

HEALTH AND
FITNESS
WITH GURU MANN

GULSHAN KUMAR presents

MASS-UP

12 WEEK MUSCLE MASS BUILDING PROGRAM

LET'S
GROW

GURU MANN

FITNESS MODEL & NUTRITIONIST
ISSA / ASFA / NASM / ACE LEVEL-III CERTIFIED



MASS-UP

eBook

- ✓ FITNESS GUIDELINES
- ✓ PHASE-1 WORKOUT PLAN
- ✓ PHASE-2 WORKOUT PLAN
- ✓ EXERCISES
- ✓ VEG NUTRITION PLAN
- ✓ NON -VEG NUTRITION PLAN
- ✓ SUPPLEMENT STACK

By Guru Mann
ISSA/ASFA/NASM/ACE/ASCM CERTIFIED

Diet Principles & Guidelines

1. Burn Fat at an extremely efficient rate
2. Keep metabolism at an optimal rate throughout the diet
3. Promote optimal Recovery
4. Maintain Muscle Mass
5. Emphasize your ability to maintain a High energy level in the Gym.

Nutrient and Macronutrient Balance

You will never reach your goal of becoming shredded, if your body does not receive a proper balance of macronutrients and micronutrients. This must be distinctly understood, or nothing good can come out of this article! In other words, if you try and force your body into a state of fat burning, by starving it of one or more nutrients, you will hit a plateau in a head on collision that won't be easy to recover from that being said, it is my intension to include everything in your diet so as to keep your body running at 100 percent of its capacity, and in turn it will reward you by maintaining a high metabolic rate. Lets analyze these concepts:

MACRONUTRIENTS //

Proteins You will get plenty of protein in this diet. Each meal will be chalk full of this vital food source. Too many people make the mistake of lowering their protein. This is one of the most costly things you can possibly do! Without adequate protein you will lose your muscle at an extremely high rate and sabotage your fat burning efforts.

Fats Those who say all fats are bad for you are, of course, dangerously incorrect. As it turns out, **plant-based fats are powerful cancer fighters**, If you want to prevent cancer, or you're currently battling colon cancer, prostate cancer or breast cancer, it is essential to get plant-based fats into your diet on a daily basis. **The healthy fats include extra-virgin olive oil, flax seed oil, and fats from plant sources such as nuts, seeds, peanut butter and coconuts.** They also improve your cardiovascular health and fight weight gain and obesity

Carbs All of your carbohydrates will come from fibrous sources. You will not be allowed any simple sources unless you are taking in your post workout shake. The role they will play is to spare protein, maintain energy levels in the gym, and also induce the release of insulin post workout. Remember, after you workout, your body releases cortisol (see take your fat burning to the next level) at an unmatched rate! Cortisol has been proven to lower thyroid hormone output. The lower your output in this area, the slower your metabolic rate will become. We need good carbs in every meal to gain Muscles.

MICRONUTRIENTS //

Vitamins & Minerals A game that many athletes play with their diets is to regular intake their vitamins. In other words, they take them when they feel like it, and that is a rarity! You need to take a multivitamin and multi mineral everyday without fail.

ESSENTIAL SUPPLEMENTS //

I will emphasize two supplements that everyone should take during MUSCULAR 8 program.

Whey Protein: I highly recommend to everyone is a quality protein supplement. Protein supplements can make your life much easier and make sure you don't miss out on this essential nutrients. Protein is everywhere. Everything you see in the mirror is protein—your hair, your skin, your eyes, and your muscles. Protein is responsible for tissue growth and repair. Protein supplements can be taken at any time during the day when you need a snack or a meal replacement. But I recommend taking a protein shake directly after your workout so that you can give your muscles the nutrients to kick start recovery and growth.

Remember to follow the serving size as it's recommended for each individual protein supplement so that you don't overdue the calories. Watch MASS-UP **"POST WOKOUT"** video for more info.

Pre Workout: A good pre-workout supplement will cover your bases with quality branched-chain amino acids, creatine, beta-alanine, and betaine, not to mention stimulants like caffeine to amp up your focus and training intensity, boost muscle strength and endurance, enhance muscle pumps, and promote muscle growth.

For stimulants, your best and safest bet is caffeine. It's one of the most studied sports nutrition supplements on the market and frequently shown to improve athletic performance. Not only does clinical research show that caffeine is very safe, but that it even may enhance overall health. For performance benefits, you need a minimum of 200 mg of caffeine before workouts to be effective. Watch MASS-UP **"PRE WOKOUT"** video for more info.

Carbs Supplement: Complex carbs are for long lasting energy and maximum performance. It is more readily absorbed and most easily digested than other carbs. Carbs are your essential source of energy, sparing proteins from being used and preventing muscle breakdown. Complex carbs supplement provides the body with a more consistent blood sugar level than simple sugar. If you are training intense levels by adding carb supplement you are allowing maximum replenishment of glycogen in your muscle and liver – leading to enhanced performance, faster muscle recovery and higher endurance levels.

Putting It All Together

If you take each of the micro and macronutrients into consideration, and give them their proper dues, then you will get the following out of the diet:

1. A higher metabolic rate throughout the diet.
2. A better pump in the gym.
3. You potentially will maintain all of your muscle mass
4. You will recover faster
5. You will feel more refreshed
6. You will not be as sore
7. The list can go on and on, but suffice it to say that the above concepts are vital to your success!

WORKOUT

PHASE - 1	WEEK 1 TO WEEK 6	STRENGTH
PHASE - 2	WEEK 7 TO WEEK 12	STRENGTH & ENDURANCE

PHASE-1

MONDAY	CHEST & TRICEPS
TUESDAY	QUADS, HAMSTRINGS & CLAVES
WEDNESDAY	REST
THURSDAY	BACK & BICEPS
FRIDAY	SHOULDERS & TRICEPS
SATURDAY	CARDIO & ABS
SUNDAY	REST

	CHEST & TRICEPS	
	Warm-up	2 x 25reps
1	Barbell Incline Press	3 x 6-8 Reps
2	DB Fly	3 x 6-8 Reps
3	Barbell Decline Press	3 x 6-8 Reps
4	Close Grip Barbell Press	3 x 6-8 Reps
5	DB Overhead Ext.	3 x 6-8 Reps
6	Triceps Press Down	3 x 6-8 Reps

	QUADS, HAMS & CALVES	
	Warm-up	2 x 25reps
1	Barbell Squat	3 x 6-8 Reps
2	Smith Laying Leg press or Leg Press	3 x 6-8 Reps
3	Barbell Deadlift	3 x 6-8 Reps
4	Gluteus Kickback or Barbell Gluteus Bridges	3 x 6-8 Reps
5	Seated Calf Raise	3 x 6-8 Reps

	CARDIO & ABS	
1	Incline Crunches	3 x 15 Reps
2	Reverse Crunch	3 x 15 Reps
3	V-Crunches	3 x 15 Reps
4	Side Planks (Rotational Reach)	3 x 15 Reps
5	Seated Side Twist (With Barbell)	3 x 15 Reps
CARDIO	20mins Cycling or Incline Walk	Level 10-12

	BACK & BICEPS	
	Warm-up	2 x 25reps
1	Wide Grip Lat Pull-down	3 x 6-8 Reps
2	DB Row or Barbell Rows	3 x 6-8 Reps
3	Rope Rows	3 x 6-8 Reps
4	Barbell Hyper Ext.	3 x 6-8 Reps
5	Olympic Barbell Curl or Barbell Curl	3 x 6-8 Reps
6	Reverse Bar Preacher Curl	3 x 6-8 Reps
7	Single Hand DD Side Curl (inward)	3 x 6-8 Reps

	SHOULDERS & TRAPS	
	Warm-up	2 x 25reps
1	Shoulder Machine presses or Barbell Press	3 x 6-8 Reps
2	Machine Side Raise or DB Side Raise	3 x 6-8 Reps
3	DB Front Raise (Neutral Grip)	3 x 6-8 Reps
4	DB Rear Delt Fly	3 x 6-8 Reps
5	Barbell Shrugs	3 x 6-8 Reps

POINT TO BE NOTED:

- 5 minutes Warm-up before training.
- 3-4 Sets per exercise.
- 6-8 reps per set.
- 2-3 Minutes Rest after each set.
- No Super Set.
- Drink 750ml Water through the Workout

PHASE-2

MONDAY	CHEST & TRICEPS
TUESDAY	QUADS, HAMSTRINGS & CLAVES
WEDNESDAY	CARDIO & ABS
THURSDAY	BACK & BICEPS
FRIDAY	SHOULDERS & TRICEPS
SATURDAY	REST
SUNDAY	REST

	CHEST & TRICEPS	
	Warm-up	2 x 25reps
1	DB Press + Pushups	3 x 10-12 Reps
2	DB Incline Fly	3 x 10-12 Reps
3	Peck Deck + Decline Cable Fly	3 x 10-12 Reps
4	Barbell Skull Crusher + Bench Dips	3 x 10-12 Reps
5	Cable Overhead Ext + Reverse grip Triceps Pressdown	3 x 10-12 Reps
6	DB Kickback	3 x 10-12 Reps

	QUADS, HAMS & CALVES	
	Warm-up	2 x 25reps
1	Barbell Front Squat	3 x 10-12 Reps
2	Leg Press + DB Deadlift	3 x 10-12 Reps
3	Leg Extension + Leg Curl	3 x 10-12 Reps
4	DB Lunges	3 x 10-12 Reps
5	Standing Calf Raise	3 x 10-12 Reps

	CARDIO & ABS	
1	Cable Crunches	4 x 20 Reps
2	Laying Leg Crunch + Oblique Crunches	4 x 20 Reps
3	Planks	3 x 120sec hold
4	Inclined Side Twist	3 x 20 Reps
CARDIO	30mins Running or Elliptical	-----

	BACK & BICEPS	
	Warm-up	2 x 25reps
1	Reverse Grip Lat Pull-down	3 x 10-12 Reps
2	DB Pullover + Pull-ups	3 x 10-12 Reps
3	Close Grip Machine Rows	3 x 10-12 Reps
4	Barbell Hyper Ext.	3 x 10-12 Reps
5	DB Hammer Curl	3 x 10-12 Reps
6	Barbell Preacher Curl +Close Grip Barbell Curl	3 x 10-12 Reps
7	DB Conc. Curl	3 x 10-12 Reps

	SHOULDERS & TRAPS	
	Warm-up	2 x 25reps
1	DB Press	3 x 10-12 Reps
2	DB Side Raise + Plate Front Raise	3 x 10-12 Reps
3	Single Hand DB Press + Cable Side Raise	3 x 10-12 Reps
4	Cable Rear Delt Fly	3 x 10-12 Reps
5	DB Shrugs	3 x 10-12 Reps

POINT TO BE NOTED:

- 5 minutes Warm-up before training.
- 3-4 Sets per exercise.
- 10-12 reps per set.
- 2 Minutes Rest after each set.
- Regular Set & Super Set.
- Drink 750ml Water through the Workout.

MACRONUTRIENT INTAKE

NON-VEG PLAN

NON VEG	WORKOUT DAYS – HIGH CARBS (MON-TUES-THUR-FRI-SAT)	ELIMINATION	RECOVERY DAY – LOW CARBS (WED-SUN)
----------------	--	--------------------	---

MEAL 1

MUSCLE OATS -2/3cup Oats -1/4 cup Cereals or Granola -2/3sp Whey -1sp Brans -1/8 cup Raisin -1/8 cup Cranberries -1/8 cup Crushed Almonds -1/8 cup Crushed Walnuts -1/2 Banana -1/2 Apple -2pinch Cinnamon CAL-595 PRO-35/CARB-80/FAT-15	¼ cup cereals	RECOVERY OATS -1/2cup Oats -1sp Whey -1/8 cup Crushed Almonds -1/8 cup Crushed Walnuts -1/2 Banana -1/2 Apple -2pinch Cinnamon CAL-595 PRO-35/CARB-46/FAT-10
--	----------------------	--

MEAL 2

PROTEIN POWER SNACK -1 Slice Bread + 2eggs Omelet (1whole+1white) -1 Slice Bread+ ½ cup mashed chickpeas -1 Slice Bread+ ½ Banana+1sp Peanut butter CAL-536 PRO-30/CARB-68/FAT-16	1 BREAD	OMELETTE TOAST -2 Slice Wheat Bread -7 Egg Whites Omelet CAL-536 PRO-35/CARB-34/FAT-3
---	----------------	--

MEAL 3

MUSCLE BUILDER POTATO BOWL -140g Sweet Potato -1/2 cup Kidney Beans -50g Fresh Paneer -1/2 Green Pepper 1/4cup Spinach (chopped) -3sp Green onion (chopped) -2sp Tomato (chopped) <u>Sauce:</u> Yogurt Sauce Topping -1/3cup Mango or Pine Apple (chopped) -3 Egg whites (scrambled) CAL-490 PRO-32/CARB-68/FAT-10	Mango/Pineapple 40g Sweet Potato	CHICKEN & ROTI -120g Grilled Chicken or Chicken Curry (Cooked in coconut oil or olive oil) -1 Roti -1/2 plate Salad (Cucumber, cabbage, tomato, carrots) CAL-490 PRO-30/CARB-32/FAT-10
---	---	--

MEAL 4

SWEET MUSCLE RICE -2/3cup Brown Rice -1sp Honey -1sp Peanut Butter -1sp Peanuts -1sp Black Raisins -2/3 Banana <u>Protein Pudding:</u> -2sp Yogurt+2/3sp Whey CAL-597 PRO-33/CARB-78/FAT-17	1sp Honey	FRUIT SALAD & PROTEIN DRINK -1 bowl mixed fruit salad (Apple, pear, papaya, grapes, oranges, etc) -1sp whey in 200ml Slim milk CAL-597 PRO-35/CARB-37/FAT-1
--	------------------	---

PRE W/O SUPPLEMENT -1scoop Neurocore by MuscleTech -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water	
WORKOUT	
POST W/O SUPPLEMENT -1-2scoop Whey Protein -2-3sp Carbo Plus -400ml Cold Water CAL-389 PRO-35/CARB-60/FAT-1 OR POST W/O WITHOUT SUPPLEMENT -6 Boiled Egg Whites -2 Banana CAL-308 PRO-25/CARB-52/FAT-0 OR -2sp Protinex with 240ml NF Milk -2 Banana CAL-377 PRO-22/CARB-72/FAT-1	

MEAL 5

MUSCLE MEAT -2 Chicken Drumsticks (Legs) (Grilled, roasted or pan cooked) -1 Pineapple Ring <u>Broccoli Cabbage Salad</u> -1/2 cup crushed Broccoli -1/2 cup crushed Cabbage -1sp Ranch <u>Beans Salad</u> -1/4cup Kidney Beans -1/4cup Chickpeas -2sp chopped carrots -2sp chopped tomato	Ranch Chutney	TANDOORI CHICKEN -1/2 Plate Tandoori Chicken -2/3 cup Rice -1 plate Salad (Cucumber, cabbage, tomato, carrots) CAL-513 PRO-35/CARB-40/FAT-18
---	--------------------------------	---

-2sp chopped onion -1/2 lemon -Cilantro little bit -Ketchup or Red Chutney -Salt/Pepper CAL-513 PRO-30/CARB-60/FAT-17		
---	--	--

MEAL 6

PROTEIN BURFI -1egg white -2/3sp whey or casein -3sp Peanuts -1sp Raisins CAL-279 PRO-25/CARB-11/FAT-15	Nothing to Eliminate	PROTEIN BURFI -1egg white -1sp whey or casein -1sp Peanuts -1sp Raisins CAL-279 PRO-30/CARB-11/FAT-8
TOTAL CAL 3399 / PRO-220g, CARB-425g, FAT-90g		TOTAL CAL 2050 / PRO-200g, CARB-200g, FAT-50g

VEG PLAN

VEG	WORKOUT DAYS - HIGH CARBS (MON-TUES-THUR-FRI-SAT)	ELIMINATION	RECOVERY DAY - LOW CARBS (WED-SUN)
-----	--	-------------	---------------------------------------

MEAL 1

MUSCLE OATS -2/3cup Oats -1/4 cup Cereals or Granola -2/3sp Whey -1sp Brans -1/8 cup Raisin -1/8 cup Cranberries -1/8 cup Crushed Almonds -1/8 cup Crushed Walnuts -1/2 Banana -1/2 Apple -2pinch Cinnamon CAL-595 PRO-35/CARB-80/FAT-15	¼ cup cereals	RECOVERY OATS -1/2cup Oats -1sp Whey -1/8 cup Crushed Almonds -1/8 cup Crushed Walnuts -1/2 Banana -1/2 Apple -2pinch Cinnamon CAL-595 PRO-35/CARB-46/FAT-10
--	----------------------	--

MEAL 2

PROTEIN POWER SNACK -1 Slice Bread + 1sp Peanut butter -1 Slice Bread+ ½ cup mashed chickpeas -1 Slice Bread+ ½ Banana+1sp Peanut butter CAL-536 PRO-23/CARB-71/FAT-16	1 BREAD	PROTEIN LADDOO Checkout the recipe on my Health & Fitness YouTube Channel CAL-536 PRO-35/CARB-34/FAT-3

MEAL 3

MUSCLE BUILDER POTATO BOWL -140g Sweet Potato -1/2 cup Kidney Beans -50g Fresh Paneer -1/2 Green Pepper 1/4cup Spinach (chopped) -3sp Green onion (chopped) -2sp Tomato (chopped) Sauce: Yogurt Sauce Topping -1/3cup Mango or Pine Apple (chopped) -25g Soy Chunks CAL-490 PRO-32/CARB-68/FAT-10	Mango/Pineapple 40g Sweet Potato	LENTIL & ROTI -100g mixed lentil (Cooked in coconut oil or olive oil) -1 Roti -1/2 plate Salad (Cucumber, cabbage, tomato, carrots) CAL-490 PRO-20/CARB-42/FAT-10
--	---	---

MEAL 4

SWEET MUSCLE RICE -2/3cup Brown Rice -1sp Honey -1sp Peanut Butter -1sp Peanuts -1sp Black Raisins -2/3 Banana <u>Protein Pudding:</u> -2sp Yogurt+2/3sp Whey CAL-597 PRO-33/CARB-78/FAT-17	1sp Honey	FRUIT SALAD & PROTEIN DRINK -1 bowl mixed fruit salad (Apple, pear, papaya, grapes, oranges, etc) -1sp whey in 200ml Slim milk CAL-597 PRO-35/CARB-37/FAT-1
--	------------------	---

PRE W/O SUPPLEMENT -1scoop Neurocore by MuscleTech -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water	
WORKOUT	
POST W/O SUPPLEMENT -1-2scoop Whey Protein -2-3sp Carbo Plus -400ml Cold Water CAL-389 PRO-35/CARB-60/FAT-1 OR -2sp Protinex with 240ml NF Milk -2 Banana CAL-377 PRO-22/CARB-72/FAT-1	

MEAL 5

MUSCLE MEAT -200g Tofu (Grilled, roasted or pan cooked) -1 Pineapple Ring Broccoli Cabbage Salad -1/2 cup crushed Broccoli -1/2 cup crushed Cabbage -1sp Ranch <u>Beans Salad</u> -1/4cup Kidney Beans -1/4cup Chickpeas -2sp chopped carrots -2sp chopped tomato -2sp chopped onion -1/2 lemon -Cilantro little bit -Ketchup or Red Chutney -Salt/Pepper CAL-513 PRO-30/CARB-60/FAT-17	Ranch Chutney	PANEER TIKKA OR GRILLED PANEER -100g Grilled Paneer -2/3 cup Rice -1 plate Salad (Cucumber, cabbage, tomato, carrots) CAL-473 PRO-25/CARB-40/FAT-18
---	----------------------	--

MEAL 6

PROTEIN BURFI -1egg white -2/3sp whey or casein -3sp Peanuts -1sp Raisins CAL-279 PRO-25/CARB-11/FAT-15	Nothing to Eliminate	PROTEIN BURFI -1egg white -1sp whey or casein -1sp Peanuts -1sp Raisins CAL-279 PRO-30/CARB-11/FAT-8
TOTAL CAL 3399 / PRO-220g, CARB-425g, FAT-90g		TOTAL CAL 2010 / PRO-180g, CARB-210g, FAT-50g

SUPPLEMENT STACK

	BREAKFAST	MORNING SNACK	LUNCH	EVE SNACK	PRE W/O	POST W/O	DINNER	BEFORE BED
WHEY PROTEIN	YES**	YES	NO	YES	NO	YES**	NO	YES**
CARBO PLUS	NO	YES	NO	YES	NO	YES**	NO	NO
PRE W/O	NO	NO	NO	NO	YES**	NO	NO	NO
BCAA	YES	NO	NO	NO	YES**	YES**	NO	YES

**** Means Mandatory but rest of the time is Optional.**

WATCH WORKOUT, NUTRITION & SUPPLEMENT STACK VIDEO ON HEALTH & FITNESS YOUTUBE CHANNEL FOR MORE INFORMATION

Sincerely,

Guru Mann

Advanced Fitness Trainer, **CERTIFIED**
 Nutrition Specialist, **CERTIFIED**
 Sports Nutritionist, **CERTIFIED**
 Strength & Conditioning Specialist, **CERTIFIED**
 Cancer Exercise Trainer & Cancer Nutritionist, **CERTIFIED**
 Biomechanics//Kinesiology - Human Kinetic, **DEGREE**
 United States.

*****PROGRESS TRACKER IS AT THE BOTTOM PAGE*****

NOTE: PRINT OUT THIS PAGE AND FILL OUT THE BODY MEASUREMENTS ON WEEKLY BASIS TO SEE THE PROGRESS

PROGRESS - WEEK 1

DATE: _____
NAME: _____
WEIGHT: _____
ARMS: _____
CHEST: _____
THIGH: _____
CALF: _____

PROGRESS - WEEK 2

DATE: _____
NAME: _____
WEIGHT: _____
ARMS: _____
CHEST: _____
THIGH: _____
CALF: _____

PROGRESS - WEEK 3

DATE: _____
NAME: _____
WEIGHT: _____
ARMS: _____
CHEST: _____
THIGH: _____
CALF: _____

PROGRESS - WEEK 4

DATE: _____
NAME: _____
WEIGHT: _____
ARMS: _____
CHEST: _____
THIGH: _____
CALF: _____

PROGRESS - WEEK 5

DATE: _____
NAME: _____
WEIGHT: _____
ARMS: _____
CHEST: _____
THIGH: _____
CALF: _____

PROGRESS - WEEK 6

DATE: _____
NAME: _____
WEIGHT: _____
ARMS: _____
CHEST: _____
THIGH: _____
CALF: _____

PROGRESS - WEEK 7

DATE: _____
NAME: _____
WEIGHT: _____
ARMS: _____
CHEST: _____
THIGH: _____
CALF: _____

PROGRESS - WEEK 8

DATE: _____
NAME: _____
WEIGHT: _____
ARMS: _____
CHEST: _____
THIGH: _____
CALF: _____

PROGRESS - WEEK 9

DATE: _____
NAME: _____
WEIGHT: _____
ARMS: _____
CHEST: _____
THIGH: _____
CALF: _____

PROGRESS - WEEK 10

DATE: _____
NAME: _____
WEIGHT: _____
ARMS: _____
CHEST: _____
THIGH: _____
CALF: _____