



A BEGINNER'S GUIDE TO BUILDING MUSCLE





YOU'RE TRAINING HARD.. BUT
WHY AREN'T YOU GROWING?

MUSCLE GROWTH ISN'T ABOUT DOING MORE.

IT'S ABOUT DOING THE RIGHT THINGS CONSISTENTLY.

LET'S BREAK DOWN THE ESSENTIAL STEPS FOR BUILDING MUSCLE.

- **Training Intensity** - Push your muscles to failure.
- **Progressive Overload** - Keep increasing the challenge.
- **Adequate Nutrition** - Fuel with a calorie surplus.
- **Rest and Recovery** - Allow muscles to repair and grow.



"INTENSITY IS EVERYTHING."

TRAINING INTENSITY IS ABOUT HOW HARD YOU PUSH YOURSELF, NOT JUST LIFTING HEAVY WEIGHTS. TRAINING TO FAILURE AND CONSISTENTLY INCREASING THE EFFORT DURING EACH SET CREATES THE NECESSARY STIMULUS FOR MUSCLE GROWTH.

- **Progressive Intensity:** Increase weight, reps, or form over time.
- **Focus on Compound Movements:** Squats, deadlifts, bench presses.
- **Mind-Muscle Connection:** Pay attention to the muscle you're targeting to maximize activation.



"CHALLENGE YOURSELF TO GROW."

PROGRESSIVE OVERLOAD MEANS SYSTEMATICALLY INCREASING THE INTENSITY OF YOUR WORKOUTS. YOUR MUSCLES GROW BY BEING PUSHED BEYOND THEIR CURRENT LIMITS.

- **Increase Weight:** Add 5-10% weight every 1-2 weeks.
- **Increase Reps:** Add 1-2 reps each week.
- **Refine Form:** Focus on perfecting your technique to engage muscles more effectively.



"FUEL FOR GROWTH: A CALORIE SURPLUS."

BUILDING MUSCLE REQUIRES EXTRA ENERGY. A CALORIE SURPLUS ENSURES YOUR BODY HAS ENOUGH FUEL TO REPAIR MUSCLE FIBERS AFTER WORKOUTS.

- **Protein:** Aim for 1.6-2.2g per kg of body weight.
- **Carbs:** Vital for energy; consume 3-6g per kg.
- **Fats:** Essential for hormone production (testosterone, growth hormones).

COMMON MISTAKE:

"I'M EATING CLEAN." CLEAN DOESN'T MEAN SURPLUS. TRACK YOUR INTAKE TO ENSURE YOU'RE EATING ENOUGH.



"REST TO GROW."

RECOVERY IS ESSENTIAL. MUSCLES GROW WHEN THEY'RE ALLOWED TO REPAIR, NOT WHILE WORKING OUT.

- **Sleep:** Aim for 7-9 hours per night.
- **Rest Between Workouts:** 48-72 hours of recovery for muscle groups.
- **Active Recovery:** Light activities (walking, stretching) on rest days



"IT'S TIME TO GET TO WORK."

NOW THAT YOU KNOW THE FOUR
PILLARS, THE KEY IS CONSISTENCY:

- TRAIN WITH INTENSITY.
- GRADUALLY INCREASE THE CHALLENGE.
- EAT IN A SURPLUS TO FUEL RECOVERY.
- PRIORITIZE REST FOR MUSCLE GROWTH.

STAY DISCIPLINED, AND RESULTS
WILL FOLLOW.

**Want a personalised growth
plan?**

✉ DM me the word **MASS** to
book a call and take your
progress to the next level!