

How to gain muscle

A guide to gaining muscle and changing your body

RESULTS inc

This guide
covers how you
can gain muscle

Let's make a
start!

Remember...

*"Show up.
Be safe.
Work hard.
Progress."*

Coach Joe,
Founder & CEO
RESULTS inc

What's in this guide?

- A simple calorie guide
- Energy balance and creating a "calorie surplus"
- Your calorie "sweet spot"
- Are you eating enough?
- Protein and why it's so important
- Our 10 top tips for Results
- Avoiding failure
- What really matters

Gaining muscle is a result of two things.

1. Challenging your muscles to grow

2. Eating enough calories to support this growth

Almost everything we eat and drink contains calories.

For example, a banana is 100 calories. Half a pizza is 500 calories. A glass of wine is 120 calories.

Each of us has a daily calorie requirement. A certain number of calories that we need to keep us going. Just like a car needs fuel in the tank to go.

We burn calories by the things we do. Sleeping, breathing, laughing, and talking all require calories.

We burn more calories with our daily activities like walking and climbing stairs

This calorie requirement increases even more with intense resistance training (what you need to do to encourage muscles to grow)

If you want to gain muscle, you need to eat more calories than you burn.

This is called a 'CALORIE SURPLUS'

Calories **IN**

- Everything you eat
- Everything you drink

Calories **OUT**

- Moving around, breathing, talking, working, sleeping
- Exercise in the gym

IN > OUT = Calorie surplus

To repeat... (because it's so important!)

If you want to gain muscle, you need to eat more calories than you burn. This is called a calorie surplus.

Don't forget! You can't just gain muscle by eating more...

You have GOT to:

- Perform resistance training**
- Increase the weights and resistance**
- Do more sets and reps**

How much should you eat for muscle gain?

Bodyweight (kg)

X

36

This is a starting point. If you're not gaining weight then you're not eating enough.

Example

77kg male would aim initially to eat (77 x 36), 2772 calories to gain muscle.

Activity #1

How many calories did you eat yesterday?

1. Write down everything you ate and drank yesterday
2. Using Google or MyFitnessPal to calculate how many calories that adds up to. This is **Number A**
3. Calculate how many calories you need to gain muscle ($36 \times \text{bodyweight}$). This is **Number B**
4. Number A should be equal to or bigger than number B

Find Your Sweet Spot

Aim to gain 0.25–5kg a week.

But remember, muscle gain isn't a linear process. Some weeks you may gain more, and others you may gain less.

200g a week, still adds up to 10kg (over a stone!) of muscle gain in a year.

Adjust your calories till you find your perfect amount.

Eating in a calorie surplus is not an excuse to eat loads of junk food!

Eating too much food can lead to gaining weight too quickly, and it will be body fat not muscle

Eat plenty of
protein to fast
track your
progress

Protein provides the
building blocks needed to
build muscle.

Top sources of protein

- Meat
- Fish and seafood
- Eggs
- Low fat dairy (0% greek yogurt, cottage cheese)
- Protein powders
- Beans and lentils
- Tofu and edamame

How much protein should you eat every day?

Bodyweight (kg)

x

1.6

To really fast track your progress, aim of 2g per kg bodyweight

Example

77kg male would aim initially to eat (77 x 1.6), 123g of protein. If he really wanted to fast track his progress he could aim for 150g

Activity #2

How much protein did you eat yesterday?

1. Write down everything you ate and drank yesterday
2. Using Google or MyFitnessPal calculate how many grams of protein you consumed over the day. This is **Number A**
3. Calculate how many grams of protein you should aim to eat ($1.6 \times$ bodyweight). This is **Number B**
4. Number A should be bigger than or equal to Number B

9 top tips for RESULTS

Be flexible - aim for
a daily calorie
range not a precise
figure.

E.g. 2500-2700
calories, not 2600
exactly

Consider tracking
your calorie
consumption in an
app (e.g.
MyFitnessPal).

It can make it
easier to stay on
track

Focus on your
weekly calorie
average.

It's OK to eat more
on some days and
less on others.

Rest and sleep
more. Aim for a
set sleep
pattern
wherever
possible.

Focus on
calorie-dense
foods but gaining
muscle is not an
excuse to eat
excessive
amounts of “junk
food”.

Consider supplementing with creatine (5g per day). It helps you increase muscle mass and strength.

Be patient. Building muscle is a slow and steady process. It takes months, if not years to gain a decent amount of muscle.

You may gain some body fat while gaining muscle. It's part of the process. If you train hard and eat in a moderate calorie surplus you shouldn't gain too much.

If you're not as lean
as you want to be,
you may want to
get leaner first
before getting
bigger.

Be mindful that
your weight will
naturally move up
and down,
especially if you
are female.

Muscle gain
isn't just a
week day
effort

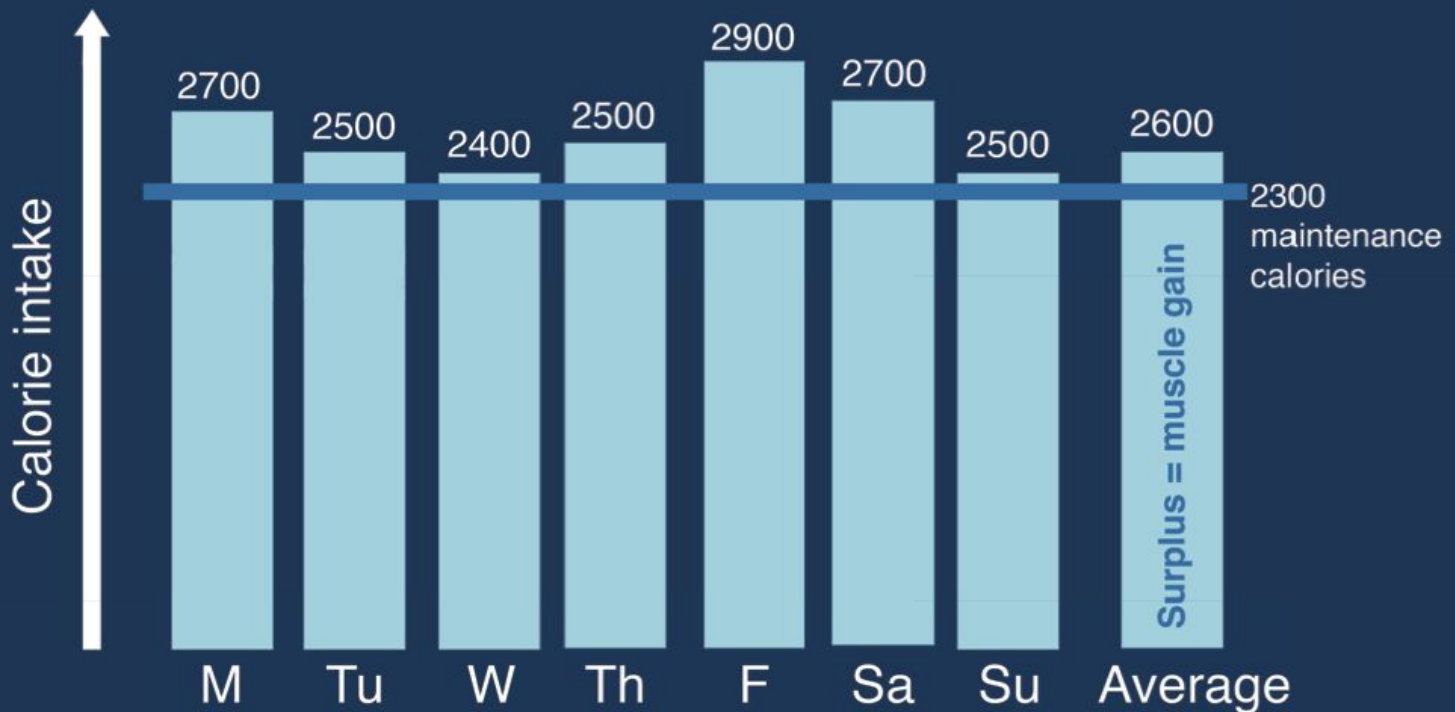
Where most people fail is by not eating enough consistently. You need to keep up the eating!

What really matters is your average calories over a 7-day period. One big day of eating followed by 6 days of under eating does not make a calorie surplus!

If you can understand this and action on it then you will make progress (and still get to enjoy yourself!)

MUSCLE GAIN ISN'T JUST A SINGLE DAY EFFORT!

Keep up the eating!



To build muscle you need
to work **HARD** in the gym



**MORE
REPS**



**MORE
WEIGHT**



**MORE
SETS**

For the third and final time...

If you want to gain muscle then you need to eat more calories than you burn. This is called a calorie surplus.

Don't forget! You can't just gain muscle by eating more...

You have GOT to:

- Perform resistance training
- Increase the weights and resistance you use
- Do more sets and reps

Bottom line.
If you're not
gaining
weight, you're
not eating
enough

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