

3 MUSCLE BUILDING TIPS THAT **YOU** PROBABLY Didn't KNOW!



TIP #1:

Progressive Overload for Continuous Muscle Growth

What is Progressive Overload?

The progressive overload principle basically states “in order for a muscle to grow, strength to be gained, performance to increase, or for any similar improvement to occur, the human body must be forced to adapt to a tension that is above and beyond what it has previously experienced.”

The human body has no interest in what your goals are – whether it is fat you want to lose or muscle you want to gain. Your body’s number 1 priority is to keep you alive and function as efficiently as possible. That is what your body’s job and real goal is. It is highly adaptable to any environment so it is smart and capable enough to do whatever is needed to familiarise itself. The only way to change or improve your body is to do exactly that – create an environment whereby your body must adapt to the new weight therefore resulting in muscle growth.

Put it this way, your body will not change or improve unless you force it! Remember, the body is highly adaptable. If you want to be a couch potato munching on your favourite flavour chips/ crisps every night, then your body will adapt to that lifestyle and become lazy. If you are making time for the gym, increasing your reps & sets, killing your workouts, then over time you will force your body to change, becoming stronger, fitter with more muscles.

Keep in mind, if you are spending long hours in the gym lifting the same weights for the same number for reps then you cannot expect your body to change. If you are not going to beat your usual workouts in any way and increase those demands on your body, you will not become stronger or adapt in any way. You will only maintain your current state. The more gradual demands

you place on your body during your training, the more strength, endurance and power you will gradually gain.

Adaptation does not happen overnight. Adaptations happen in waves. You could see changes within a single week or within months. You might find you are super strong and mighty at one gym session, and other sessions you may feel weaker and think you are going backwards. Regardless, if you are putting your muscles under stress, you will eventually get stronger. Patience and consistency is key.

Make a mental note of the below:

Progressive – Something is developing gradually, step by step, or in stages.

Overload – An excessive amount of something. A load with too great a burden.

How to Overload your Muscles?

Below are some elements I have incorporated into my very own training when I am packing on muscle. I am very consistent with my workouts and I push myself to the limit with every rep and every exercise so make sure you do the same. Sometimes it can be easy to give up and give your muscles a rest. Just envision the physique you want and go for gold. Mind over matter.

- Increase your Reps/Volume

Form is very important so sometimes if you cannot add more weight, you can simply just increase your repetitions. This method is also considered as a means of progressive overload because you are overworking the muscle with more stress leading to greater muscle gains.

For example, let's say you are doing 3 sets for an exercise. For

every set, aim to do more reps than your last set. Do not stop the movement when you are feeling sore. Rather push through and keep going until you can't complete another rep. The harder you make it for yourself, the more you are maximizing your muscle building efforts.

You can increase the number of sets or reps, so if you're up for it, even try doing a combination of both which is what I like to incorporate sometimes into my session.

- Increase your Intensity/Resistance

Intensity and adding more weight is challenging but a challenge is always good because you are stepping out of your comfort zone. I always advise that although adding weight is a priority, you have to also make sure your technique, form and range of motion is on point. If any of these suffer while increasing the intensity, take some weight off and try higher reps/more sets. However, soon enough, you will be able to do a higher intensity. Meanwhile, if you are able to keep correct form and movement while doing a higher weight, your rep count will come down but that would keep you in an ideal range for hypertrophy.

- Increase your Frequency/Consistency

Consistency and frequency are the key to your physique. These are the two ingredients that seem to keep people from reaching their goals. If you are not consistent with your training and nutrition, you cannot expect to gain muscle or lose fat (depending on your goal) nor will your body change in any way. Follow your muscle-building program as efficiently as you can. I know we are not perfect but the longer you stick to something, the better you will become at it. Building muscle takes time and effort. You cannot do two good sessions and miss out on your other days with an expectation that your body will pack on some good size. Erase that idea from your head. You know you

are consistent when you have to miss a workout for a perfectly good reason (like your grandma's birthday for instance) and you feel guilty or annoyed about it. That's when you know it is engrained.

TIP #2:

Negative Reps to Rip More Muscle Fibres

What goes up must come down. The same goes when you are lifting weights. Often people put a lot of their energy into propelling the weight upwards be it a shoulder press or whatever exercise and then just let it drop.

Firstly, what is negative training?

Negative reps are one of the most powerful techniques that are used by bodybuilders for rapid strength gains. If you incorporate this method into your training, you will undoubtedly gain muscle mass and size if performed correctly.

The term 'negative' refers to an eccentric movement that involves loading a weight in only the muscle-lengthening phase. It is the phase of the move when you are lowering the weight as oppose to pressing it upwards. Eccentric muscle action is a type of muscle activation that increases the tension on a muscle group as it lengthens. Negative repetition tends to overload the muscles and creates tears in the muscle fibres that then rebuilds the muscle a little larger every time you use this method of training.

How to Negative Rep Train?

You can use negative reps on basically any exercise in the gym. Use your maximum strength to push the weight in your reps. On the way down, go slowly and count between 3 – 5 seconds. You are now achieving muscle hypertrophy because you are overloading them. If you feel the weight is too heavy and you cannot resist it for at least 3 seconds, take some weight off. The

same goes if it's too easy, add more weight!

I advise to try and do negative rep training on the days you have a training partner. This is so they can spot you to put the weights back to their starting position once you have lowered it down. However, by all means if you are able to get the weights back up with proper form then go ahead.

Try to include some negative reps in the last few reps of your sets. Not every repetition needs to be in a negative state but include a few to feel the burn and tear those muscle fibres! The intensity of eccentric training is definitely one you will enjoy because the after results are addictive. Although you will feel muscle soreness in the days following your workout, the benefits are worth it.

TIP #3:

Consume Dietary Fat for Increased Testosterone Levels

Although protein is heavily associated with muscle growth due to the amino acids it contains, fat intake is also important for promoting muscle progression. A lot of people are misled to believe fats only causes fat gain. However, dietary fat intake is important for the body to function and is also vital for muscle building. Fat does not make you fat. Excess calories make you fat no matter what macronutrients those calories come from.

Dietary fat contains 9 calories per gram (more than double of what carbs and proteins contain which is 4 calories per gram). In this case, dietary fat is helpful for providing the body with the energy and fuels it needs to function throughout the day.

When you are trying to build muscle, dietary fat is one of the most crucial factors to take into consideration when you are optimizing natural testosterone production, which is the main muscle-building hormone in both males and females. Low testosterone will equal less muscle growth. More testosterone

will equal more muscle growth. Fat is also very important for hormone regulation.

Below are the numerous types of fat. Remember, fat is not evil. Excess amounts of fat can be evil. If you're going to choose from the below, Monounsaturated and Polyunsaturated Fats are generally more healthy.

- Saturated Fats (red meat, coconut oil, dark chocolate, egg yolks whole milk, cheese)
- Monounsaturated Fats (olive oil, macadamia oil, avocado oil)
- Polyunsaturated Fats (sunflower oil, margarine, light spreads, canola oil, walnut oil)
- Trans Fats (fries, cakes, biscuits, crackers, fried fast foods, donuts)

What are some good sources of fat that you should include in your diet?

- Avocado
- Almonds
- Walnuts
- Peanuts
- Peanut butter
- Bacon
- Canola oil
- Olive oil
- Salmon
- Egg yolks

I cannot stress how important the Essential Fatty Acids (EFA's) are for muscle growth.

What are EFA's?

You may have heard these primarily referred to as Omega-3 and Omega-6. Other types of fatty acids known as Omega-7 and Omega-9 are also important although the body can produce those. These all help facilitate muscle growth in a number of

ways that is beneficial when you are wanting to add muscle to your physique. Below are some important factors they play when included in your diet:

- Increase sensitivity to insulin (the nutrient storing hormone which stores protein amino acids).
- They help maintain normal levels of testosterone in the body. This is the primary hormone needed for muscle building as I've previously mentioned.
- Increase the body's synthesis of protein in muscle cells.
- Increase the body's secretion of growth hormones. This is essential because it stimulates muscle growth, cell reproduction and a safeguard against muscle loss.

These are all functions that are critical when the goal is to build muscle, especially during intensive training.

I hope this quick guide has given you a good grasp on some of my muscle building concepts that have really helped my physique. Through smart training and nutrition, you too can build a muscular body if you are consistent.