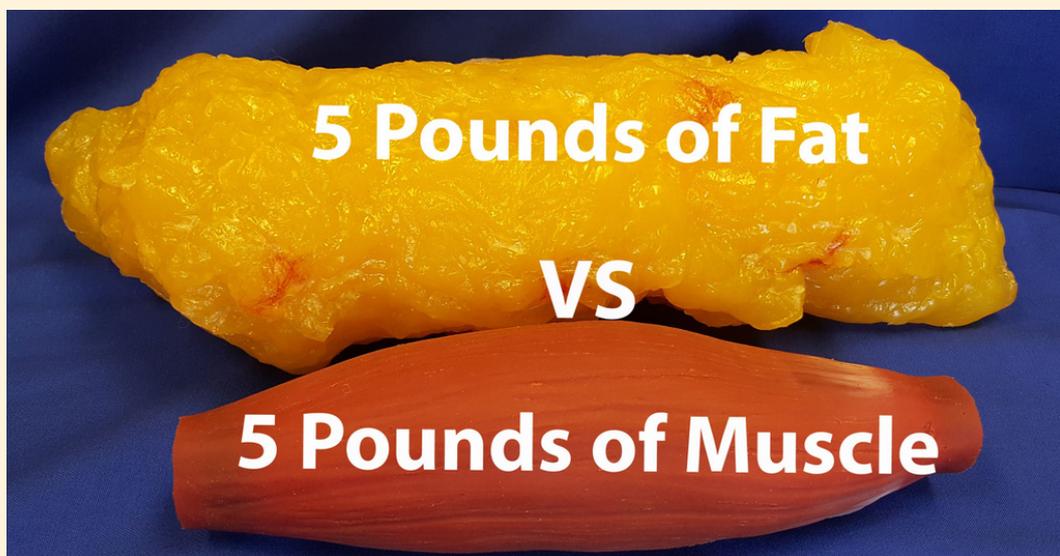
Page 15- Ending



DISCOVER YOUR INNER WARRIOR

THE DIFFERENCE BETWEEN FAT & MUSCLE

As you can see in this diagram it shows the clear difference between 5 pounds of fat and 5 pounds of muscle. The important thing to remember is the 5 pounds of muscle is leaner healthier tissue as apposed to 5 pounds of fat.



This is why sometimes when you are on a health or weight loss journey, you can either put on some weight or even lose some then go back to a weight you've been previously. This is why the scales can't be solely relied upon on a weight loss journey.

What is important to note though is the fact that you can be the exact same weight but with two very different body compositions (shapes).



WHAT IS MUSCLE MASS & HOW DO I BUILD IT?



Put simply muscle mass is the amount of muscle in your body, including skeletal muscles, cardiac muscles, and smooth muscles.

Our muscle mass plays a crucial role when it comes to our fitness! When your body builds muscles, it burns energy and fat all the time. As your muscle mass increases so does your body's ability to burn energy and calories which can help with weight loss.

Men do have a higher muscle mass production, but that does not mean that women can't build muscle mass! Women can actually experience huge gains in power and muscle mass so therefore can train very similarly to men.

To build muscle mass though you really have to eat your protein!!! Protein must be included in your nutrition if you want to not only lose weight but also drop body-fat and build leaner muscle tissue.

Think about products like chicken, turkey, yogurt, beans, nuts, lentils, tofu, and different kinds of fish.

However, don't forget you also need carbs and healthy fats!

TOP TIPS ON HOW TO INCREASE YOUR MUSCLE MASS:



You must keep a balanced nutritional lifestyle including eating vegetables in addition to the protein-rich food in order to gain muscle mass.



Here are some top tips to increase your muscle mass:

- Drink more water
- Do not only lift make sure you take your rest as well
- Make sure you sleep enough every night
- Avoid alcohol as much as possible
- Try to avoid stress, this can have a negative impact on your fitness journey
- Track your workouts so you can keep progressing with your program

Remember having muscle mass and building muscle helps with weight loss and can help you to maintain a healthy weight to stay in shape!

In addition it will help you to get that lovely toned and defined shape you are all after!



WHY YOU NEED TO TRACK YOUR WORKOUTS



Tracking your workouts is vital to success!

Tracking enables you to see your progress; such as how much stronger you are getting, how many more reps you can do and how much you are increasing the weight by on exercises! I do this tracking for all of you, but it's good to do it when training on your own too!

Remember some muscle groups are smaller and bigger than others! You may notice that it will be harder to go heavier on muscles such as your arms, shoulders and calves.

With big muscle groups such as your legs, your back, and your chest you may find you can progress these quicker!

Yes, there will be times or even months you may be stuck at certain weights or with certain lifts but sometimes that is down to the body still being challenged!

Make sure you get a log book for your own training sessions so you can push and motivate yourself! Plus it's awesome to look at how far you have come!!

BUILDING YOUR FOUNDATIONS BEFORE GOING TO MORE ADVANCED LEVELS



Starting with machine based workouts can really help when you are a beginner. This enables the body to get used to muscle building exercises and is a great way to get the process started!

The reason why you should do this first before moving on to starting with really advanced stuff is because you may not understand the key principles of muscle contraction, control and tempo along with how each exercise should feel! Then there is also any postural issues and injuries that must be considered too.

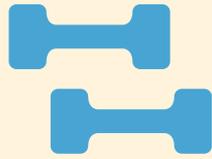
When you have built the foundations and are progressing well, you can then start layering up and adding harder stuff on!

This will help you to get stronger & help you build leaner muscle tissue along with losing body fat in the process!

With this you will notice that you will start to build more muscle mass and get even stronger!

It's a win, win but you have to be patient with muscle building, it won't always just happen straight away! Everyone gains muscle at different paces the same as everyone loses weight at different paces.

UNDERSTANDING REP RANGES



Having a plan is the best way to ensure consistency and also helps you avoid overtraining or under-training, both of which will deter you from your goals.

This is why you shouldn't always change your workouts but I will come onto that soon!

Weight training for strength, muscle mass and endurance can all benefit your weight loss efforts. Make sure you take a 30-60 sec rest period on every set, this is so every set you do is smart & effective!

Strength: Up to 6-8 reps

Optimal range for muscle building: 8-12 reps

For improving endurance: 15+ reps

A good baseline to start with is hitting up to 12-15 rep ranges on exercises. This helps you to analyse when you are ready to move the weight up. If you get 12 reps try to increase the weight and then aim for 6-8 reps.

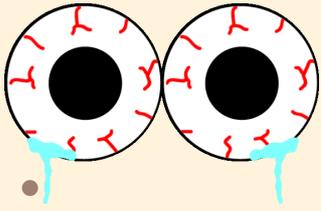
When aiming for strength and muscle building progress you can move onto a higher weight in a lower rep range and then continue to work up to 12 reps again.

You want to repeat this process to gain muscle along with strength!



WHY YOU SHOULDN'T KEEP CHANGING YOUR WORKOUTS

People get impatient so then they just do willy nilly workouts and constantly change them because they get bored easily! It's pretty boring not getting results isn't it? Train hard and train smart!



- Changing your workouts:
 - Can cause a lack of results
 - Can cause a lack of progress
 - You will always be sore (DOMS)
- You won't consistently build muscle and be unsuccessful in your weight loss efforts
- You will never not recover well between sessions
- The body will never adapt as you're constantly throwing new challenges and stresses at it; the body doesn't cope well with this
- You may pick up new injuries



People believe they should be changing their workouts all the time but based on the reasons above you just shouldn't be!

By keeping your workouts consistent and sticking to a program you will be more successful in all of your efforts!

By following a consistent plan and doing the basics, this will enable the body to cope better with the stress! The body will be more responsive to the results you are aiming for and you won't always be left feeling sore after every workout!



MUSCLE SORENESS (DOMS)



Also known as delayed onset muscle soreness, is the pain that you experience after a training session.

When you do something new it is quite normal to experience some muscle soreness.

Here are some top tips to take care of your muscles:

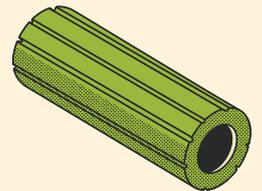
- Use ice for recovery because when you train your muscles the ligaments stretch and by using ice the ligaments will shrink back down to normal size

Hot baths

You can try foam rolling the area

Sports massage

- Cold showers are a great way to recover from training sessions as they help the ligaments shrink back down to normal size (I personally can't do it, but give it a go if you can!)



To avoid DOMS and muscle soreness all the time, don't change your workouts as this can cause them more regularly.

Try to follow a consistent training program that the body can adapt and get used to. This will prevent DOMS happening regularly, and will allow you to progress/advance quicker on the exercises you are consistently doing.

You will notice a huge difference in your strength too!!!!

REST DAYS AND WHY THEY ARE IMPORTANT



Despite what you may think rest days are actually the days that are crucial to not just muscle building but also for your recovery from training sessions.

When you overtrain or do too much and don't program in rest days you will also struggle to see results which means you will also be unsuccessful in your efforts.

During rest days, the body has a chance to remove excess lactate from the muscles. This helps to alleviate muscle pain and soreness.

Exercise creates microscopic tears in muscle tissue. During rest days, cells called fibroblasts repair and build up the muscle tissue.

Glycogen is a form of energy stored in muscles. Exercise depletes glycogen levels, which leads to muscle fatigue. Rest days allow the muscles to replenish their glycogen stores, thereby reducing muscle fatigue and preparing the muscles for their next workout.

Overexercising puts repetitive stress and strain on the muscles, increasing the risk of injury.

Overexercising can tire the mind as well as the body. Tiredness can lead to poor decision making during a workout routine, which increases the risk of injury.

A rest day can be an active day that incorporates gentle exercises such as walking or yoga. Alternatively, a person may opt for a full day of relaxation.



ALCOHOL & THE IMPACTS IT HAS ON MUSCLE BUILDING...



Firstly let's look at the definition of protein synthesis:

Protein synthesis is the process of creating protein molecules.

Muscle tissue is in a constant flux of building and breakdown. When we exercise, various signaling pathways are activated to release amino acids from our muscles to help build new ones.

To build any muscle, we need to consume dietary protein. The process of building new muscle is called protein synthesis. When alcohol is ingested, it inhibits or disrupts certain signaling pathways that tell the body to build muscle.

According to research, consumption of 0.5g/kg of alcohol or less won't have an impact on muscle recovery following exercise. It is best to not drink any but as long as you moderate it & stay in control it will not damage all efforts.

Aside from muscle growth, excessive alcohol consumption also leads to fat gain.

OTHER REASONS WHY YOU CAN'T BUILD MUSCLE MASS & LOSE WEIGHT/GAIN WEIGHT

If you have struggled to build muscle we have all been there, here are some common mistakes people make:



- You do too much cardio
- You do too many fitness endurance based classes (high reps)
- You could be eating into your muscle tissue (ie spin classes, too much cardio etc)
- You don't prioritise weight training
- You don't eat any protein or nowhere near enough
- You aren't consistently tracking your progress in the gym
- You cut carbs in a bid to lose weight instead
- You don't follow a consistent plan
- You keep changing what you do in and out of the gym
- You are too focused on the gym to even begin thinking about your nutrition
- You restrict all your favourite foods
- You have stayed and been in your comfort zone too long

These are just some examples, but it's important you don't make these mistakes otherwise you will struggle. I'm sure we can all relate to one of these or more. Any of these mistakes can really prevent you getting the results you want!



FINALLY LET'S TALK BODY COMPOSITION & WEIGHT...

Once you have lost a bit of weight and start to gain muscle it is possible to gain weight but not in the way you think...

You must take into account that when you have built muscle mass this will equate into your total body weight. Remember at the beginning when I explained the difference between body fat and muscle tissue!!!

It is totally possible to be the same weight but with two completely different body shapes.

This means you can look leaner, more toned and healthier despite whether the scales say you are the same weight or not.

Don't just take my word for it, I can prove it to you in pictures.....

Same weight, two different body shapes, more muscle gained and leaner!





I hope you feel more clued up now about muscle building, along with everything else that goes into it!

It is a very complex thing to build muscle mass but remember, just like any process it is a journey that does take time.

You are all achieving amazing things within your coaching sessions and to see your results makes me so proud as a coach!

Helping you all to train effectively, consistently, hard and smart is what leads to the results you all have!

Don't be in a rush to achieve everything all at once, be patient, do the work and be consistent in your efforts so that it can all pay off in the long-run!!!

