

## LEAN WEIGHT MANAGEMENT ANALYSIS

→ For the best results, try and keep to a:

- **HIGH CARBOHYDRATE DIET**
- **MEDIUM PROTEIN DIET**
- **LOW FAT DIET**
- **VITAMIN & MINERAL ENRICHED DIET**

→ Since it takes 2500 Kcals to gain 1 pound of lean muscle, you need to increase your food intake.

→ Realistically do not go for lean gains of more than 0.25% of your bodyweight per week.

→ Eat 5-6 small meals per day.

→ Do compound exercises - cut back on isolations. Compound exercises require a higher degree of calorie-burning lean tissue.

→ Ensure you drink a minimum of 2 litres of water per day.

→ An extra 2500 Kcals per week divided by 7 days equates to 357 extra Kcals per day. These Kcals should come from Carbohydrate and Protein.

→ Gradually each month, increase the extra Kcal intake from Protein even further if you are not gaining the additional lean tissue targets as planned.

## LEAN WEIGHT MANAGEMENT ANALYSIS

- In order for a person to gain weight (muscle) they must consume more calories than their body uses - without an excess of calories being supplied to the body, it is impossible to gain any weight.
- A good starting point is to use the formula:  $15 \times \text{bodyweight in pounds}$  to increase body mass. If after one week on this calorie figure, with appropriate training, an increase in weight (muscle) of between 1 and 3 pounds is not experienced, increase your calories per day by 500.
- Again, monitor weight after 1 week. Repeat this process until you find the point at which you obtain increases. For those with particularly high energy expenditures a more complex method can be used which calculates energy expenditure also.
- Once you have ascertained how many calories you need to gain weight, you need to select the right types of food. The food you eat provides the calories you need to train, so it is essential that a muscle-building diet is high in quality sources of protein, complex carbohydrates and good fats.
- Provision of calories from good protein sources, complex carbs and good fats.
- 2 grams of protein per kilogram of bodyweight (up to 3g if taking ingredients that increase protein synthesis).
- 5-6 controlled meals a day.
- Consume protein every 3 hours to ensure that your body stays in an anabolic state.
- Calorie intake 500 kcal above calorie expenditure.
- 10 grams of creatine.
- >10 grams of glutamine.
- 3 grams of HMB.
- Optimal testosterone production.
- Enhanced GH Release.