

*When you are tired of gimmicks and
ready for results...*

No B.S.

**Muscle Building
Secrets**

Ian Nagy

Quick Legal Stuff

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Good Luck!

- Ian

You Are About To Learn The Secrets Of How To Pack On SLABS Of Lean, Powerful Muscle That 95% of Gym Rats Will NEVER Know

Have you been working hard in the gym for many months, but just haven't seen the muscle gains you would like?

Or are you new to training - you want to add 10, 20, or more pounds of muscle but are so overwhelmed by conflicting advice, you don't know where to begin?

It's easy to get confused when every week you hear about a new 'secret' technique or shortcut to getting bigger and stronger.

That's not the case with the information in this report. Your training efforts are about to become focused with laser-like precision on the [muscle building strategies that pro athletes, celebrities, and ordinary Joes](#) have successfully been using for years that will allow YOU to gain AS MUCH MUSCLE AS YOU WANT.

Well, to be honest, there IS a 'secret' involved here. And it has three parts:

Training, Recovery, and Nutrition

“Ok, duh!” You might be saying to yourself. “OF COURSE I work out, I rest, and I eat!”
“That's pretty obvious!”

Well, if your gains so far haven't met your expectations, it's because you aren't training, recovering, or eating PROPERLY.

And that's where this report comes into play.

We are about to ditch all of the “trick of the month” type approaches to gaining muscle, and focus on what guys of all ages, occupations, and experience levels have been using to get [muscle gaining results](#) BEYOND THEIR WILDEST DREAMS.

So, have a look. You have Muscle to gain and nothing to lose!

The One Training Rule That You MUST Follow If You Want To Get Bigger and Stronger

Getting bigger and stronger has everything to do with progressively LIFTING MORE WEIGHT and nothing to do with any kind of silly drop set or 'muscle pump' strategy.

Look at Olympic lifters, people who train with the single goal of LIFTING MORE WEIGHT. You will see size, muscularity, and definition that would make even the most hardcore bodybuilder jealous.

Why is this?

As the days go by and you gradually move heavier and heavier weights, your body adapts to the stress you place on it. It recruits and builds more muscle fibers, forces existing fibers to grow, and you become bigger and stronger as a result.

If you are not continually forcing the body to adapt by demanding more from it (i.e. lifting heavier weights), your body won't change!

So let's just get that out of the way right now:

If you aren't lifting more now than you were a month ago, (let alone a year ago), you aren't any stronger and you can stop wondering why you haven't gotten any bigger.

To get stronger, and as a result, bigger, you have to continually do all you can to LIFT MORE WEIGHT.

Obviously, if you can bench press 225 pounds right now, and add one pound per week for 4 years, would you then be bench pressing over 400 pounds? Maybe. But I'm not saying that if you did this for ten years you would necessarily be bench pressing over 700 pounds.

Everyone has their limits.

But the real question is, HONESTLY, have you come even close to reaching yours?

My guess is, probably not. So let's get busy.

Moving Along...

Forcing the body to become bigger and stronger by progressively lifting more and more weight is the key point - but there is another essential side to this coin:

RECOVERY.

Let's take a look...

Why Not Taking a 'Vacation' From Your Routine Could Be Stopping Your Gains Dead In Their Tracks

Here's the deal. As hard as you work while you are in the weight room, the fact is that your gains don't happen while you are actually working out. You get bigger while you are RECOVERING.

This applies to the days between your workouts, of course, but it also applies to how your training progresses over the course of weeks and months.

If you are training hard, week after week, your body will NEED some time to fully regenerate. Taking a week off from training every 8 to 12 weeks allows your body to recover, avoid injury, get stronger, and re-establish hormone levels.

In [one study](#), competitive powerlifters took two weeks off of training. At the end of the two weeks, growth hormone levels had risen an average of 50%, testosterone levels rose around 20%.

Muscle-building master trainer, [Jason Ferruggia](#), says that although most clients are very nervous about taking a week off from training, thinking that they will lose their gains, what actually happens is that they come back from this rest period BIGGER AND STRONGER, every time.

So do yourself a favor and give your body a break every 8 to 12 weeks.

Why 3 Hours A Week Is The MOST You Should Be Spending In The Gym

There are so many opinions out there on how long and how often you should be working out. If you read a bodybuilder magazine, you might be inclined to try working out 2 hours per day, six days per week, just like the pros. Or you might follow the simple, cookie cutter generic personal trainer rule of thumb, one hour, three times per week.

Who is right? Why?

Let's look at these questions in more detail...

How Long?

Getting bigger must mean training LONGER, right? Think again.

Each training session should not last longer than 45 minutes, optimally no longer than 30.

Why?

First of all, in developing strength and size, the name of the game is INTENSITY.

If you want the well-muscled physique of an Olympic sprinter, you would want to hit each training session, and each set within that session, HARD. You wouldn't want to plod along for 2 hours like an emaciated marathon runner.

If you are hitting every set with everything you've got, you will be SPENT after around 30 minutes. And that's the idea.

These brief, intense efforts cause the body to compensate by packing on slabs of muscle. Which is what you want.

But there is also a more subtle reason for keeping training sessions short.

Your body's response to the stimulus of lifting weights is to release testosterone and growth

hormone. We want these hormones flowing through our veins in ample amounts. These hormones equal MUSCLE GAINS (not to mention health, virility, and performance).

About 25 minutes into your workout, the levels of these hormones peak, but by 45 minutes, they stop being released in such large amounts and are soon at levels back down around where they started.

At around the 45 minute mark, your body starts to release the catabolic (muscle-eating) stress hormone cortisol, which signals your body to store body fat and consume muscle.

To keep your body in a muscle-building (anabolic) state, you want your testosterone levels to be much higher than your cortisol levels.

To do this, keep your workouts at around 30 minutes, and no more than 45 minutes long.

How Often?

Have you ever tried to follow one of those pro bodybuilder routines that have you working out 6 times per week?

How did that go for you? Not so well?

Don't sweat it.

MOST of those guys are:

- A. Blessed with incredible muscle building genes
- B. On the juice (steroids)!

Many pro trainers who are responsible for helping pro athletes pack on 10, 20, or 30 pounds of steroid-free muscle, such as [Jason Ferrugia](#), recommend training three or no more than four days per week, ESPECIALLY if you are new to working out or have a hard time gaining muscle.

The simple fact is that your body builds muscle while in RECOVERY. If you are not giving your body enough time to rest, you won't get any bigger or stronger, and eventually you will get injured. It's as simple as that.

Moving On...

Next, let's look at nutrition: WHAT to eat and WHEN...

Pre and Post Workout Nutrition For Massive Muscle Gains

There are all sorts of fancy gimmicks out there, telling you that drinking pre or post workout 'Product X' with a 'secret' ingredient or mixture will 'explode' your muscle growth.

What you eat immediately before and after your workouts IS important, but it ain't rocket science.

Let's have a look...

15-30 Minutes Before Your Workout - Protein And Carb Drink

Before you start your training session, you want to eat or drink something that will get your body into muscle-building mode.

High glycemic index carbohydrates like maltodextrin, dextrose, or waxy maize establish an anabolic (muscle-building) environment in your body by boosting insulin levels. Mix these fast acting carbs with some whey protein, and you have yourself an ideal pre-workout drink.

This sudden flood of easy to access, quick-burning fuel also prevents your body from cannibalizing its protein stores for energy and going into catabolic (muscle-burning) mode.

Post - Workout - Simple Carb and Protein Drink ASAP

You know the expression, "Strike while the iron is hot"?

Well, after you are done lifting, the iron is definitely hot!

Now that you have finished training, your body is highly anabolic and ready to build muscle. It will use whatever protein you supply it to build muscle, and any simple carbs you eat (like maltodextrin, dextrose, glucose, or waxy maize) will be quickly snatched up by your muscles to replenish their glucose stores.

Proper post-training nutrition also helps to tip the ratio of muscle-eating cortisol to testosterone in favor of muscle-building testosterone.

A good rule of thumb is .2 grams of protein, .4 grams of carbs per body weight (that would be 40 grams protein, 80 grams carbs for a 200 pound person).

Moving Along...

Now you can avoid the hype and help yourself to some simple, cheap, and best of all, muscle MAXIMIZING pre and post workout nutrition. Now, let's look at protein.

How Much Protein Do You Actually Need? The Truth That Supplement Companies Don't Want You To Hear!

How much money have you spent on protein powder in the last year?

Admit it. Quite a bit, right?

If muscles are made up of mostly protein (that's simplifying things quite a bit, but you know what I'm talking about), it would make sense that to gain muscle, you would need to eat A LOT of protein.

But just how much?

One gram of protein, per pound of bodyweight, per day.

The typical gym-junkie will tell you to consume at least TWICE that amount: two grams of protein, per pound of bodyweight, per day.

That's quite a lot! How did they come up with this number? Or maybe a better question to ask would be WHO came up with this number?

Follow the money... That's right, it leads to the companies who sell you protein powder!

The more you think you need, the more you buy, and the more money THEY make.

But there is no science backing up this 'rule'. Just marketing.

As an experiment, trainer [Jason Ferrugia](#) (who has trained hundreds of athletes from the NFL, NHL, MLB, pro natural bodybuilders, as well as normal cubicle-dwellers) had himself and ALL of his clients switch from consuming one gram of protein per pound of bodyweight to two grams per pound of bodyweight, per day.

They did this for TWO YEARS.

During those two years, following this common-knowledge protein intake rule, what happened? Did everyone get huge? Did gains go through the roof?

What happened, really? Nothing! No difference. No one experienced any more muscle growth than they had with simply one gram of protein, per pound of bodyweight, per day.

(The one adjustment to the 1g/lb/day guideline would be if you are trying to lose substantial body fat. Reducing carb intake will help to cut fat, but to minimize muscle loss as you lose weight, bumping up to between 1 and 1.25 grams of protein, per pound of bodyweight, per day, should do the trick.)

Moving Along...

Now that we have our protein intake sorted out, let's look in detail at what are actual workouts should look like for your best muscle gains...

The Best Set and Rep Ranges To Explode Your Muscle Growth

“How many sets and reps should I be doing to get bigger and stronger?”

Misinformation abounds on the internet and in your standard ‘muscle’ magazines.

Here is what works:

Sets

Pro bodybuilder workouts that are published will sometimes show 30 or more sets per workout, sometimes 20 sets ON A SINGLE BODY PART, which is ridiculous. On top of that, they will often show 6 days of working out per week.

You want to have a life outside of the gym, right?

More importantly, you want RESULTS, right?

Remember, most pro bodybuilders are genetically gifted for gaining muscle, AND usually take steroids.

For the rest of us average guys, doing this many sets means that you will probably not be going hard, lifting HEAVY for each set. As we said, before, it’s pretty difficult to sprint for a marathon distance. And it’s the intensity of the sprint that will kick your muscle building into overdrive.

Doing a ton of sets will also tax the body unnecessarily. Ever do an intense workout where you were extremely sore for DAYS afterwards? This phenomena is called Delayed Onset Muscle Soreness (DOMS for short).

DOMS causes three things to happen that we don’t want:

1. It reduces the body’s sensitivity to insulin, meaning that any carbohydrates you eat will likely be stored as fat.
2. It **increases** the levels of catabolic, muscle-eating and fat-accumulating hormone **cortisol**.
3. It **decreases** the body’s levels of muscle-building **testosterone**.

Remember, the body grows during RECOVERY.

If you over-stress your body (by doing dozens of sets per workout), your body will take days to recover, and you will miss opportunities for growth.

To that end, trainers like [Jason Ferruggia](#) have had their clients' greatest muscle-building successes with 12-16 INTENSE sets per workout.

What About Reps?

If you were to ask your average gym rat what the ideal rep range per set is, his answer would probably be, "8-12 reps."

This rep range IS beneficial, but it SHOULD NOT be your main focus if you are serious about adding strength and size.

Let's take a closer look at the rep ranges we can use:

1-3 reps – This range is the best for absolute, pure strength development. Your central nervous system learns to activate muscle groups more quickly and completely. Although this range does not develop size, it does create 'harder', denser looking muscles. Additionally, training in this range will help you develop the strength to lift heavier in the other rep ranges.

4-7 reps – This range should comprise the MEAT of your training. Doing 4-7 reps allows you to lift heavy weights, dramatically increase strength, and stimulate fast-twitch myofibrillar hypertrophy (that's growth of the actual muscle fibers, in case you were wondering).

These muscle fibers not only have the ability to grow tremendously, but also, any gains you make in myofibrillar hypertrophy tend to last for quite a while should you happen to stop training for a period of time.

8-12 reps – Doing sets with reps in this range has two results: development of slow twitch muscle fibers and sarcoplasmic hypertrophy, or growth of the thick fluid that fills your muscles between actual muscle fibers. The sarcoplasm is what swells when you get a 'pump' to your muscles after doing higher-rep sets.

Training this range will not increase strength as much as the lower rep ranges, but should

still be included occasionally for well-rounded muscle growth.

13-20 reps – This range is the worst of both worlds, in regards to muscle gains. You get very little muscle fiber stimulation, as in the 8-12 rep range, but WITHOUT the significant sarcoplasmic hypertrophy of that range.

However, after years of packing on sarcoplasmic and myofibrillar mass, it might be worth occasionally mixing in sets of 20 or more reps, as this range leads to growth in the muscle cell's mitochondria, responsible for energy production.

Ok, So What Do I Do With This Info?

Most of your gains, especially if you have had a hard time gaining muscle, will come from the 5-8 rep range. Doing these lower rep sets allows you to use very heavy weights to trigger hormone response, force the nerves to recruit more muscle fibers, and develop powerful, long-lasting myofibrillar growth.

However, you should also make a point to mix in the other rep ranges, to take advantage of sarcoplasmic and mitochondrial growth opportunities. But the bulk of training for someone looking to gain a significant amount of muscle should be in the 5-8 rep per set range.

Moving On...

Now that we have that covered, let's take a look at the best EXERCISES for maximum muscle gains.

The Exercises You MUST Be Doing If You Are Serious About Gaining Muscle

Forget about cable crossovers, the triceps extension station, or hamstring curls.

To get stronger, we need to FORCE our muscles to grow by moving HEAVY weights in compound movements involving several joints. We do NOT want to do silly isolation exercises.

Good examples of compound exercises targeting the lower body include **squats** and **deadlifts**, while **dips**, **chin ups**, **military presses**, and **weighted pushups** are outstanding upper body options.

Basically, the more weight a movement allows us to use to target a body part, the more that movement is going to cause our body to grow and get stronger.

Here's an example. Which exercise do you think would be better at stimulating growth in the triceps - a triceps pushdown, or dip with two 45 pound plates hanging off your belt?

Dips, of course. You will be moving MUCH more weight, which demands more adaptation from your body, resulting in more muscle growth.

In these exercises, you are forced to not only lift the weight as you move your body, but you are also balancing and stabilizing as you lift. Your body is constantly firing off nerve impulses to your primary and stabilizing muscles as they make countless micro adjustments just so you can complete the lift without falling over!

The more nerve impulses are sent to a muscle, the higher percentage of that muscle's fibers are actually activated (called neuromuscular activation) and used to complete a movement. This results in progressively greater strength and more complete growth.

Any time you move your body in relation to gravity, through space, these adjustments are taking place. This is why although you might be able to leg press way more than you can squat, the squat will still be a MUCH better exercise for developing true strength and complete muscle development.

Not only that, but compound movements that force you to move HEAVY weights cause your body to release large amounts of testosterone, further helping your muscle gains by putting your body into a seriously anabolic state.

And If That Wasn't Enough...

Since machines aren't really all that useful for our muscle-gaining efforts, this means that the various isolation exercise contraptions at your local Globo-Gym are no longer necessary.

All you need is an Olympic weight set, a pull-up bar, and a squat rack. For less than you would spend on a year's membership to a gym, you can have all this in your garage, and get as strong as you want when YOU want, listening to the music YOU want to hear! (Not to mention saving all that gas money and time spent in traffic trying to get to the gym)

And if you are REALLY broke, not able to afford a gym membership, standard weight sets, and the like, here are some other options:

The Poor-Man's Gym

Doing pushups and rows with a suspension trainer ([here's how to make one for under \\$15](#)) takes advantage of the principle of neuromuscular activation we just discussed. Basically, your hands are extremely unstable when trying to push up or pull up using this equipment, and as a result nerve activation to the muscles is off the charts.

To hit that 5-8 rep sweet spot using bodyweight exercises, just add some weight. Throw a big bag of pea gravel into a bag, put it in a backpack, and get to work.

Try doing weighted pushups, body rows (especially with your feet elevated), and pullups. These are EXCELLENT ways to develop upper body strength and size.

As for overhead presses, go [make yourself a training sandbag for less than \\$20](#). Use a used army surplus duffel bag for the outer shell, and then just dump in the filler. I prefer pea gravel instead of sand (it's cleaner), and at around \$3 for a 75 pound bag, heavy weight is CHEAP.

Since sandbags are extremely unstable, lifting them also demands intense neuromuscular activation, helping to fully activate the muscles involved in a lift.

The only downside with this DIY approach is that it is hard to train heavy deadlifts and squats. For this reason, I recommend you save up a little bit and get an Olympic weight set ASAP. They commonly sell for under \$200 on craigslist, and even cheaper at garage sales. I got my set for FREE from a friend who was moving and couldn't fit it in his new place. The weights are a little rusty, but it does the job just fine.

Wrapping Things Up

So that's it. Now you have a pretty good idea on how to use training, recovery, and nutrition to blast through your plateaus and add some serious muscle.

If you don't want to have to re-invent the wheel for yourself and simply want to get started right away on a step-by-step program that is GUARANTEED to have you gaining size and strength, and check out [Jason Ferruggia's Muscle Gaining Secrets](#).

Follow the same program that has helped countless pro athletes (NFL, NHL, MLB), military personnel, and normal guys gain the muscle they have always wanted.

To see my own continuing journey towards strength on a budget, using all sorts of improvised exercise equipment, check out my blog at homeworkoutblog.com.

Thanks and Train Hard!

-Ian Nagy

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Sources

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