

Top Muscle Building and Weight Gain Secrets

DR. JOHN M. BERARDI
AND THE PRECISION NUTRITION TEAM

PrecisionNutrition



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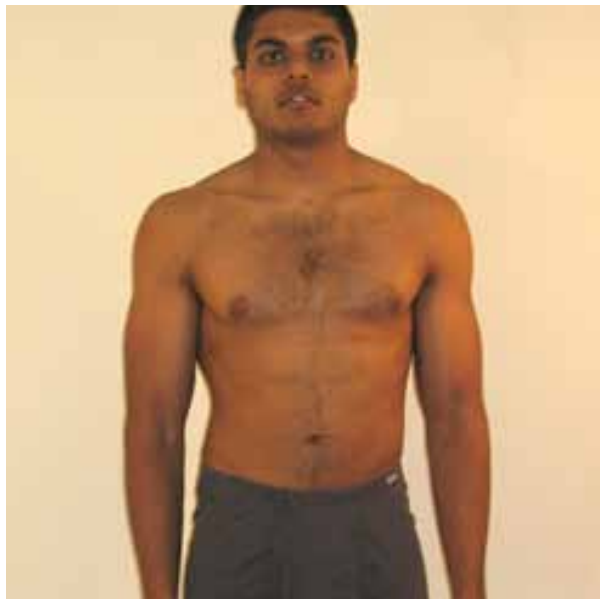
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If you've ever tried to put on muscle, you know it can seem difficult. Confusing. Hard to do, hard to maintain.

It doesn't have to be that way.

Our **Scrawny to Brawny Coaching Program** has already transformed the bodies and lives of thousands of clients... guys just like you.

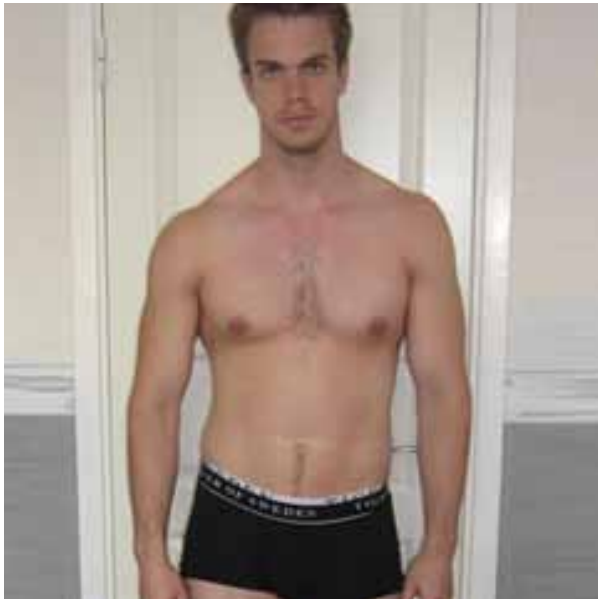
Here are just a few examples of our S2B success stories:



This client gained 36 lbs in 6 months.



This client gained 20 lbs in 6 months.



This client gained 23 lbs in 6 months.

For more, check out the following link: [Muscle-building success stories](#)

ARE WE GENIUSES? (WELL, WE LIKE TO THINK SO.)

Are our body transformation clients — many of whom have achieved stunning results — somehow “better” than normal? Special? Extra-motivated? Blessed with “great genes”?

No. They’re average Joes. They’ve simply learned — and practiced — what *really* works.

Our coaches use simple, time-tested methods to inspire, motivate, monitor, and guide our clients to stunning body (and life) transformations.

Today we’re going to pass some of these “secrets” on to you. They’re simple. (But not necessarily easy.)

In fact, if you never read another article on gaining mass again after this one, that would be enough to get you — and most importantly, *keep* you — muscular, big, and powerful. For life.

Sweet.

SECRET

1

If you’re not gaining mass, you need to eat more.

Most folks aren’t very good at judging their food intake accurately. You may think you eat a lot now, but if you aren’t gaining weight/size, then you need to eat more. Period.

The details aren’t as important as this basic fact: **To get big, eat more.**

SECRET

2

Eat early, eat often.

A lot of skinny guys skip breakfast. Or lunch. Or whatever meals they just don’t feel like eating.

Brawn takes fuel. Lots of it. Sure, you could *try* getting all your calories in one giant feeding, but we (and your stomach) don’t recommend it.

So you need to break up your intake over the course of the day. Start with a decent breakfast.

No, not a piddly little bowl of cereal. We mean a Muscle Breakfast. Scramble up some eggs, beans, and veggies, pair it with a bowl of steel-cut oats topped with blueberries, and start your brawny day strong.

Then, get some calories into you *by any means necessary*, every 2-3 hours. Schedule a reminder on your cell phone or computer if you have trouble remembering.

Eat a Muscle Breakfast. Then eat every 2-3 hours after that — especially after your workout.

We don’t care if you aren’t hungry. Eat.

SECRET

3

Drink your calories.

Unless you have a personal chef, it's hard to eat 5-6 unique gourmet meals a day. Get practical instead: Have a Supershake for some of your meals.

A Supershake is easy to make and consume, and you can put all the nutrients you need into the blender. That includes:

- fruit, veggies, and greens supplements
- protein
- healthy fats from nuts, seeds, avocado, coconut, and cold-pressed oils

You can flavour it any way you like: with chocolate, coffee, fruit, like a Bloody Mary... the possibilities are endless. Check out our Supershake Guide [link to: <http://www.precisionnutrition.com/super-shake-creation>] for recipes and ideas.

SECRET

4

Shop and cook in bulk.

Save time, energy, and money by shopping and cooking in bulk. For example:

- Devote a few hours on a quiet day (such as a Sunday) to do most of your grocery shopping and food prep. (See this Kitchen 911 video [link to: <http://www.precisionnutrition.com/kitchen-911>] for an example of how you can do this.)
- Look for deals on club packs, as well as cheaper cuts of meat (such as chicken thighs instead of breasts, or lean ground beef instead of steak).
- It's just as fast to boil a dozen eggs, or to grill a dozen chicken breasts, as it is to cook one.
- Buy whole cuts of meat, such as roasts, racks of ribs, and whole chickens. Whole cuts of meat are usually cheaper, and you can just toss them in the oven while you go do something else (such as drink a Supershake).

Package everything up, pop it into the freezer and fridge, and voila! A week of meals!

SECRET

5

Get your 5 hours. Make them count.

Sure, you could drill yourself into the ground with long, gut-busting workouts. But why? As we've proven, you can get great results with about 5 hours of training per week.

The trick? Make those hours count.

Our suggestion:

1. 3-4 days a week, weight train for about 45 minutes. Choose complex exercises with lots of moving parts that give you bang for your buck, such as:

- pullups/pulldowns, rows
- pushups, presses
- squats, deadlifts, lunges
- hip hinges (i.e. swings)

Think *movements* rather than *body parts*. Think *quality* rather than *quantity*. Put some tough stuff together in a superset or circuit and give 'er.

2. Do about 10 minutes of warmup and mobility work every day.

3. Fill in the rest of the time with “active recovery”: gentle, moderate movement such as walking, swimming, yoga, taking the stairs instead of the elevator, and just plain old “stay moving”.

SECRET | 6 Sleep.

Sleep changes your hormone balance and your recovery ability. This changes how your body responds to nutrients, exercise, and stress.

The more sleep you get, the leaner and more muscular you are. The less sleep you get, the weaker and sicker you're eventually likely to be.

At least 1-2 hours before bed, turn off the TV, computer, and cell phone. Darken the room.

And get ready to sleep yourself brawny.

SECRET | 7 Forget “willpower” and “motivation”. Change your environment and your systems. And get social support.

Willpower is a very limited and unreliable bank account. *Never* count on it. Ever.

Instead, built an environment, a system, and a support network that helps you get to your goals.

- If junk food is in your house, you'll eat it. So don't have that food in your house. Have your brawny meals ready at hand instead.
- If your gym is horribly inconvenient, you won't go. So make it convenient, or buy some weights for home. Book a workout date with a buddy, so someone will razz you if you don't show up.
- If you wait till you feel full of energy to work out, you'll never do it. So schedule it like an appointment.

- If you're surrounded by people who don't support your goals, you'll have a tougher uphill journey than a spawning salmon. So take a class, join a group, say hi to other fit folks in your gym, and build a strong social support network of fit and healthy people.

If you're looking for some great coaching and a 24/7 support group who cheer you on for an entire year, may we recommend the [Scrawny to Brawny Coaching Program](#).

SECRET

8

Take action. But do ONE *small* thing at a time.

Sure, we all love “change everything” moments like winning the lottery. But that ain't reality.

Forget thinking about change. Forget reading about change. *Do* change. Act. Now.

The *only* way to succeed at *anything* is to take action now — ONE *small* step at a time. Trust us.

Today, what is ONE, *very, very* small action you can do to move towards the change you want? What could you do in the next three minutes? Today?

Do that one small thing. High-five yourself.

Check in each day and make sure you're doing it. Then, next week, do another very small thing. Only one. High-five yourself again.

Repeat until brawny and awesome. It's just that simple!

Take the next step

Twice per year we accept new clients into the Scrawny to Brawny Coaching Program, where we coach small groups of guys and help them achieve the best muscle and strength building results of their lives.

The results, to date, have been nothing short of remarkable. Thousands of pounds gained, and hundreds of thousands of pounds lifted.

Click for more info on the [Scrawny to Brawny Coaching Program](#), and to get on the waiting list.