

# Winning Strategies For Intentional Muscle Gains!

12 things holding you back from  
achieving the physique you've always  
dreamed of.

# 1) Lack Of A Clear Goal

- In order to ensure you're always moving in the right direction....you FIRST NEED TO KNOW WHAT DIRECTION THAT IS!
- Each and every goal you have may require a different type of training.  
(Bigger/Stronger/Faster/Leaner).
- Find a training partner with THE SAME GOALS  
Goals keep you focused and on track

Writing your goals down will allow you to always look back at them and ensure you're on track.

Some variables that may change according to your specific goals are:

- Number of reps/sets
- Tempo and %load used.
- REST (between sets and between workouts)
- Nutrition and recovery protocol.

DO NOT watch others and judge. You have no idea what someone's goal might be. Focus on your own goals.

## 2) Not Using Proper RANGE OF MOTION(ROM)

- No matter what your goal, it is recommended that you use a FULL ROM within *a given WORKOUT.*
- LEARN and IDENTIFY what a full ROM means!
- \*Its not always possible within one exercise.
- A fully stretched or extended muscle often involves **CONTRACTING ITS ANTAGONIST** muscle.

### 3) Learning from the WRONG PEOPLE

- This industry often takes on a **blind leading the blind** mentality. Take control of your life by learning basics.
- Don't assume people with "big muscles" have it figured out. These people are often the worst people to listen to. (make an EDUCATED decision).
- As with anything in life, you want to learn from the best, most **unbiased** source possible.

- You DON'T know why someone might be doing what they're doing (do NOT mimic people).

-Injuries

-Strength v.s. Size

-Different body structure = Different requirements

## 4) Water

- No single factor is as important to your performance as water.
- Performance is shown to start to decrease with as little as 2% dehydration!
- Hydrated muscles: stronger, bigger, better pump, faster recovery, less toxin build up, less lactic acid, decreased DOMS, increased protein synthesis, less likelihood of injury.....!

## 5) Neglecting Greens and Fiber

- The body works as a whole. When trying to build quality muscle we must also consider keeping the body healthy and functioning properly.
- Alkalizing (normal pH ~6.9-7.2). Higher is best.
- Neutralizing toxins/remove waste products of high protein diet (regularity).
- Essential vitamins, enzymes, coenzymes.



## 6) Not Detoxing

- Toxic build-up is a fact of the world we live in. It comes from the food supply, the environment, the water, the lifestyle we lead. The body is constantly trying to remove toxins from every cell.
- The Liver is ground zero for detox.
- We must support this process with certain herbs, vitamins, minerals, fiber.

- There are many types of detoxing protocols.  
(ex/fasting, liquid detox, whole food, herbal)
- Many natural foods have detoxing properties.  
-lemons, grapefruit, apples, berries, spinach,  
kale, swiss chard, garlic, onions, beets, fennel,  
broccoli, collard, brown rice, parsley.....!

Try adding 2 of these to your diet everyday to support your bodies natural detox mechanism.

## 7) Too Much “Junk Food”

- When trying to build muscle, many young people take the mentality of “any calorie is a good calorie” .....WRONG!
- Any calories you ingest must be broken down and processed. These processes require VITAMINS, MINERALS, ENZYMES, CoFACTORS, if they are not present in the food, your body must pull them from other tissues
- Calories in, calories out?

## 8) Neglecting your “current settings”

- When making ANY decisions to do with your body, nutrition, training...it is first necessary to consider your current settings!
- This means the exact state in which your body currently exists.

### Reason for increased protein intake:

-increased training volume, trying to add muscle mass, trying to shed bodyfat, healing from an injury.

The opposite may also be true...decreased protein.

## Reasons for Increased carbohydrate intake:

Increased energy demand, elevated cortisol(stress), protein sparing, stimulate thyroid.

\*There may be more reasons for decreased carb intake: decrease inflammation, decrease insulin levels, decrease bodyfat, decreased energy requirement (day off gym, or work).

## 9) Underestimating FATS

- Many young and inexperienced fitness enthusiasts neglect healthy fats. This was a fad of the 1990s that has carried on in many peoples mind.
- Fats have mood regulating properties
- Anti inflammatory
- Necessary for hormone production (especially sex hormones), and many metabolic functions.

# 10)Adrenal Fatigue-Overdrive

- The adrenal glands have a tremendous regulatory effect on the body. They control many hormonal actions necessary for homeostasis and proper bodily function.
- The adrenals are an integral part of the HPA axis (Hypothalamus Pituitary Adrenal Axis). This axis is responsible for regulation of such hormones as: **Cortisol, Aldosterone, Adrenaline. Corticotropin-Releasing Hormone**
- Adrenals regulate the sleep-wake cycle, have mood regulating properties.
- When the body properly produces and uses cortisol, a person remains more alert and energized than when the adrenal gland experiences complications such as adrenal fatigue

- Adrenal fatigue is a term applied to a collection symptoms such as body aches, fatigue, nervousness, sleep disturbances and digestive problems. These problems are very common in todays society.

Causes:

Stress, lack of sleep (or irregular sleep), toxins, stimulants (caffeine, tobacco, alcohol, drugs), exercise(!)

Recommendations:

Vitamin C, Ginseng, Vitamin B, Rhodiola, Phosphotidylserine, Ashwagandha,



# 11) Ignoring Food Allergies

- Fitness athletes tend to eat a lot of the same foods over and over for long periods (chicken, egg whites, whey, dairy, wheat (gluten)). Food sensitivities are almost an inevitability.
- An allergic reaction to food can occur in your stomach without you even knowing. You might get symptoms of sleepiness, shortness of breath, mucous (most common), upset stomach, diarrhea.
- A mild reaction can still cause a whole cascade of hormonal responses by the body.

Food allergies cause an inflammatory response. The body senses “injury” (tissue disruption), and starts an immune response. (T cells and cortisol)

Cortisol is synonymous with **muscle loss, fat gain, insulin resistance**. \*when levels remain elevated for too long\*

Not all cortisol's actions are bad. **Decrease pain, inflammation, regulate immune function.**

Ever notice how you don't feel pain right away after an injury or accident( even training), that's the affect of cortisol.

- How does this apply to you....

1)If cortisol happens in response to inflammation.

2)Inflammation happens in response to eating foods were allergic to.

3)Prolonged elevated cortisol levels will make you fat and decrease muscle mass.....

$$(1)+(2)+(3)=?$$

Most common allergens-wheat (gluten), dairy (whey), nuts. Even meats!

\*\*Proteins are the allergens

# 12)Missing “The Window”

It might be the BIGGEST mistake holding you back from building a lean and muscular physique!

Consuming the proper nutrients immediately post workout primes your muscles for greater glycogen storage and kick starts protein synthesis.

Up to 70% greater protein synthesis when sufficient carbs are consumed.

4:1 ratio of carbs to protein

Other vital nutrients:

Glutamine, BCAA, Vitamin C&E, ( ALA and chromium)

# BONUS POINTS:

## 1)CARDIO:

How much is too much?

What type is best?

## 2)Training frequency!?

How many days between workouts is “best”?

## 3)Cheat days?

What does this mean? Why do them/Not?

## 4)Neglecting Minerals

You Got Questions?

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