



# The Applied Fitness Muscle Gaining top 10 tips!

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I hope you enjoy this short book and it helps you gain some good muscle size!

Thank you for reading!

1. PATIENCE!!! - This is the key number 1 tip – some people can put on a few kilos of muscle with a few months this is because of genetics, previous training experience, body type etc however if you're like me – an ectomorph who was always forced to do the long distance runs then putting on muscle is an incredibly long hard and seriously frustrating process, no matter how many gainz you are making people like 'help' you by saying you training isn't right, food etc I'm here to tell you if you are resistance training at 60% 1rpm eating the right macros then you WILL put on muscle, it will take a while but train hard eat, sleep well and just train. It will take years to be at your Natural muscular limit and after a few months it get harder and harder to put muscle on, so keep changing your training and I promise you will get there eventually!



2. Carbs – if you want to put on size carbs are essential – they will help with recovery massively, all those newly found muscle gains need more glycogen so carbs will

replenish that, all that energy you need to train will come from carbs, unless you are trying to be an elite athlete you serious don't need to worry about when you eat carbs, to many people hunt for the optimal and then neglect the small stuff, if you sleep a lot better if you have carbs at 10pm then crack on (I don't know anyone who won't sleep better) personally if I don't have a carb source at breakfast I feel sluggish and spacey, but if I have a slice of bread with my 5 eggs omelette then I feel great all day! That's the way I am, find out what works for you and...



3. **STICK TO IT**, sticking to your diet is essential, like I said above with carbs, found out what works for you, I prefer a High protein, higher fats and medium carbs, I'm 192 centimetres so a big guy I need food! As long as you keep your protein high - 1.5-2.2 grams of protein per KG of body weight you will put on and keep some really good muscle mass, keep good fats higher (saturated fat, monounsaturated/ so animal fats, nuts and olive oil) then play with your carbs, find your level and stick to it, it doesn't matter what protocol you do – IF, back loading etc find what works for you, everyone is different but not a unique snow flake so you might find a few that work, so use them and find out the best one based on

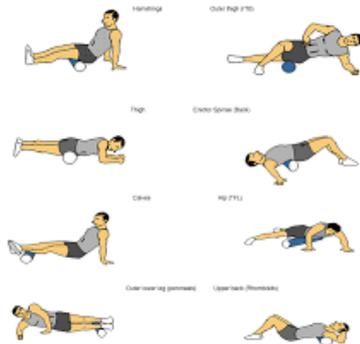
how you feel, perform and look.



4. Time under tension – When it comes to putting on SIZE weight has been shown to not really matter, whether it drop-sets, super set of standard 3sets of 10, the muscle grows, strength is a different ball game but we are just talking about size here. So, it's more important keeping the muscle under tension or resistance, so don't try and do seated rows as quick as you can, bicep curls at the speed of light, a nice 2count push or pull(contraction) and 2 count eccentrics, so lowering or raising of the resistance, you will minimise the risk of injury but also keep the muscle under tension and forcing it to grow.
  
5. Technique – this is massive one, if you are trying to do bicep curls but all the movement is coming from jolting forwards and bringing you elbow all the forward you probably won't be working your biceps that much – your bicep curl turns into an anterior delt hip thrust thing. So here are some quick pointers – Chest up... always, glutes squeezed (doing these two take a lot of the pressure out of the lower back), and belly button pulled into your spine, doing these will keep your lower back happy and your core strong, the other exercise tips are mostly exercise depending, if you want those please email the website and I'll be happy to book you for some 1-2-1 and teach you.



6. Recovery - the key to building muscle is the ability to recover properly and efficiently. To be able to recover and build muscle tissue your protein intake needs to be of adequate needs, by adequate I mean per KG of body weight for a decent muscle building level you need to be at least 1.5 to 2.2 g of protein. Also, that protein should be present at every meal. You should also be eating some kind of carb source, which will depend on whether you are hard gaining or micro cutting, which is what I would recommend as hard gaining or 'dirty bulking' can make sticking to a strict cutting diet extremely hard. Macro timing has been found to be pretty much irrelevant, as long as you are having a consistent flow of protein or EAA. &BCAA's together throughout the day the rest isn't going to make a massive difference.
7. Mobility work – I don't know anyone who likes to stretch and foam roll, however giving your muscles a proper stretch to get rid of all the kinks and knots, will do them the world of good, the ability to get full ass to grass in a squat brings in a lot more glute and hamstring activation for example. Stretching your lats can sometimes massively improve your shoulder range, taking some of the pain out in a front squat.



8. ‘Activation’ – Phase of training (I hate the term but it’s the easiest way to describe it) Doing banded, light weight movements to build up your mind muscle connection, setting your shoulders and bracing your core all of the really advance training person they can’t pec dance, can’t squeeze a specific muscle without squeezing 2 or 3 simultaneously, if you are doing a seated row, bench press, how do you feel your chest working, or do you feel it all in your shoulders? In all the exercises, you do you should be able to feel that muscle squeezing and working while you do it.
  
9. Mix it up – Mix up your training, set yourself a 3-month training Phase, for example week 1,2 activation and movements drills, 2-4 3sets of 10, weeks 4-8 5x5 to build strength, weeks 8-12, start heavy and through the sessions do some drops sets. Use fat grips, sleds, kettlebells dumbbells, barbells, body weight – all these pieces of equipment mean your body will have to do something a bit different or with the sled something massively different. Don’t just stick to resistance

machines, keep your goal in mind and have fun with your training BUT train hard.

10. Frequency – Frequency is king here and I’m going to be very blunt – unless you are taking steroids you really shouldn’t be training Chest and Triceps, Back and Biceps, Quads and Hams, Shoulders and Calves, Arms and mobility/accessories. You just won’t get the anabolic response needed to grow as much as what you could, if you can stick to a split like Monday - Chest, back and shoulders, Tuesday - legs and accessory, Thursday- chest and back, Friday - legs, arms and shoulders then you will build muscle a lot quicker than doing a typical body builder split. So, get your frequency up there!



If you have any questions, don’t understand, want to debate something here, please get in contact with me – [Dangrimes@applied-fitness.co.uk](mailto:Dangrimes@applied-fitness.co.uk) And I’ll be happy to talk about it.

Thank you for reading – Enjoy your gains!