



IMPORTANT STEPS TO GAIN MUSCLE/MASS

1. Calculate your BMR by using Mobile App or online calculator.
2. $BMR \times 1.8 = \text{Daily calories}$ Guru Mann Fitness
3. Divide those calories into 6 meals.
4. Eat in every 3 hours.
5. Macro Breakdown would be: C/P/F : 50% / 30% / 20%
6. You can increase or decrease +- 5% calories if needed.
7. Do grocery shopping for a week or two prior, your training.
8. Set up 1-2 lb. weight gaining goal on weekly basis. Which could give you 12-24 lb. in 12 weeks.
9. Focus on eating 4 meals Complex Carbs and 2 meals of Simple Carbs
10. Complex carbs (Slow Digesting) are: Oats, Brown Rice, Brown Bread, Sweet Potato, Quinoa, Millet, Brown Rice cake, Wheat Roti, Wheat Pasta, Beans, lentils, etc
11. Simple Carbs (Fast Digesting) are: Fruits (with low fiber), White Bread, white potato, White Rice, Fruit Juices, Sports drinks, etc.
12. Eat Protein food in every meal: Chicken, Fish, Eggs, Mutton, Milk, Yogurt, Greek Yogurt, Paneer, Soy, Whey, Casein, etc
13. Eat moderate Fat food: Peanuts, Almonds, Cashews, Walnuts, Peanut butter, Flaxseeds, Chia seeds, Sunflower seeds, Salmon fish, Whole egg, Olive oil, coconut oil, etc
14. 2-4 serving of Fruits and 2-3 serving of vegetables.
15. Train 4-5 times a day.
16. Focus of Heavy compound movements with 8 or less reps which activates Type 2b muscle fiber.
17. Add Drop sets by end of every exercises. Guru Mann Fitness
18. Rest 2-3 minutes.
19. Drink 3-4 liters of Water a day.
20. Add 1-2 high calories Smoothie.
21. If you feel any digestion issue then add Digestive Enzymes it will help in proper breakdown of food for better digestion.
22. Get Full body massage once in every 2 week.
23. You can check my muscle building program and adjust your calories according to your BMR. Program are: Pure Mass, Mass Up, Muscle Size 5x5, Lean Mode, Size 8 or Barbell 55.
24. Watch motivation videos or workout videos 30min before training.
25. Check your weight and measurements every Sunday. Guru Mann Fitness
26. Take your selfies on weekly basis as well.
27. Discipline, consistency, positive mind set is important to achieve physical goal.

GOOD LUCK

Regards.

Your Brother
GM

