

3 Unknown Muscle Building Secrets That Pack on 11 lbs of Pure Muscle in Just 3 Months

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Since the golden age of bodybuilding, there's been more advice on how to grow muscle than there are idiotic comments on a typical episode of *Jersey Shore*. Speaking of *Jersey Shore*, one of the questions people ask me all the time is: "How are the guys in the show so jacked? I watched every second of every season and I've never seen them lift more than an extra large bottle of Heineken?"

While Pauly D and his crew may have a little pharmaceutical assistance, that's certainly not what I'm going to be advocating today. While you can certainly find yourself with 10+ lbs. of new muscle in no time at all with the help of 'roids, the side effects simply aren't worth it.

But what may come as an even bigger surprise is that the 100% natural secrets I'm going to reveal to you here work nearly as well as steroids. Let me repeat that because I don't want you closing this .pdf, checking your Facebook account and forgetting the powerful secrets that lay before your eyes: **the 100% natural secrets I'm going to reveal to you here work nearly as well as steroids.**

That's right: you don't have to succumb to pills and syringes to pack on serious muscle in a ridiculous short period of time. Heck, you don't even need to take every single supplement that's advertised in the pages of your favorite glossy muscle magazines. As I'll show you, certain supplements can make a significant difference in your pounds and inches, but that doesn't mean you need to spend more on supplements than you do on rent.

These secrets also don't require you to pitch a tent at your local Bally's and take up residence in the cardio room. Obviously, muscle isn't built from sitting on your coach watching *Jersey Shore* (sorry to mention it again –it's the last time, I promise). However, thinking that "more time in the gym=more muscle" is a tired old mantra that needs to go as of yesterday. Your gains in the gym aren't directly determined by ticks on a clock –but by the how much effort you put into it (no grunting required).

I can almost hear the thought rattling around in your head: “OK, so if it’s not supplements or gym sessions that make or break my muscles, than what the heck does”.

To misquote former president Clinton: “It’s the diet, stupid”. Consider tattooing this idea on your forehead so you don’t forget it next time you see an overhyped advertisement for the latest and greatest “super supplement”: the food that you put into your mouth is by far the most important factor for building muscle.

Sadly, the foundation of fitness, nutrition, has become largely forgotten in favor of overpriced supplements and so-called “cutting edge” workout routines. Bodybuilding legend Arnold Schwarzenegger had it right when he said: "Exercising without eating the proper foods is like plowing a field and not putting any seed into the ground," "Nothing would grow out of it."

While the basics of a healthy diet are well-known: natural, unprocessed foods, high quality protein, healthy fats, plenty of fruits and veggies, there’s still some planet-sized gaps in many a would-be-bodybuilder’s nutrition knowledge.

That’s why I’m here. Because I want you to get the most gains in the shortest period of time, I’ve put together this killer, no-nonsense guide consisting of 3 secrets that I doubt you’ve seen before. If you put these into practice, in no time, you’ll see your biceps bulge, your quads burst outwards, and your abs with more definition than the Oxford English Dictionary.

Let’s get started, shall we?

Muscle Building Secret #1: Eat Protein Before Your Workout

I'm putting this tip first on the docket not only because it's incredibly important, but also because it's one of the most underrated pieces of bodybuilding advice on the planet. I can't tell you how many times I've run into my friends at the gym during the 6pm rush hour and had them tell me how they haven't eaten since lunch. That's 6 hours without eating a thing –and they're about to hit the weights?!

Why is lifting on an empty stomach so bad? Isn't what you eat after your workout the X factor? Yes and no.

While your post-workout meal is a crucial piece of the muscle puzzle, new research has shed light on the pre-workout meal as one of the most important factors for overall muscle growth.

What makes your pre-workout meal so important is that your body can only be in 1 of 2 states (when it comes to muscle growth, anyway): anabolism and catabolism. Anabolism is also known as the "fed" state because, as you may have guessed, it's where your body is at when it's well fed. Being "anabolic" is where we want to be in the hours leading up to, during, and after our strength training.

On the other hand, catabolism, also known as the "fasting" state is what your body shifts to when it hasn't eaten in a while. Like a car, your body needs a steady influx of fuel. Unlike your car, however, your body has a few tricks up its sleeve to make sure the car keeps running –even if you haven't put anything in the gas tank for a while.

It grabs spare muscle, fat, and storage glucose (known as glycogen) and converts them into readily available nutrients to keep the millions of your bodily processes going strong.

If you're in your cubicle putting cover letters on TPS reports, being catabolic for an hour or so isn't a huge deal. But if you're lifting massive amounts of weight in a catabolic state, you're just shooting yourself in the foot. Instead of the resistance of the weights serving as the all-

important stimulus for muscle growth, it actually does the exact opposite.

Because your body is devoid of the building blocks of muscle (amino acids), it actually breaks down the muscles your using to finish out that last set of military presses. It's literally your body eating itself.

Do I have your attention now?

But that doesn't mean you can grab a Snickers bar at the 7-11 on the way to the gym. Not just anything edible will work. Not surprisingly, it's protein that your body craves to tell your muscles to grow during your workouts.

Just so you know I'm not making this stuff up, let's look at a research study that tested this theory in the real world.

One study from the Sports Medicine Research Institute in Denmark tested the effect of a protein supplement vs. a pure carbohydrate supplement on young athletes. Those that hit protein before they hit the weights watched their muscles pop to a whopping 25% larger size over a 14-week span. Oh, and those carb eaters? They didn't grow at all even though they performed the same workout routine week after week.

The scientists of the study concluded that: "... the present results may have relevance for individuals who are particularly interested in gaining muscle size" (That's us!).

Another study, this time from the University of Texas, compared the relative effect of a pre-workout carb/protein mix with the same mixture given after a workout has been wrapped up. To many hard gainer's surprise I'm sure, they discovered that taking the supplement before a workout resulted in an overall greater influence on muscle growth than downing it afterwards. The head scientist of this study stated that:

"These results indicate that the response of net muscle protein synthesis to consumption of an EAC solution [carb/protein mixture] immediately before resistance exercise is greater than that when the solution is

consumed after exercise, primarily because of an increase in muscle protein synthesis.”

Let’s wrap this up with a statement from one of the world’s top experts on the effect of “protein timing” and muscle growth Professor Janet Walberg Rankin, PhD stated emphatically that: "If my goal was getting as strong as I could, I would eat something with protein just before and after training,” She went on to say that: "There's a window of opportunity and you've turned on the machinery, so provide the fuel for that machine while it's active." And that window, my friends, begins before you’ve even begun your first warm up set.

So you’ve seen the incredible potential of a high-protein pre-workout meal on your gains, but how can you put it into practice?

Although most research studies tend to use liquid supplements, consisting of whey protein powder and simple carbs –they only do so because a liquid supplement makes things easy to control and distribute. In other words, you can either sip your pre-workout meal in the form of a supplement or chew it in the form of real food –the choice is yours.

Also, while protein remains king, it’s not the only nutrient that matters before your workout. Be sure to get in some high-quality carbs from whole grains, fruits, and veggies with just a bit of healthy fats (fish oil or unprocessed nuts are perfect). The carbs will give your muscles a turbo boost of energy. The fat helps slow down the processing of your food and will ensure meal you just ate is doled out incrementally as your gym sessions roll on.

Here are two perfect meals to chow down on before your next gym session:

1. Jacked Turkey Sandwich

- 6 oz. lean turkey breast
- 2 slices whole wheat bread
- 1 leaf lettuce
- 2 slices tomato

- 1 slice low-fat cheese (optional)
- 1 tbsp Mustard

2. “I Only Have 10 Minutes Before I Meet My Gym Buddy” Meal

- 1 large apple or banana
- 1 tbsp. all-natural peanut butter
- 3 oz. low-fat beef jerky
- 1 cup black coffee
- 1 handful of carrot sticks or cherry tomatoes

Tip #2: Eat Fat, Get Lean

Of the three macronutrients: carbs, protein, and fat, fat is clearly the supervillain of the bunch. About 50 years ago, a commission set up by the US Senate to investigate heart disease concluded that fat was the culprit, the American Heart Association jumped on the anti-fat bandwagon, and even with hundreds of high-quality research studies vindicating this poor nutrient, its never truly recovered.

But is all this fat-phobia justified? Hardly. When doled out in the right amounts, fat is as much a part of a lean, muscular frame as is our good friend protein. The last two decades of research has shown fat to be an essential part of muscle growth and fat burning.

How can eating fat make your muscles grow? It has everything to do with a powerful, and misunderstood, hormone insulin.

Unless you're diabetic, you may have never given insulin a second thought –but you should. By keeping insulin levels in check, you can double or even triple your fat burning –even as your muscles continue their outward expansion.

In a nutshell, insulin is the car that your body cells' energy source, glucose, rides in order to get into the cells that need it most. In other words, even though your body may have loads of energy floating around in your bloodstream, without insulin, it can't deliver its payload. For most of us, insulin levels aren't a big issue, and out glucose gets to where it's supposed to go without much hassle.

But that's the insulin story that most physiology and biology textbooks teach. To get truly jacked, you also need to understand insulin's other, and less-known role. Insulin also serves as a general in your body's fat burning and muscle building army. Insulin orchestrates and flat-out orders around the hundreds of enzymes, cells, and amino acids necessary for muscle to grow and for fat to fly off.

In general, when insulin is elevated, your body is anabolic –meaning not only muscle growth, but fat storage as well (ouch). When insulin levels fall, your body greedily grabs as much muscle and fat as it can get its hands on until your next grub session.

Wouldn't it be great if it were possible to both burn fat and build muscle at the same time?

It turns out that there's a small window of middle ground -an insulin "sweet spot" that true muscle builders live in. When insulin is chilling out at this level, not too high and not too low, your body simultaneously torches fat and builds muscle.

Sadly, most people (including health conscious fitness buffs) find their insulin levels looking like last year's Dow Jones! Their insulin is either higher than a hippie or lower than Obama's approval rating –with nothing in between.

How can this be? The relative rise and fall of insulin levels are largely determined by two dietary factors: the amount and form of the carbs that you eat and the fat you put into your body. In an effort to steer clear of fat, most people turn to carbs. They stuff themselves with low-fat versions of everything under the sun –whether its cookies, bread, or protein bars. Carbs, especially of the refined (and generally low-fat) variety, cause insulin levels to surge upwards. While this does generate a muscle friendly environment, it also tells your body to store fat at warp speed.

On the other hand, healthy fats don't cause such volatile shifts in insulin levels. The healthy fats themselves give your body the energy and

anabolic environment you want for muscle growth, but also keeps insulin levels in check.

For example, research published in the Journal of Clinical Endocrinology & Metabolism found that a low-fat diet caused consistently high insulin levels –resulting in significant fat gain.

Or take a look at the results of this study published in the American Journal of Clinical Nutrition. After giving exercising volunteers either a placebo or high quality fish oil, they looked at the influence on body composition (the all-important ratio of fat to muscle). Those that took the fish oil regularly found themselves with a more muscular and lean body composition than those that exercised alone.

But there may be more to the fat-muscle connection than just insulin. Preliminary animal studies have found that omega-3s directly stimulate muscle metabolism and prevent muscle breakdown. Regardless of the physiology, fats are essential if you want to be jacked.

As you may have guessed, not just any fat will do. Saturated and the toxic trans fats won't do anything for muscles. On the other hand, high quality “good fats” like monounsaturated and omega-3 fats are venerable-unknown muscle stacking nutrients.

The best sources of healthy fats are (in order of muscle-building power):

1. Fatty fish (salmon, tuna, and mackerel)
2. Fish oil supplements (be sure to check for purity and omega-3 concentration)
3. Flaxseeds and flaxseed oil
4. Walnuts and almonds
5. Peanut butter
6. Extra virgin olive oil

While fats are beneficial, like any nutrient (even protein), you don't want to go overboard. Fats should make up about 20-30% of the calories in your diet (WARNING: because fats have double the calories

of carbs and protein, you need to eat half the amount to get the same amount of calories).

Tip #3: Protein Quality > Quantity

One single question has baffled fitness gurus, bodybuilders and exercise scientists for years: "how much protein should someone eat everyday?" Sure, everyone knows that someone consistently putting up 300lb. squats should be downing more protein than a 90 year old grandmother, but specifics has been a slippery slope.

The American Dietetic Association, the Recommended Daily Allowances advisory board, and other international nutrition organizations agree that .8g of protein for every kilogram (pounds divided by 2.2) of bodyweight is the "magic number" that prevents muscle breakdown – although they concede that athletes should eat a tad bit more –about 1-1.2g/kg.

However, in practice, this is a measly portioning of protein. For example, let's say you tip the scales at 175 lbs., or about 80kg. If you were to eat 1g of protein for every kilo of weight, you'd only be eating 80g per day! If you make any sort of concerted effort to eat protein at regular intervals, it's likely that you'd hit 80g by noon.

Fortunately, some new research has come out (combined with conventional wisdom from professional bodybuilders) to suggest that more is better –to a point. In fact, many researchers are recommending double the current RDA for hard gainers. A review published in *Medicine and Science in Sports and Exercise* concluded that:

"Several types of evidence indicate that exercise causes substantial changes in protein metabolism. In fact, recent data suggests that the protein recommended dietary allowance might actually be **100% higher** for individuals who exercise on a regular basis. Optimal intakes, although unknown, may be even higher, especially for individuals attempting to increase muscle mass and strength."

OK, so we've established that you should ignore most recommendations for protein intake out there (which are largely intended for the general

public and not for those aiming to pack on serious mass), but how much should you eat?

The exact number will always be a moving target as new research becomes available, but based on the latest science it appears that the ideal protein range is about 1g of protein/lb. of bodyweight or 25-30% of total calories. It's not necessary to become obsessive about the exact figures, as they are only general guidelines. If you're close, you're doing just fine.

Also, I'm about to show you that the total amount isn't nearly as important as the quality of the protein. That's right, just like your lifetime list of bedmates, quality trumps quantity -big time.

What do I mean by "protein quality?" Contrary to the conventional wisdom of most protein-lovers, all protein is NOT created equal. Certain protein sources are loved and adored by your muscles -while others are simply tolerated. Eat the right ones, and you'll see muscle growth like you've never seen. But stick to flimsy proteins and you'll be largely frustrated with your paltry growth.

Like beads on a string, protein (the string) is made up of amino acids (the beads). In order for your body to use the protein you give it, it required a mix of different size and shape beads. Certain protein sources hand your body the amino acids it needs, others miss the mark, while another class drives your body absolutely giddy with protein happiness.

In general, animal sources of protein are considered "complete" protein sources because they contain all the amino acids your body (and especially your muscles) crave. On the other hand, incomplete proteins, typically from plant protein sources, barely nudge your muscle building machinery.

In 2009 scientists published an eye opening study in the British Journal of Nutrition. The researchers found that subjects that ate the most animal protein carried around 20% more muscle mass than those that subsisted largely on incomplete, plant-based protein sources. The authors concluded that: "Thus, a vegetarian diet is associated with a

lower muscle mass index than is an omnivorous diet at the same protein intake.”

We’ve established that animal protein should form the cornerstone of your protein intake, but that’s not the end of our protein quality story – far from it. There’s one more protein source that is so darn amazing that calling it “complete” would be like calling the Mona Lisa “pretty”. The protein class I’m talking about here is called branch chain amino acids (or BCAA for short).

BCAAs are actually a set of 3 amino acids (leucine, isoleucine, and valine) that aren’t just made for direct incorporation into muscle (although they are), but also directly stimulate protein synthesis and muscle growth.

Japanese researchers recently gave a BCAA dose to a group of strength trainers. They found that the BCAAs helped not only promote muscle growth but to offset mass-robbing muscle breakdown.

These findings weren’t simply a fluke. Let me show you what I mean. A research review published in the Journal of Sports Medicine and Physical Fitness, after reviewing dozens of studies, concluded that: “Data show that BCAA supplementation before and after exercise has beneficial effects for decreasing exercise-induced muscle damage and promoting muscle-protein synthesis.”

Where can you find these nearly magical BCAAs? Obviously, you can buy a bottle of BCAA supplements just about anywhere multivitamins are sold. Direct supplementation of BCAAs can definitely be beneficial for muscle growth, but there are a few more sources of BCAAs out there for you to consider.

It shouldn’t come as a surprise that animal protein sources like red meat and eggs are jam-packed with BCAAs. In fact, that’s one of the ways they go about stimulating muscle growth. But there’s one protein source in particular that is almost pure, unadulterated BCAA –whey protein.

For some, a day isn't complete without a glass of cold water mixed with whey protein powder. For others, whey protein is overpriced supplement garbage that tastes funny.

For the latter group, have a gander at this study published in the journal *Nutrition, Exercise and Metabolism*. They found that after just a few days of whey protein supplementation, both strength and muscle growth shot through the roof! When subjects stuck to a regular whey intake, their gains continued to accelerate. Whey is definitely the "whey" to go when it comes to supplemental protein, but its effectiveness is largely hinges on timing.

Literally hundreds of studies show that you should be chugging whey immediately after your final set. Whey speeds up muscle recovery, limits muscle damage, and even helps that pesky soreness you get a day or two after your workout. But what's interesting about whey is that it seems to have a similar effect on your muscles BEFORE your workout as well.

A study by Dr. Tipton and his colleagues at the University of Birmingham in the UK gave weight lifters a dose of whey either before or after an intense strength training bout. To their surprise they found that whey had the same effect if taken before a workout than afterwards (remember what I was saying about pre-workout nutrition in Secret #1? I wasn't kidding!).

The moral of the story: take some whey before and after your workout you'll boost muscle growth two or three fold.

Besides whey, where should the majority of your protein come from?

Here are some of the highest quality protein sources money can buy:

1. Eggs/egg whites
2. Chicken, turkey, and other poultry
3. Game like venison
4. Fish
5. Lean beef

6. Fat-free dairy like cottage cheese and low-carb yogurt
7. Whey protein (of course)
8. Certain plant sources like soybeans, tofu and black beans

Where Can I Find Out More?

You've seen that there's more to a lean, muscular frame than dropping \$250 at GNC and living in the gym. You know that healthy eating is one of the most undervalued, yet most crucial, aspects of muscle growth. You've seen the three unknown secrets for packing on more muscle than you ever thought possible.

You probably realize that there's a bit more to muscle building than the 3 secrets I've unveiled here (even though they are incredibly powerful).

Then you may be asking yourself: "where can I get more of the good stuff?"

[**Click Here to Get More Of the Good Stuff**](#)

Fortunately for you, you don't have to cling to these 3 secrets as the only quality pieces of bodybuilding nutrition you were every fortunate enough to come across.

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