

A photograph of a very muscular man from the waist up, wearing a white t-shirt. He is holding two dumbbells in front of him. The image is tinted with a warm orange color. A white diagonal line cuts across the image from the bottom right towards the top left.

Mass Monster Secrets Report

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7 Simple Steps To Muscle Building Success

If you've been working out for awhile you may have noticed an interesting phenomenon. The vast majority of the members in your gym look the same year in and year out and never improve their physiques. The weight on the bar stays the same, too.

Talk about banging your head against the wall.

These people are on autopilot. They are just going through the motions of a fitness lifestyle. Working out has just become another thing that they do. Don't let this happen to you.

Let's take a look at seven simple steps you can take right now to move you rapidly along toward your fitness goals.

I realize this may be boring to a lot of you. I can hear the groans and feel the rolling eyes but please hang in there. The following will do more for your training progress than any super secret eastern european periodization split ever could.

Think on paper: Only about 3 percent of adults have clear, written goals. These people accomplish five and ten times as much as people without written goals.

Step 1: Decide Exactly What You Want

This will allow you to prioritize so that you are spending the most time on high value tasks that move you closer to your goals.

If your goal is to add 20 pounds of muscle, there isn't much point in using up a lot of your training time by jogging 5 miles a day, doing high volume low intensity work or focusing on the so-called "shaping" exercises.

Step 2: Write It Down

Again, think on paper. Written goals are a powerful thing.

They have an energy behind them that helps you move toward them that unwritten goals just don't have. In fact, you'd do even better by writing down your goals every day. Yes, every day. It will only take a few moments and will help you tremendously.

Step 3: Set A Deadline On Your Goal

Create a sense of urgency and positive pressure. Without a deadline you will procrastinate and do the little things that may damage your short term goals. If you are having "after" pictures taken in three weeks then you are much less likely to swallow that bag of popcorn, than if you are just getting in shape... eventually.

This is why physique competitors get in such fantastic shape. When they enter a contest, they have a hard deadline looming in the future.

They don't want to be embarrassed by showing up on stage out of shape.

This is also true of actors and actresses. They get paid a lot of money to transform themselves into action heroes. If Hugh Jackman had shown up for the filming of X-Men fat, soft, and out of shape, it would not have been good for his career!

Step 4: Make a list (of everything you can think of that you will need to do to help you achieve your goal)

Leave nothing to chance. The more planning you do ahead of time, the more likely you will stick to the plan and achieve your goals. The more prepared you are, the more success you will experience.

Step 5: Organize the list into a plan

Organize your list by priority and sequence. In other words, put the goal you most want to achieve at the top of your goals list. Then make a list, in order, of what you need to do in order to achieve that particular goal.

For example, if your top goal is to build 10 pounds of muscle in the next 12 weeks, you must make a list of what you need to do to achieve that goal. It could be something like:

- Train with weights 3 times per week
- Squat 2 times per week – each time add 5 pounds to the bar
- Eat 6 high protein nutritious meals every day
- Eat at least 3,000 calories every day

Step 6: Take action on your plan immediately

Do something. Get started. Start building positive reinforcement and momentum RIGHT NOW.

Step 7: Resolve to do something every single day (that moves you toward your major goal).

And with fitness, you have to, don't you? Whether it is your workout, eating six high protein meals, etc. you should always be doing something that moves you forward toward your goals.

If you continue to focus on and perform these 7 steps, you'll be amazed at the results you'll see with your bodybuilding program.

The Fundamentals of Mass Building

Train Intensely - When the routine calls for it you must work each set until you can't do another repetition in good form. There is no point in stopping at a set number of reps (such as 8), if you are capable of doing 12. Your body needs to be challenged or it will not adapt by building new muscle or burning off body fat.

There are mass building routines where all the "work" sets are not taken to positive failure, including very productive routines like Vince Gironda's 8x8 routine. You're still training intensely and taking that final set to failure.

Training for strength is NOT exactly the same as training for mass. If you are training for strength you should NOT train to complete positive failure.

Train Briefly - Your workouts need to be short. This is a very important weight lifting tip. You should never need to do a bodybuilding routine that takes over an hour. If you are in the gym that long, you aren't working intensely enough. You can workout hard or long, but you cannot do both. And to succeed in building muscle, you need to workout hard.

Train Infrequently - Your body needs time to recover from your weight lifting routine, so that it can adapt and grow. If you train with weights before your body is completely recovered, you won't add new muscle and will eventually over train (and even lose muscle), a big no no.

Train Progressively - You need to constantly challenge what your body can do by continuing to add more weight and/or repetitions to your previous best effort as often as possible. If you can bench press 50 pounds now, and 6 months from now you are still bench pressing 50 pounds, there is no way you'll be able to gain much muscle mass, if any at all.

Increase Your Testosterone - You'll never do what anabolic steroids will do but you can come close to producing the bodybuilding results of a very mild steroid cycle.

So what do you need to do?

- Ramp up your testosterone production
- **Increase your growth hormone levels**
- Produce an insulin rush at the right time

You can do these things naturally to help increase muscle mass.

A. Workouts Should Not Last More Than an Hour

After roughly an hour, testosterone levels crash, mainly due to elevated cortisol levels, which is a stress hormone that eats muscle and reduces anabolic hormone levels.

B. Use The Big Exercises

Research indicates that the best muscle building exercises also happen to be the ones that give you the biggest natural surge in testosterone levels. This means doing exercises like squats, deadlifts, stiff legged deadlifts and lunges.

C. Go for the Muscle Building Burn

Studies show that higher blood lactic acid levels (the cause of the burn) cause higher levels of growth hormone. The more you go for the burn when lifting weights, the more GH you can release.

This means to use certain training techniques like supersets, drop sets and multi-rep rest/pause sets. These are some of my favorite muscle building techniques as they allow you to hit different muscle fibers, trigger testosterone and GH release AND do it in an efficient manner so you aren't spending hours in the gym doing too many sets and overtraining.

Increase Androgen Receptors - Any kind of weight training will also increase these androgen receptors.

However, there is evidence that the elongation of a muscle, such as in exercises like stiff-legged deadlifts, overhead tricep extensions and incline dumbbell curls, does a more effective job of increasing IGF-1 receptors in the muscle.

This means you definitely want to make these stretch-position bodybuilding exercises as part of your muscle building plan.

Use Stretch Position Exercises in Your Bodybuilding Routine

Some good stretch position exercises include:

- Sissy Squats
- Stiff-legged Deadlifts
- Pullovers
- One-arm incline laterals for delts
- Shrugs
- Overhead Extensions
- Incline Dumbbell Curls
- Dumbbell Flyes

Here's an example of an anabolic hormone boosting, muscle building plan for your biceps.

- Standing Dumbbell Curls - 2 x 8 - 10
- Incline Dumbbell Curls - 2 x 8 - 10
- Barbell Spider Curls (drop set) - 2 x 9 (5)
- Barbell Spider Curls - 1 x 20

5. Anabolic Insulin Surge

Insulin can promote fat storage but it can also fill muscle cells with the amino acids and creatine, which boost your muscle building efforts. The key is to create an insulin surge at the right time.

In this case, it means immediately after your workout. Use a whey protein shake mixed with simple carbs.

Try and get around 50 to 60 grams of simple carbs and 40 grams of whey protein. The rest of the day, you want to control and avoid insulin surges so you don't stimulate fat storage.



Learn the Key to Triggering Muscle Growth

A high intensity effort, other than genetics, is the most important factor in getting favorable results from your body building and weight training.

In order for your muscles to grow, you have to stimulate them with a high intensity training stress and then allow them to move through the three phases of the recovery process.

A key to your training success is high intensity muscular contractions. The higher the intensity you are able to generate, the greater the stimulation for muscle growth.

To build muscle optimally and efficiently, you need to progressively and continually increase the degree of intensity that you expose your muscles to.

The higher the level of intensity you are able to generate in a workout, the shorter the workout must be. You can train hard or you can train long, but you can't do both.

They are mutually exclusive endeavors. If you haven't seen that sentence before, read it again and again until it not only sinks in, but sinks in with complete understanding.

Heck, even if you have read it before, go read it again.

You can train hard or you can train long, but you can't do both. That sentence should be in everything you read on the topic of resistance training programs. Its importance can't be overstated.

Let's use running as an example. You can not sprint (a maximum intensity anaerobic effort) for a mile.

The longer the distance (duration), the lower the level of intensity.

You can't sprint a marathon. Instead you rely on your aerobic energy system, which is an energy system used for low to moderate intensities requiring the presence of oxygen.

However, if you sprint, you'll tax your anaerobic energy system (not requiring oxygen, due to a very short time period of effort). By definition, the aerobic and anaerobic energy systems are mutually exclusive.

In our 'more is better' society, many people confuse the concept of intensity with that of duration, or volume. I'm sure you've heard people talk about how hard someone works out and then they tell you he or she works out 2 hours a day.

But that's not a hard workout, that's a long workout, and the two are mutually exclusive.

Besides intensity, duration is the other component of an individual workout. While intensity is a measure of how hard you work at a given time, or the effort you give to each individual set or rep, duration is the overall length or volume of the workout itself.

Training intensity and training duration are diametrically opposed. The greater one component is, the lesser the other must be. The higher your intensity, the shorter the training session must be.

The balance between intensity, duration and frequency will be out of wack and you won't know where to go next, unless you understand these principles and how they interact with one another.

If you don't train with 100% intensity you will not know if you worked out hard enough to trigger the adaptation that leads to muscle growth. Your progress will be hit and miss, a far cry from the optimal training program that we are looking for.

In addition, if you don't train with 100% intensity, you will not be able to make accurate adjustments to your training duration and frequency in order to continually progress. Why is this?

With resistance training, your intensity level is directly related to the amount of muscular fatigue that is produced. The only two levels that can be currently measured are 0% intensity and 100% intensity.

Maybe it does take less than 100% intensity to trigger the adaptive response mechanism. Maybe it takes only 90%. Again, the problem with this is that we don't know and we can't measure it.

There seems to be a number of differing variations of high intensity as it relates to bodybuilding, so let's make sure we are on the same page, okay?

High intensity refers to the percentage of momentary muscular effort being exerted. If you can curl a 100 pound barbell for 10 repetitions and an 11th repetition is impossible, you have performed high intensity training and have trained with 100% intensity and to the point of momentary muscular failure...

IF, and this is a big if, you also gave it 100% mentally, not just physically. And that makes high intensity training a completely different kind of animal.

This is what is meant by the phrase, "training to failure", as advocated by high intensity training enthusiasts. In other words, if you are doing a set of barbell curls and you perform as many repetitions as possible until you can't complete another repetition in good form, you have trained to failure.

There is another important point we need to touch on in the above definition and that is the ideal of volitional effort. You see, your muscles are voluntary - they will not contract (work) unless your mind tells them to do so.

You see, intensity, as it relates to bodybuilding, is the possible percentage of momentary muscular and volitional (mental) effort exerted. You can not train with 100% intensity (train to failure) without doing so mentally as well as physically.

The fastest way to make progress would be to stimulate your muscles with high intensity weight training (in order to trigger the adaptive response) and then minimize the stages of the recovery process.

The way to minimize the recovery process would be by performing the least amount of exercise needed to trigger the adaptive response - one set per exercise per body part.

One set per exercise per body part is the least amount of exercise we can do and still stimulate muscle mass and strength increases. By performing just one set, you limit the drain on your body's finite energy reserves.

Every set you perform eats in to your limited recovery ability. Your workouts need to be hard, brief, and infrequent if you want to make maximum progress in a minimal amount of time.

Once you've performed a high intensity set on an exercise, you've triggered the adaptive mechanism that will allow over compensation (increase in muscle mass and strength).

It only takes this one attempt (one set) to make progress. Performing any more sets will only drain away your body's limited recovery ability.

If you remember, your muscles adapt and grow larger and stronger by being exposed to an anaerobic stimulus that challenges their current existence. In other words, progressive overload through high intensity weight training.

If you train intensely enough, most of you will not duplicate or outperform what you did in the first set. For example, if you train to failure and manage to do 10 reps with 200 pounds in the bench press, you will not be able to duplicate this performance. You may get 6 or 7 reps on the second set.

So what would be the purpose of this set, since it does not come close to challenging your body's current strength level, and we already know that is necessary in order to cause the adaptive response we are looking for. All you've done is create a much greater inroad into your body's recovery ability.

Although it doesn't seem like much, by adding a second set, you've increased the volume for that body part by 100%!!

However, this is where things get muddy for the skinny hardgainer. For you, it may be necessary to add another set or two. Here's why:

As a skinny hardgainer two things are likely - your muscles have low neuromuscular efficiency and you have a higher number of slow twitch fibers.

With lower neuromuscular efficiency your body may need a second set to fire enough muscle fibers to trigger the adaptive response. Thus, a second set could be of benefit.

In addition you need more time under load (more details on this below). In order to satisfy this as well as make up for lower neuromuscular efficiency, you may need to add a set or 2 to each exercise in order to make enough of an inroad to trigger the adaptive response mechanism.

To continually make progress, we need to find ways to increase our intensity levels, while reducing the duration of our workouts and the frequency of those workouts so our body can recover and adapt before the next workout.

In order to continue to make progress, you must find ways to increase the intensity of your exercise, while reducing both the duration of the exercise and the frequency so that your body has time to adapt to the increases stress placed upon it.

Continue to find ways to make your exercise harder and briefer so that your body will be continually forced to adapt. Work out less often so that your body can recover.

Your body does not want to change. And once it gets used to the intensity level of your workout, it will stop adapting until you generate a higher level of intensity beyond what it is used to doing.





The Truth About Reps and Muscle Building

(Psst! It's about the TUL!!)

The popular thinking has boiled it down to the following generalizations:

Strength - 1 - 5 repetitions per set

Muscle Mass - 6 - 10 repetitions per set

Muscle Mass for slow twitch fibers - 12 - 20 or more reps per set such as thighs and calves, and for some this still includes the outdated notion of high reps for definition (NO!)

There are some problems with this general thinking. First, muscles don't count reps, so these numbers could be completely different for someone who takes 10 seconds to complete one rep, compared to someone who takes 2 seconds for each rep.

A good example of this misapplication is recommendations by the late Mike Mentzer. Mike usually recommended 6 to 10 reps per set.

People then got the notion that Heavy Duty was about lifting extremely heavy weights but in truth this was not the case. Mike advocated rep speeds that took about 10 seconds to complete each rep.

For 6 reps, that's 60 seconds of TUL. However, the way most people perform reps, that's only about 6 - 10 seconds of time under tension per set. That's a huge difference, which would result in a huge difference in weight used and probably a big difference in the progress the trainee made.

This is a very important part of this concept that has gotten lost over the years. When studies were done that showed 8 - 12 repetitions was the optimal number of reps in a set for most people, the accepted cadence was 2 seconds for the raising (positive) part of the rep and 4 seconds (negative) for the lowering of the weight.

Each repetition took 6 seconds to complete for a total rep time of 48 - 72 seconds for the entire set. This is a vital fact of exercise physiology to understand if you wish to optimize your progress.

Muscles don't count reps! All they know is what's known as Time Under Tension (TUT), or Time Under Load (TUL). TUT and TUL can be used interchangeably.

While weight training to add muscle mass, muscle tension beyond a certain point, and maintained within a certain time frame (without moving into aerobic territory), causes the chemical reactions in the muscle that triggers the adaptive response.

With enough rest before the next workout, this allows the muscle to over compensate and grow larger and stronger.

The amount of tension or load placed on the muscle, and the amount of time the muscle can maintain that tension are inversely proportional. Does that sound familiar? Yes, once again, to add muscle, you must work out harder, not longer.

You need to use enough tension to keep your body from using its aerobic |power, but not so much tension that you don't keep the muscle under tension long enough to elicit a positive anaerobic reaction.

This is where the 8 - 12 repetition guide came from. The problem is that the repetition guide was born out of the recommended time under load, not the other way around. Eventually, the 8 - 12 reps were always prescribed, and the time under load fell by the way side.

Unfortunately, it was the time under load recommendation of 48 - 72 seconds per set that was the reason the 8 - 12 reps were effective. Next time you go to the gym to workout, pay attention to the rep speed of the vast majority of people in your gym.

You will find two things. One, almost no one counts the time under load, or rep speed. And the rep speed of the majority of trainees is about 1 second up and 1 second down. For a set of 8 - 12 reps, most of them have a time under load of about 16 - 26 seconds, at most. This is far below the effective recommendation.

The only way to accurately measure progress, and to ensure that you are keeping the muscle under adequate tension, is to use seconds to measure time under tension, and not number of repetitions.

Excluding such things as mental effort, fast twitch fibers respond best with a tension time of approximately 40 - 50 seconds. Slow twitch (more endurance oriented) respond best with a tension time of 90 - 120 seconds, while a mixture of the two does well with a time under load of approximately 50 - 90 seconds.

As you can see, most trainees today use load times well below the most effective tension times for inducing a positive response in their body. They also ignore the fact that the ideal time under tension (or number of reps), most likely varies from muscle to muscle within the same individual.

In addition, they compound the problem by trying to make up for this by adding more and more sets. All they end up doing is cutting into the muscles recovery time and never allowing it to over compensate and grow larger and stronger.

The time under tension or number of reps per set that is appropriate for you is also affected by your muscle fiber make up and your neuromuscular efficiency. In simple terms, the faster a muscle fatigues, the higher its neuromuscular efficiency (ability to contract a large number of fibers at one time), and the greater the muscle's fast twitch fiber content.

The slower the muscle fatigues, the lower it's neuromuscular efficiency, and the greater the number of slow twitch fibers.

These are vital factors when determining the appropriate number of reps, or time under tension, that is needed for a body part to induce optimal (or any) results from your training.

Accurately keeping track of your time under tension is very important for another reason and that's progressive resistance. When you accurately record how long a set takes you, you're able to compare it to previous training sessions so you'll know if you are really making progress, as opposed to some sort of cheating.

Now, I'm certainly not saying you need to do really slow reps and count seconds. Sure, it works but sometimes you have to balance what you'll actually do with what works. I HATE counting seconds. I do it at specific times within specific routines but most of the time I do "normal" reps, which means each rep lasts about 2 to 3 seconds.

In order to get the right time under tension, I increase the reps I do in a set. Personally, I don't even like that because I enjoy lifting heavy and keeping my reps rather low, in the 6 to 8 range. So what I do to make sure I enjoy my workout and get enough time under tension for my muscles is incorporate techniques like supersets, rest pause and drop sets.

This way, I get the best of all worlds. I don't have to count seconds for my reps, I get to lift heavy with relatively low reps and I still get the time under tension my muscles need to grow.

Despite all the science of what works, you also need to make adaptations and changes based on your personality.

No matter how good a fitness program is, if you absolutely hate it, you won't stick with it so the fact that it works really doesn't matter for you, does it?



Get Plenty of Sleep - Staying out late, partying, or just getting four to five hours a sleep a night isn't going to cut it. You have to make some sacrifices to build quality muscle mass.

Eat A Lot of Protein - Preferably, at least 1 gram of protein per pound of body weight.

Eat A Lot of Calories - If your goal is to gain weight fast, you most likely have little body fat and a high metabolism. While in the gaining weight stage, don't worry about adding a little bit of fat during your gaining weight phase. A good rule of thumb to start with is to multiply your body weight by 20 to get the number of calories you should be consuming each day.

If you weight 150 pounds you should be consuming at least 3,000 calories a day. If you find, after a couple of weeks you haven't added any weight, you'll need to increase this number.

You must eat more calories than your body burns off.

While this rule can not be broken, it also doesn't give you license to eat just anything. You have to eat high protein, high quality, nutritious meals and have them at least 6 times a day.

If you don't and just gorge yourself whenever on whatever, almost all the weight you gain will be fat, not to mention the possible damage to your health.

High quality protein should be the center point of all your meals. Intense exercise increases demand for protein, which support muscle repair and growth. When you train with weights, you should eat a minimum of 1.5 grams of protein per pound of bodyweight. If you weight 150 pounds, try and take in at least 225 grams of protein each and every day.

For us skinny guys, our body will easily burn off any muscle we build unless we do things right and that means eating at least 6 high protein meals every single day, and more if you can do it.

You should eat every 2 or 3 hours and if you have a really fast metabolism it wouldn't hurt to down a protein shake in the middle of the night if you happen to wake up to pee.

You don't have to have carbs or fat at every meal, but you must have protein. When I say protein, I am referring to high quality protein derived from animal sources.

For getting bigger and stronger, the only protein you need to be concerned with are those found in whey, casein (cottage cheese), eggs, beef, poultry, and fish.



High Protein Foods

Whey protein
Eggs
Egg whites
Chicken breasts
Turkey Breasts
Lean Beef
Fish (tuna, salmon)
Protein bars
Egg Protein Powder
Casein
Milk (yes, milk - for us skinny guys whole milk is a wonder food when it comes to adding quality weight to our bodies)

High Carbohydrate Foods

Potatoes
Sweet Potatoes, yams
Oatmeal, cream of wheat, cream of rice
Rice
Beans
Any green leafy vegetable
Bread
Pasta

Healthy Fats

Olive oil
Sunflower oil
Safflower oil
Flaxseed oil
Walnuts
Almonds
Avocados
Coconut Oil

Eating the right amount of foods consistently will force your body to grow beyond what you may think possible.

Eat 6 meals a Day - This makes sure your body has the protein and calories it needs at all times. It also allows you to eat the high number of calories that you need.

Use Protein Shakes - This will make it easier for you to consume enough calories and protein each day, as well as making it much more convenient to have 6 meals a day.

5 Muscle Building Mistakes To Avoid

There are a few reasons that people don't make the progress they want when it comes to packing on serious amounts of muscle mass.

1 Don't Work The Big Muscles Hard Enough

First, they don't work the big muscles of the body hard enough. Your arms just aren't going to grow if your big muscles, like your back and legs, aren't growing. You need to work your legs and back hard and concentrate on upping your poundages for these body parts, if you want to grow. Your chest and your arms (which most guys focus on) will only get so big without the rest of your larger muscles getting big as well.

I had a friend in college whose entire workout program was benches, curls and tricep pressdowns.

2 Too Much Focus On The Biceps

Secondly, a lot of people focus on working their biceps. I was going to say arms but most people spend a lot more time and intensity on the biceps. This causes two problems. Your arms aren't going to grow much if your back and legs aren't growing.

Understand that to really make the arms grow, you need less focus on the biceps because the triceps make up almost 70% of the size of your upper arm. If you want to build big arms, focus on your legs, back and then for your arms specifically, your triceps not your biceps.

3 Train The Arms Too Much

And third, most people over train their arms. They do as many or more sets for their arms, and do those sets harder, than they do for their back, chest or legs. And on top of that, most exercises for the back and chest also work the bi's and tri's very hard. You have to cut back on the work you do for you arms and up the intensity. Quality, not quantity.

4 Overtraining

This one is huge for natural bodybuilders, especially those without super genetics. You shouldn't perform more than about 10 - 14 TOTAL work sets in any one given workout. Not per body part. TOTAL. I know it sounds crazy when you see all those routines out there, especially from the pro's who might do more than that for just the tiny biceps but that's a sure fire way to kill your progress and keep you from every building any muscle mass.

You should also step out of the gym for a week after every 6 - 12 weeks of hard training. As you gain experience you'll learn to judge what works best for you but never go past 12 weeks of hard training. It will catch up to you and you'll stop gaining and be forced to take time off from the gym.

If you just can't get yourself to get out of the gym for a week, change your routine completely (don't use any exercises you were just using) and dial down the intensity A LOT for that week. Lessening the intensity and using new exercises can help prevent over training as it will take a little time for your body to get used to the new movements.

5 Using the Routines in the Magazines

Stop following the crazy routines of the top bodybuilders. Most of these guys grow just by looking at a weight because their genetics are so good.

And that doesn't include all the drugs they take that greatly enhances their recovery ability allowing them to hit the weights hard 6 days a week for 2 hours a day. The rest of us aren't going to make it that way.

Bonus

The Ultimate Muscle Building Routine that will Transform Your Body from a Before to an After! AKA - The Squat Routine

Yes, squat. If you are at all serious about gaining weight you will begin squatting as is your life depended on it. Your ability to gain weight sure does.

Squats are the absolute king of weight gain exercises, bar none. If you hate to squat you can do one of two things - you can forget about gaining lots of muscle, or you can learn to love the results you get from squatting so that you learn to love the squat itself.

And the best way to make squats work for you and work fast is to do them in 20 rep breathing style. What does this mean? In short, it means be prepared to do the hardest work you've ever done in your lifting career. Progress comes with a price and that price is hard work on the squat.

You need to use all the weight you can handle and then add some more. Since the squat is the toughest weight lifting exercise you can do physically, it's also the toughest mentally.

Your mind gives in on the squat well before your body does. If you want to gain lots of muscle, you need to put an end to that. Everything you have has to go into your squatting program.

Hard work on the squat is the single most important thing you can do to ensure your bodybuilding success. Forget about the latest greatest high tech routine or the newest supplement fad. The key component to any program you do is hard work. Hard work will take you much further than your choice of exercises, sets or reps.

The key to the success of rapid weight gain by squatting is the amount of work you put into it. After your warm ups, load the bar to a weight you normally do 10 reps with.



Now, do 20 reps. No, I'm not kidding. Like I said before, the squat is the most mental exercise there is. I've never seen anyone, when properly prepared mentally, fail to get 20 reps with their 10 rep weight.

Don't get me wrong, it's not easy and you may be taking 10 deep breaths and a half a minute between each rep toward the end, but you will do it, if you are mentally strong.

By rep 10, your mind will be ready to rack the weight like you've always done.

But who controls your mind? You do.

So tell it not this time, take 3 deep breaths and get that 11th rep. Now you're in a world of your own. Nothing matters but the next rep. Your success or failure at this point is solely determined by the power of your mind. If your mind gives up, your body will pack it in. You're done.

The last few reps will have every part of you screaming to call it quits. Block it out! Whatever it takes to get the next rep - 10 deep breaths, a promise to yourself, a make believe deal that if you complete number 20, you get a dream vacation, million dollars, new smart phone, whatever gets you that next rep.

You can use counting tricks. Count 1 through 10 on the first 10 reps, then 1 through 5 on the next 5, then backwards from 5 to 1 on the next 5. Whatever helps you complete all 20 reps.

When you're finished, stagger over to a bench. If you can walk, you didn't work hard enough. Flop over the bench and do a set of light pullovers, 20 reps, with no more than 25 pounds. Get a good stretch.

Do this twice a week for 6 weeks. Each time add 5 pounds to the bar from your previous workout. That's 12 workouts and a 60 pound increase in your squat weight.

You can do this. And you will grow. Fast.

Remind yourself each time you workout, you only have X more workouts to go.

Think about it, it's just 12 sets over 6 weeks. You can do that, right? Of course you can, if you want to gain weight as badly as you say you do.

If you don't get your squat up to over 300 pounds on this program eventually, you aren't going to get the muscle gains that you want.

The rest of the routine looks as follows:

3 - Chin Ups 2 x 8 - 12 (if you aren't strong enough, do Lat Pulldowns)

4 - Bench Press 2 x 8 - 12

5 - Military Press 2 x 8 - 12

6 - Barbell Curls 1 x 8 - 12

7 - Tricep Pressdowns 1 x 8 - 12

Put these tips to use in your training and nutrition and you'll be your own Mass Monster in no time!

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