



Insane Muscle Gain free e-report

THE TOP 20 WAYS TO SCREW UP IN THE GYM

Learn How To Sidestep These Suicide Training Errors While Trying To Build Muscle...

by Vince DelMonte, Author of *No-Nonsense Muscle Building* found at www.VinceDelMonteFitness.com

About The Author Vince DelMonte

If you have never heard of me before than you're in for a treat! Growing up as an awkward, skinny, endurance athlete, I earned the nick-name Skinny Vinny and believed I had no muscle friendly genes whatsoever. You can consider me a regular guy, with horrible bodybuilding genetics and a super charged metabolism.

After a tragic event in his life, I retired from long distance running and entered the world of natural bodybuilding (*although I never saw myself as a body-builder per se*). I just wanted to look good for the ladies (*I was 22 and single at the time*), and be "that guy" who turned heads on the streets, at the beach and in the gym.

I wanted to be "that guy" who people starred at while he trained and "that guy" who people approached and said, "What should I do to look like you?" I wanted to prove that any regular guy with horrible genetics, no matter what your age, could build muscle and

have a rock-hard, muscular and ripped physique while still being fit and functional.

After meeting my muscle-building "saviour," I went on to gaining 41 lbs of rock-hard muscle in six months, which lead to my transformation being featured all over the Internet as well as the International fitness magazine, Maximum Fitness.

For five years I ran a personal training department, in Hamilton Ontario, of 15 full time trainers and became the most sought out trainer in my area. I entered the world of fitness modeling a few years ago and in my 3rd show ever, became a national fitness model champion. Currently I write for Men's Fitness Magazine and I am on the Advisory Team for Maximum Fitness Magazine.

Do a Google search on my name and you'll see that I am a real person, my website is not a scam and that I can and want to help you achieve your leanest and most muscular physique ever!

My personal success story and thousands of client success sto-

ries inspired the creation of No Nonsense Muscle Building, the Internet's number one rated muscle building program of it's time found at www.VinceDelMonteFitness.com (*as ranked by Clickbank.com*). It is the only program that you can find that is endorsed by the Internet's most reputable sources.

Each day, I receive dozens of unsolicited success stories and spectacular before and after pictures from real-life users of the program, many that you can read and view for yourself on my website.

I trust that my personal transformation story, my reputation, the expert endorsements and my client success stories are enough to reassure this program is not another trend or scam and is the top rated muscle building on the Internet for a reason!

I see no reason why you can not build the body of your dreams unless you are not truly committed to your goals and not willing to put in the effort.

Introduction

Can I ask you a couple of honest questions?

Who in the last 10 years has influenced you the most with regards to how to train? Where have you and where has everyone else learned how to build muscle?

Would you agree that bodybuilding magazines and websites have contributed to the bulk of the training information and misinformation today? I don't want to be completely critical, but I am sure you would agree that the majority of mainstream bodybuilding literature caters to the genetically gifted or to the drug user – which leaves the rest of us wandering...

Today, with the jungle of conflicting and misleading messages, **I do not want you to make the same titanic mistakes and training errors that may be costing you hundreds of hours in the gym with nothing to show for your hard earned training efforts.** While I was known as "Skinny Vinny," I also fell into the trap of taking advice from unqualified 'experts', reading rehashed magazines, trading wads of cash for different supplements and still got comments like, "You workout with weights?" Yes, it was frustrating not knowing how or being able to build muscle. Unless you are content

training for "general fitness" results and just want to decrease your stress levels then you must learn to filter out the noise and nonsense you are bombarded with each day and follow a weight training program and meal plan designed for you.

In my muscle building course, **No-Nonsense**

Muscle Building.

I share a blueprint of the most fundamental principles and techniques that **MUST** be executed to gain up to **5-pounds of lean muscle mass each month!**

Once you master these principles you will be anchored to a proven set of criteria required to **gain muscle and gain weight progressively without getting fat.** Stack up any information, concept, hype or advice against these principles – and you will never be frustrated, confused or disillusioned ever again. You will know exactly what to believe



and how to spend every minute in the gym. Isn't that refreshing?

The reality is that there is plenty of free advice dished out in the gym, which can really roadblock your gains if taken literally.

This can begin a downward spiral of making guys believe they are 'hard-gainers' when they are really not. Training for up to 2-hours a day. Taking out a small loan for the next supplement breakthrough and even resorting to drugs. None of this is recommended or necessary.

I wrote this report to touch on, in my opinion, the most popular and damaging screw-ups used when trying to gain muscle mass – whether you want 5-pounds or 50-pounds.

It's hard to say with

HOW TO AVOID OVERTRAINING WITHOUT DRUGS:

- Never perform more than 4-12 TOTAL work sets per workout. Yes, this is far less than performing the bodybuilders' suggested 12-24 sets per muscle group! Unless you are in a contest to see how many sets are possible per workout, then your focus should be to spark the muscle into growth and then go home.

- Never follow a program out of a popular bodybuilding magazine – unless you are on steroids. Chest on Monday, Back on Tuesday, Legs on Wednesday, and so forth. I question the workout intensity and recovery ability if anyone can make weekly gains from this conventional approach -that clearly reflects a blatant acceptance of tradition without any thought applied.

- Never train continuously for longer than 12 weeks. Hardgainers will actually benefit from taking a half week off every sixth week of hard training to allow their muscular, neural, hormonal and immune system to FULLY recharge. Try this one tip and watch your strength go through the roof!

- Following 3 sets of 10, 3 sets of 12, 3 sets of 8 – any program that begins with 3 sets of whatever was clearly copied from someone else and, again, clearly reflects the historical mistake of copying tradition without any thought applied. Doing 3 sets of whatever for each exercise in the workout is a surefire way of overtraining.

- Never train more than two days in a row. I question anybody's recovery ability to train more than two days in a row. It typically takes up to 24 hours to fully replenish your glycogen reserves so by taking a day off every two days you are allowing your energy reserves to be replenished and optimized.



absolute certainty if these screw-ups are having a negative effect on your progress, but, generally, speaking I'm very confident that they are.

So without further ado, here they are:

The Top 20 ways to screw up in the gym!

Screw-up #1: Fear Of Overtraining

Overtraining is a result of training too frequently and/or too long. Don't take a microscope to the definition. Overtraining is as simple as that – overtraining. It is a result of one of the following:

- Training too frequently or in excess.
- Training too long.
- Inadequate recovery.

Mainstream bodybuilding literature and science have traditionally focused on the symptoms rather than on the prevention of them. You often read articles on 'overtraining syndrome' and 'planned overtraining'. This is unnecessary. If you are in control of the training and recovery process, if you train for predetermined periods and recover in predetermined ways, then you don't need to know anything about 'overtraining syndromes'! [My online muscle building course](#) does not talk about 'overtraining syndromes', but teaches

advanced recovery methods to take charge of your training and accelerate your ability to recuperate and train again.

Screw-up #2: Not Eating Enough Calories And Eating The Wrong Calories

I know you have heard it before but I will say it again – if you are not eating enough calories, you will NEVER gain weight, no matter what you do. THERE IS NO WAY AROUND IT! Even if you have the perfect training routine, you will never grow unless you provide your body with the proper nutrients. It's like

saying you want to build a house but you don't have enough bricks, cement or wood. It will be impossible to build that house. It's like trying to buy a \$100,000 house and you only have \$50,000. It's going to be downright impossible.

Long story short – if you are not growing, there could be two problems:

1. You have not applied energy balance (energy in versus energy out) properly. It is a lot trickier than simply multiplying your body weight by a factor of 18-22 as most authors suggest. This factor

neglects your unique resting metabolic rate, your unique cost of daily activity, your unique cost of exercise activity and the thermic effect of food.

2. You combine the wrong food at the wrong times. Obviously eating 3000 calories of chips and Doritos is not as effective as eating 3000 calories of high quality carbs, fats and proteins. There are also a few critical windows in the day when you must consume the majority of your nutrients to maximize muscle growth.

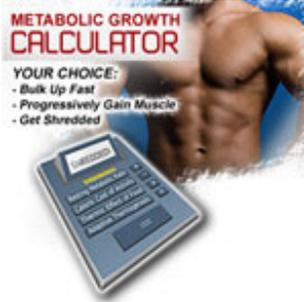
“ I train consistently, sleep 10 hours a night, never go partying, never drink, and never eat junk food...I don't like it. Jay Cutler ”

If you wish to ensure that your muscles have enough fuel to support your workouts, train intensely, recover from

workout to workout and, let's not forget, [grow NEW muscle, you have to keep track of what you are eating every day.](#)

There is no way around it. This is the number one reason why skinny guys never gain weight or why anybody, for that matter, will not make the quality gains that they so desperately strive for.

Included in [my program](#) is a metabolic growth calculator that will do all the math and calculations for you.



You will know exactly how many calories your body needs on your workout and your non-workout days. The metabolic calculator will take into consideration your specific goal: Do you want to maintain, cut, progressively gain muscle or gain muscle as fast as possible? It takes into consideration your age, sex, body fat percentage and non-exercise activity level.

“ Anything you can do to make you training harder is a step in the right direction. Mike Mentzer ”

As discussed above, hitting your goals calories is only half the battle. I am guessing that you want to gain clean, lean muscle mass? You don't want to get a damn pot belly in the process to hide your true shape?! You must eat clean and healthy calories in addition to your caloric surplus.

I know how difficult it is to

try and “guess” your way to a ripped physique by following a “I eat healthy” approach to nutrition. So I became the [first website](#) to release an entire set of 84-day meal plans, which range from 2000 to 6000 HEALTHY calories to make the eating process as simplified as possible.



You will literally be told EXACTLY what to eat every 2-3 hours in the exact portion sizes and even how to cook it. Each plan comes with grocery lists as well. Once your gains slow down on one meal plan, you start to follow the next one up and instantly start

growing again. Imagine how muscular you will be when your intake is 6000 calories! You are in complete control of how big you get! There is no guesswork for you whatsoever.

Screw-up #3: Not Sleeping Enough

So how does sleep relate to the phenomenon of building big muscles? The number one reason getting enough sleep is so important is because Growth Hormone levels rise 30-45 minutes after falling asleep, and a higher quality of sleep releases Testosterone. If you are more than a recreational weight lifter whose trips to the gym include more motivation than to pick up the cute receptionist, I would suggest the optimal 8 hours. However, this is a very individualistic measure and as low as 6 hours can be adequate for some.

Also, it is rumored that every hour of sleep you get before midnight has the equivalent affect of 2 hours sleep. So if you go to bed at 10 pm and wake up 6 am, you will feel as if you have just slept 10 hours (not the actual 8 hours). I have to admit that I have experienced higher quality sleep going to bed earlier.

Take advantage of power naps – they are not for



wimps. Professional bodybuilders take them regularly in the course of a day so there is something to be said for them. 20-minute naps in the middle of the day are said to be the equivalent of a 2-hour sleep. Again, try it out and see for yourself. Naps are extremely beneficial if you did not sleep the night before.

Remember, your muscles grow when you rest – this is the time between weight-training sessions. Sleep is the best opportunity to let your muscles rest.

Sleep is a powerful tool that costs you nothing! I teach a simple technique that will allow you to determine exactly how much sleep you should be getting each night in my [recovery chapter](#).

Screw-up #4: Not Training Above Your Threshold

The stress must be heavy enough to exceed the normal threshold of your muscles. Training with weights at your 60-80% 1 Rep Max (RM) will not stimulate NEW muscle growth.

In other words, if you simply want to have the ability to lift weights to 'failure' using 60-80% of your 1 Rep Max, then keep doing this because your muscles will accommodate this specific stress. Your muscles will

not grow larger than they must to accommodate this one specific stress.

Don't get me wrong. **Your body will adapt muscularly, neurologically and structurally to this specific stress** – but it will stop and end there. Even if you are increasing reps and sets, the muscles will grow minimally, but there will be NO sufficient reason for them to grow further because you are still within your natural threshold.

So if you want to gain 2-5 pounds of muscle a year, keep following conventional training programs because they are not made for extraordinary gains. I did not gain 41 pounds of muscle over the course of six months by accident and neither did my success stories. They gave their muscles a reason to change by focusing on increasing their current strength by at least 5% every 1-2 weeks which I will show you how to do in my 29-week programs

Screw-up #5 Relying On Supplements To Gain Size

Supplements will NOT stimulate muscle growth – exercise will.

Assuming your training, nutrition, lifestyle and sleep habits are operating on the optimal end of the spectrum, introducing supplements will MAYBE, AT BEST, make a 5-10% difference. You will be more successful taking your fitness to the next level by working on your training, nutrition and sleep first. It will also be easier on your wallet!

Powders are nothing more than crushed up food and loaded with artificial flavoring and lots of chemicals to preserve their shelf life.

Shakes are certainly convenient and may assist you in reaching your goal calories, but do not ever kid yourself that they will have the same anabolic effect as food.

Dumping chemicals, artificial colours, flavoring, sugars, sweeteners and preservatives into your body basically turns it into a toxic waste dump! And did you know that this toxic waste loves to attach itself to your fat stores, making it even harder to get rid of body fat? And can you imagine how much harder it will be to build massive muscle in a toxic environment? What goes in must come out!

Put garbage in and garbage will come out

in the form of decreased energy, slow recovery, poor appetite, poor sleep and poor attitude – all elements critical for muscle building.

When was the last time an athlete won, or a medal was won, or a team won on pills, powders and shakes? Never! Don't get me wrong, there are many time-tested and powerful products that will enhance your recovery, hormonal levels and assist in muscle growth, and I give you an inside look at the supplement industry [in my book](#).



On top of that I include an entire section dedicated to the exact supplements I personally use and recommend to my clients and the ones I have been using for years. I will tell you where to buy them, which companies that are safe and effective and the exact brands.

You will literally save over hundreds of dollars each year when you discover the few supplements that are necessary and the dozens that are useless.

Screw-up #6 Low Testosterone Levels

If you are pumping MASSIVE amounts of anabolic steroids into your veins to ARTIFICIALLY increase testosterone levels, then stop reading! However, if you are a drug-free trainee, what you DO need is every single secret that will

Screw-up #7 Not Making Consistent Strength Gains

Let's be honest. When was the last time your strength really went up?

Has your strength averaged at least a 5% increase from week to week or even month to month?

HERE IS A EXAMPLE OF A CONVENTIONAL BODYBUILDING ROUTINE. LET'S TAKE A QUICK LOOK AT WHAT'S REALLY HAPPENING:			
Squats	3 x 10	20% of workout	Quads= 60% Workout
Leg Press	3 x 10	20% of workout	
Leg Extension	3 x 10	20% of workout	
Leg Curls	3 x 10	20% of workout	Hams: 20%

provide the level of support necessary to optimize T-levels safely and naturally!

There are too many tips and tricks to discuss here, but I would like to share a few of the most common tricks to keep your T-levels elevated and not dropped to that of the guys in the 'arts and crafts' club!

Training too long, lacking true intensity, not targeting your legs, high stress levels, not enough monounsaturated fats and training at the wrong time of day, amongst many other pitfalls, can lead T-levels to drop so low that 'Captain Willy' will go on permanent vacation.

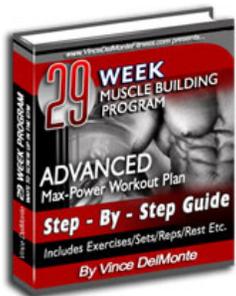
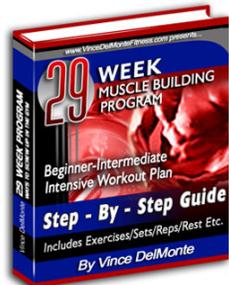
If you are like most trainees, you got stuck at the same weights after the first few months of your first ever exposure to bodybuilding. If not – congratulations, I applaud you and you are doing something right. I'm also confident in saying that you made the majority of your muscular gains in the first few months that you began lifting properly. Is it safe to say that your muscular gains leveled off at about the same time your strength gains leveled off? Coincidence? Hardly!

Your muscular size is ALMOST (there are many other factors we do not have time to discuss here) a direct correlation to your muscle strength. Have you ever seen someone

who can bench press, squat or deadlift a few hundred pounds with a small physique. Very, very rarely!

Muscle size and strength are relative to each other. The stronger your muscles become the bigger they will be become and vice versa. Follow a program that prioritizes improving your strength consistently and trust that mass will follow!

Both of my [29-week training schedules](#) leave you with zero guesswork and are based on structure and progression and tell you exactly which muscle groups to train, on which days, the exact number of reps, sets and everything else. Whether you are young or over 40, a beginner or advanced, I've got a program for you!



Screw-up #8 Training Instinctively And Listening To Your Body

Do professional athletes and teams practice instinctively? Do competitive long-distance athletes train without their stopwatch? Of course not! So why would someone trying to build muscle employ an ineffective and unproven tool that can lead you astray?

Building muscle is based on improving the intensity of the workout progressively each session. So why complicate things by following this 'inner compass' that has never been scientifically verified to work?

Do you really think your body can decipher between the intensity of 9 reps with 225 lbs in 30 seconds and 13 reps with 185 lbs in 45 seconds? Of course not!

Aside from hearing your muscles yelling at you to stop when the going gets tough, can you really interpret which was more intense? It is one thing to train instinctively during a set and squeeze out an extra few reps because you're feeling really good today. But I do not advice "winging"

your entire workout and throwing some random exercises together and training until you "feel" like it's enough.

How do you monitor your progress? How do you know if you're gaining or losing overall strength? How do you know what the purpose of the workout is? Every workout you perform should be based on "out doing" your previous workout and leading to an end result. My workout plans are based on 'reason' and simple formulas to measure your intensity - not poorly defined instincts!

Screw-up #9 Focusing On Getting A Pump

The 'muscle pump' is described as when you put your muscles under an extended period of constant tension. As your muscles stretch and contract they become gorged with blood that makes them feel tighter and fuller.

Getting a muscle pump is not necessarily what causes the muscle to grow. Doing 100 reps with a light weight will create a huge pump – but does this make a muscle grow? Of course not! Distance runners get a pump in

“ Bodybuilding is much like any other sport. To be successful, you must dedicate yourself 100% to your training, diet and mental approach. Arnold Schwarzenegger ”



their legs when they sprint uphill and do they get big muscles? Heck, no!

Most bodybuilders swear by the 'pump' and preach that you are shuttling more nutrients into the muscle – but is that what is really happening?

Sure it feels great, like Arnold says in the unforgettable scene in Pumping Iron, but all that is occurring is a 'back-up' of blood. The blood is 'stuck' inside the muscle, which creates that much worshiped tight and full look.

The blood that's backed up into the muscle has hit a dead end and has nowhere to go. If you had fresh, new blood, that would be great, but unfortunately you just have old, stale blood getting ready for a snooze. **That will NOT help you gain weight or build muscle mass!**

The pump that is built up by the blood in your muscles will usually occur after you repeat set after set, which results in the famous 'burning' sensation known as lactic acid. Lactic acid forms in the absence of

oxygen. Lactic acid is a WASTE product and does NOTHING to build muscle weight.

Now if you are lifting extremely heavy weights and achieving a pump, then this is a very good indication that you are making the muscle fibers work fully. **I would only use the pump as an indicator to reveal how well you are 'targeting' the working muscle, not as a guide to mark your success.**

Screw-up #10 Reading Bodybuilding Magazines

Do you think professional athletes and professional strength training coaches read bodybuilding magazines? If so, it is probably only for humor and to see what kind of hype their athletes are being exposed to. Do you think high quality, world-class athletes and coaches follow the advice found in these magazines? And if THEY don't, WHY THE HECK WOULD YOU! Even though these magazines may have inspired millions, they have done a better job at misleading millions.

It's unbelievable how many young guys think they need creatine and

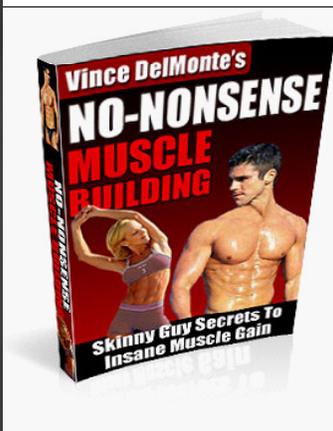
a whole list of other supplements; think they need to 'split' their workouts into 'body parts' and are trying to build muscle in an over trained and undernourished state...and then wonder, 'Why can't I gain weight?' They have no idea that these programs don't work without drugs. These are DRUG routines and drug routines don't work for natural guys. Period.

The modern mainstream bodybuilding magazines at the newsstands (*and even mainstream male and female fitness magazines are guilty*) are really just 'muscle comic books' written at a 6th grade level. **They glorify drug-using 'bodybuilders' and portray them as the picture of health.** They cleverly combine two or three rehashed articles, a lot of pictures, gimmicks, sex and hype to sell this hype to millions. And what do porn-like photo sections have to do with a muscle-building magazine? The publishers of some of these magazines beat the hell out of this marketing tactic, with partially nude women with their rears hanging out of thongs. It would be nice if men could pick up a bodybuilding magazine to learn some quality information and not end up getting an erection!

Supplement companies have always been a part of fitness publications (although it was not as blatant in the past) and now marketers are the writers and the product is no longer a magazine but rather bottles of pills and protein powders etc.

I would say almost 70% of the articles in magazines have a marketing purpose and it's even hard to tell these days what is an ad and what is a legitimate article.

Bottom line, there are too many rich supplement companies and too many frustrated weightlifters who are not gaining the size and strength they deserve. Another reason I wrote [No Nonsense Muscle Building](#) was to educate you on how the body works before you start training haphazardly, just because you read it in an article or a magazine.



Screw-up #11 Not Keeping A Training Diary

Tracking your progress is mandatory. This is like professional sports teams competing without keeping score. Or like runners and swimmers working out without a stopwatch.

How do you expect to get better? In my opinion, if you workout without a logbook, you might not be that serious and should reconsider the reasons you workout. Feel free to continue working out - just do not expect any exceptional gains. Whether or not you buy a formal training log or simply use a mini notebook, here is a list of things you should keep track of:

- Muscles Trained
- Exercises Used
- Weight Used
- Number of Sets
- Time to Complete Workout
- Time of Day
- Energy Levels

Screw-up #12 Ignoring The Weaknesses

You're only as strong as your weakest link, correct? Many claim to understand this principle yet these same individuals seem to ignore it in application.

If your biceps can curl 50 lbs but your forearms are constantly failing first, then what is the weaker link? Correct, your forearms. Will your forearms ever get stronger and will you ever make further gains on your biceps if you do not fix the root problem? No!

Consider dominance in quad dominant (squats and squat variations) exercises versus hip dominant exercises (deadlifts and deadlift variations): Surprise, surprise that your quads are more developed than your hamstrings and calves! And I also would not doubt that your calves and hams are weaker relative to your quads, causing an anterior pelvic tilt (quads are over-reactive and hams are under-reactive) resulting in the start of lower back pain...

There are two main reasons why trainees never make consistent muscular and strength gains on a program like this – this is a very generic example but I think you will get the point:

- 1) It prioritizes the same muscle sequence endlessly – assuming this is what you might do every time you perform this workout, you will be emphasizing your quads every workout. Guess what happens to your hamstrings and calves?

They begin to lag and become limiting factors in making consistent strength gains. How will you ever make them bigger if they are always trained last with a sub-max load? In my e-book I share a simple yet powerful strategy to make your weakest link the strongest and how to prevent plateaus.

2) It prioritizes one muscle group by volume – this simply means that the muscles receiving a greater percentage of training time and effort will receive the greatest benefit and improvements. Common sense, right? It's amazing how many guys wonder why their arms, calves and abs are non-existent. Think about it. Where do you allocate the volume of your own workout? Don't be surprised if your weaknesses are receiving a lower percentage of volume relative to your stronger and bigger muscles.

As a professional fitness trainer I preach the philosophy that, **“General programs create general results.”** Almost 95% of programs you can download for free or copy from a magazine make the assumption that your body is perfect alignment and has not imbalances. This is a perfect way

to pay for your rehab therapists next vacation!

I guarantee you will not find another program on the Internet that dedicates the first phase of the program to what I call, [Upside Down Training](#). UDT is a complete, step-by-step training phase that focuses on improving posture, increasing weak core muscles, developing underdeveloped body parts, increasing flexibility, boosting shoulder stability, minimizing imbalances and improve overall cardiovascular conditioning.



Most guys try to build a nine story building and then realize they did not begin with a proper foundation and get injured. Not you! UDT is an incredibly unique training program that I developed after years of

working in the trenches with regular people like you every day with various injuries and misalignments.

Screw-up #13 Not Stretching At Least Half The Amount Of Time That You Lift

Stretching is not relatively popular nor has it ever been. Most 'current' thinking leads you to believe that stretching is 'bad' and results in a fear of the unknown, leaving you to avoid it all together. I think the 'fear' is more of an excuse for laziness and an ignorance of what stretching can actually do. And interestingly, most of the anti-stretch advocates change their reasoning every few years and cannot even touch their toes!

Many 'believers' in stretching have learned the side-effects of not stretching, not stretching enough and not stretching effectively. Before you read any more literature on the academic stretch debate, I encourage you to decide on this one yourself by putting my stretching programs into action. [Upside Down Training includes a years worth of upper body and lower body flexibility workouts.](#) Again, another subject that if often under looked in other programs. I'm confident that your initiation of this flexibility training program will

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