

A full-body photograph of a very muscular man with short dark hair, looking off to the side. He is shirtless, showing his well-defined chest, abdominal muscles, and arms. He is holding a white smartphone in his right hand. The background is dark and out of focus.

— HOW TO — BUILD MUSCLE

MADBARZ

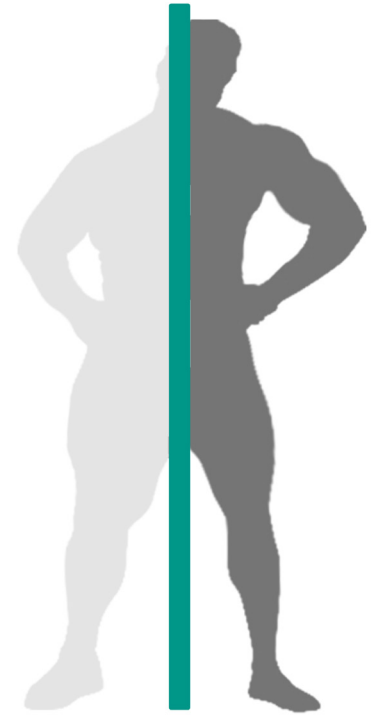
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ABOUT

Just like with everything else in life, in order to make a change, you need a good starting point. This is exactly what this guide offers. A great starting point for your body transformation.

The guide contains the theory of muscle growth as well as the practice, in the form of a Muscle Building plan in the Madbarz application. The theory will teach you various important facts of muscle growth and how to train for muscle growth, while the plan itself will be the very method of achieving the body you want.



Of course, it goes without saying that you must have already set your main goal and that is to add more size but also strength to your muscles. By defining a goal, you've already specified precisely what skill set and knowledge you need to have in order to reach your goal but remember, the only thing that can make your goals become reality is a firm decision by you.

The way the muscle grows is **by increasing the volume of each individual muscle cell (hypertrophy)**, not by multiplying them.

Each time you train by contracting your muscles against a certain resistance by using a high enough intensity, your muscle fibers will be damaged and torn. While resting and recovering, your body is repairing your muscle cells, but they are not just as good as new, they are better now, **bigger and stronger**. While you were pumping away in the gym, your body realized that in order to decrease the torn and damage to the muscles, it needed to build stronger and more durable muscle cells so that the next time you do those same exercises, they wouldn't cause the same damage.

Recap

The muscles react to the external resistance by growing bigger and stronger while you rest and recover. This causes the overall volume of the muscle to increase and gives you a more muscular and athletic appearance.



Here are a few most common nutrition myths that are linked to muscle growth:

“

You have to eat every 2-3 hours.

”

This simply isn't true. This statement was formed on a premise that unless you eat all the time during the day, your body is not going to get the protein for growth. We know now that your body is not going to lose muscle if you haven't had a protein meal in a few hours. More important is the overall calorie and protein intake during the day. Intermittent fasting (see abs guide) is a perfect example of this. As long as you are getting the overall daily requirements in calories and macronutrients, it doesn't matter if you are eating in a window of 6 hours or eating every 2-3 hours.

“

You have to eat a meal right after the workout

”

This statement is only **half true**. It is recommended to have a high-quality protein meal after the workout, but it shouldn't be viewed as a fixed window, but rather as a period of time in which your body will respond well to the nutrients you provide. Simply said, it's not a wasted opportunity if you don't have a protein meal within 1-2 hours after the workout, but make sure to provide your body with enough protein during the day.



Functional training has become very popular over the past years. You will find many different definitions in the exercise literature and the definition will depend on what the term “functional” refers to in that particular type of literature.

When it comes to the human body, the term “functional” can refer to the healthy or unhealthy functioning of joints, muscles and the overall body.

3 Most common types of bad posture and muscle imbalances during a static standing position

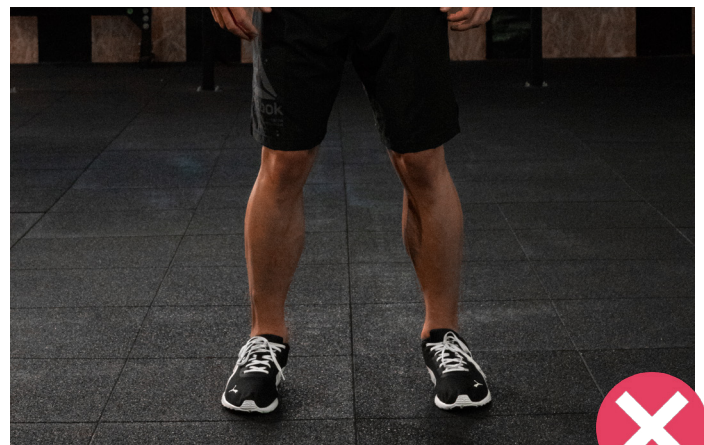
To be able to notice any of the below mentioned types of bad posture:

Stand in an upright position with feet shoulder-width apart, toes facing forward. The arms are relaxed on the sides of the body.

1.

Pronation distortion syndrome (knocked knees)

Don't bother remembering the name. The most important thing to remember is that this type of posture is characterised by the so called flat feet, internally rotated hips with knees falling out of proper alignment.



This type of bad posture is caused by muscle imbalances of the lower part of the body. This means that some muscles have become too short (overactive) and others too long (weak) to be able to do their role properly.

Correct form in push-up movement:



- Back straight
- Hips in line with the torso
- Chest close to the floor
- Elbows bent and turned out (45 degrees)
- Head in line with the torso

Wrong form in starting position:



- Hands-shoulder width apart or closer
- Shoulder blades retract (move up and towards each other)
- Hips above torso level
- Lower back arching
- Head goes back or too much forward

Warm-up and stretching routines

A **proper warm-up before and stretching routine after the workout** are very important when doing any kind of resistance training. The muscles and joints need to be prepared for the intensity of the workout. The warm-up routine contains different dynamic exercises to get certain body parts ready for work and to minimise the risk of injury.

Warm-up routine:

1-2 rounds of

Arm circles	x20 (10F,10B)
Body Rotations	x20 (10L,10R)
Inch worms	x10
Shoulder Blade Push Ups	x10
Hip Circles	x20 (10L, 10R)
Leg Swing	x20 (10L, 10R)
Hip Stretch	x20 (10L, 10R)

Stretch routine:

1-2 rounds of

Triceps Stretch	30sec (30 L, 30 R)
Chest Stretch	30sec (30 L, 30 R)
Wrist Stretch	30sec (30 L, 30 R)
Back Stretch	30sec
Abs Stretch	30sec

MUSCLE BUILDING PLAN

It's time to put your knowledge and energy into action. This chapter describes the author's Muscle Building Plan found in the application and instructs on how to activate the plan.



Want to see more?

Get the "How to build Muscle guide"!