

**19** Secrets  
To Build

**5** Lbs Of  
Muscle In

**28** Days  
Or Less

- ✓ **Bodybuilding Workouts**
  - ✓ **How to Gain Weight**
  - ✓ **How to Measure Your Body Fat**
  - ✓ **Calorie Calculators**
- And Much More!**

**by Marc David**



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# 19 Tips To Build 5 Lbs Of Muscle In 28 Days Or Less

## Bodybuilding Techniques For Getting Muscle Fast

### New Beginnings

People often look back on their lives and say, "If only I knew then what I know now."

As someone interested in bodybuilding or fitness, you probably realize just how true this is when it comes to gaining muscle and losing fat.

If you don't know exactly what you're doing, right from the beginning, you will make many costly diet and training mistakes, and it can take years to get the type of body you want and deserve, if you ever get there at all. In fact, if you listen to the bad advice most "experts" are spitting out these days, you might even go backwards and actually gain fat or lose muscle!

These tips you are about to read will pretty much give you some good insight on how to get started with fitness and bodybuilding quickly and avoid the mistakes I made during my teenage years and into my adult years...Don't worry...

These answers will be detailed enough for you but not so technical and scientific to confuse you...

By now, you're probably wondering... what's in this for me?

**FACT:** You would have to search approximately 60 minutes to find all the answers to these questions. And with so many posts and so many conflicting opinions, it might not really help you in the end. So I'm here to take these questions and give you the facts. No hype, no sales, just answer the questions. Very unlike a political debate!

My strong hunch is... that one of these questions, if not all of them, you've looked for when you first started your fitness journey. Armed with this short e-Book, you can quickly start your program and reach your goals faster than ever. More important than that...

You will immediately increase your knowledge of fitness and bodybuilding! There's nothing better than getting a head start and getting the basics down fast. The faster you understand the quicker you will be in reaching your goals.

So it adds up to this... I've put together these important questions so that you can take the information and put it to



work today. You'll reach your goals faster and you'll make fewer mistakes saving your countless hours of research and trial and error.

When I was about 17 years old, I had a door poster that showed about 6 of the most powerful motorcycles in the world. Every **single night**, I'd stare at that poster. I'd **imagine** myself on those bikes riding thru Calistoga, California. I could **see** myself clearly hanging on turns. I swear I even felt the wind on my face. Seriously, that **vision** every single night seemed so real. I just looked at that poster and **dreamed** of myself riding a motorcycle.

Needless to say, I was able somehow to save up, get a loan and buy my first motorcycle. I enjoyed riding several bikes over the next few years. **It had to happen.** Everything I did lead me to that purchase.

**The Secret** to getting the body of your dreams is to see what you want in your mind. Bob Proctor said *"If you see it in your mind, you're going to hold it in your hand."* Visualize what you want to look like and all your actions will take you one step at a time to that goal. I think about working out even if I'm not able to physically do it that day. You might say that I did my workout in my mind before ever picking up a single weight.

Look, you might brush this last tip off as mumbo jumbo but I'm telling you from the bottom of my heart that it's the **ONLY** thing that kept me going after making so many mistakes. Think about that for one second.

How does a person who's made so many years of mistakes keep going?

*"Our job as humans is to hold on to the thoughts of what we want, make it absolutely clear in our minds what we want, and from that we start to invoke one of the greatest laws in the Universe, and that's the law of attraction. You become what you think about most, but you also attract what you think about most."* **-John Assaraf**

That last line is the home run and it's exactly why I never quit working out to achieve my dreams. Even after mistake after mistake, it's precisely why I'm sharing that with you right now.

I saw what I wanted in my mind and I never quit. I thought a lot about bodybuilding and fitness. I dreamed of building muscle and becoming more fit. You might say it took me a long time but the fact remains that it's why I didn't quit and it's exactly how you'll achieve what you want. No pill, powder, training program or guru will ever be able to give you the actual keys to success.

That my friend is what you need to do right now with a single thought.

### **What do you want to look like?**

I am telling you it's the secret to your success. Start right **NOW** visualizing and thinking of how you want to look like and all your actions will lead you to that goal little by little. With this guide it's not going to take you 16 years!

So, without further adieu, here they are: The biggest bodybuilding tips - revealed!



# QUESTION #1:

## How Many Calories Do I Need A Day?

Listen, figuring out how many calories a day you need to lose weight, maintain your weight or gain weight really isn't too hard. And with the formula I'm about to give you can easily track where you are and what you need to do daily to reach your goals.

There are several formulas you could use that take into account age, sex, height, weight, lean body mass, and activity level. Any formula accounts for your lean body mass (LBM) will be more accurate but for this guide, let's keep things simple. The estimate you are about to get will be **reasonably close** for most people.

*IF YOU DON'T KNOW WHERE YOU ARE, THEN LOSING, MAINTAINING OR GAINING WILL BE IMPOSSIBLE!*

### The Simple Method:

Take your current body weight in pounds (lbs) and use one of the multipliers below.

#### Quick & Easy Calculator

<b>Maintenance</b>	15 - 16 calories per lb. of bodyweight
<b>Weight Gain</b>	18 - 19 calories per lb. of bodyweight
<b>Fat Loss</b>	12 - 13 calories per lb. of bodyweight

This is a very **easy way** to calculate your calories. There are some drawbacks to a method like this because it doesn't take into account for body composition or activity levels. Extremely active people may require more calories than this formula indicates. People with a high amount of lean body mass will require more calories as their total daily energy expenditure (TDDE) will be higher. It's possible to overestimate the calorie needs in somebody who has a very high level of body fat. For example, a 50 year old man who weights 225 lbs at 38% body fat will probably not burn fat on 2925 calories per day (225 x 13 for fat loss).

## QUESTION #2:

### How Do I Measure My Body Fat?

The truth is... there's several ways to do this.

- Underwater Weighing
- Bio-Electrical Impedance Analysis
- BIA Body Fat Scales and Hand Grip Tests
- Infrared
- Circumference & Anthropometric
- Skin fold Measurements like "The Pinch Test"
- Other More Complicated Methods



The simplest and cheapest method is the skin fold test. You can purchase a set of calipers for about \$20 and do this test in the privacy of your own home. The accuracy of this test is almost as accurate as the methods above and it costs you nothing.

For individuals in the 15-35% range it's deemed as accurate. For lean individuals it is probably the most accurate and for people over 35% body fat, other methods are more accurate.

Another way to measure your body fat at home with just a tape measure:

#### Body Fat Formula for Women

- Factor 1 (Total body weight x 0.732) + 8.987
- Factor 2 Wrist measurement (at fullest point) / 3.140
- Factor 3 Waist measurement (at naval) x 0.157
- Factor 4 Hip measurement (at fullest point) x 0.249
- Factor 5 Forearm measurement (at fullest point) x 0.434

Lean Body Mass= Factor 1 + Factor 2 - Factor 3 - Factor 4 + Factor 5

Body Fat Weight=Total bodyweight - Lean Body Mass

Body Fat Percentage=(Body Fat Weight x 100) /

#### Body Fat Formula For Men

- Factor 1 (Total body weight x 1.082) + 94.42
- Factor 2 Waist measurement x 4.15

Lean Body Mass = Factor 1 - Factor 2

Body Fat Weight=Total bodyweight - Lean Body Mass

Body Fat Percentage=(Body Fat Weight x 100) / total bodyweight

### What it all boils down to is this...

Regardless of the accuracy of the test, it's fast, it's simple and it's cheap. And the only reason you measure your body fat is to determine progress. A simple set of calipers will get the job done. And you can do it over and over for no cost. You can't say that about the other options some of which are not very accurate at all.

## QUESTION #3:

### What's Better? Free Weights Or Machines?

Most everybody asks this question. Either the first time they walk into a gym and see the selections or at some point they wonder if the bench press machine is better than the regular flat bench press with free weights. I was a machine person for quite some time...then it hit me!

Why not incorporate a little bit of both! That's right... there's not some rule that says if you use a machine you will never get the results you want. And there's no rule that says you must only use free weights.

Fact is.... By doing a little bit of both for certain exercises, you will target various areas. Let's take the bicep curl as an example.

There you are with the straight bar. Working your biceps. But really, you are working a lot more. Your forearms are being stimulated. Your shoulders are taking some weight, and you'll notice your abs are tight as they stabilize your body. So doing a bicep free weight curl entails a little more than just a bicep workout.

Compare that to the preacher curl machines. You are sitting down. There are no legs involved. Your abs really aren't that tense. And there's much more direct focus on the muscle.

Truthfully, you are not alone in asking this question. By incorporating machines and free weights you can target a muscle group and isolate it while doing some compound movements to hit the entire body.

Bottom line is, there is no better than. If you only do free weights, you are missing out on a vital component of variety. If you only do machines, you are forgetting about the all important but hidden stabilizer muscles that help balance you. By combining both, you can get the best of both worlds and a super varied workout.

## QUESTION #4:

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### How Can I Get 6 Pack Abs?

What forum, what article, what supplement and what eBook doesn't talk about this? We all want to know how to get a 6 pack of abs for the summer. Am I right? Is it that hard? Honestly it is. It's not just as simple as taking a pill. But it's also not as grueling as doing 1000 crunches a day.

What I'm talking about is... the less body fat you have, the more visible a muscle becomes. This means, if you incorporate some ab work to build the muscles up a bit and then have a low enough percentage of body fat, you now have a 6 pack or 8 pack of abdominal muscles showing!

Getting a six pack is only as simple as working your abs in a normal fashion (maybe 2x a week) and having a diet that boosts your metabolism to help you burn fat.

You start by losing body fat. The less fat you have, the less there is between the muscle layer and the skin. Things start to show up when the middle layer (fat) starts to disappear.

This is not just my opinion. Getting a six pack of abs is more about nutrition and cardio than it is about ab exercises.



## QUESTION #5:

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### How Much Protein Do I Need Every Day?

The secret to figuring out how much protein you need is not by just taking some number you found like 30g and apply it to yourself. If everybody had the same needs we would all be the same. And we both know that just isn't true. Each person is slightly different.

Let me explain. We've all heard that a person can only digest 25-30g of protein in one sitting. B.S.!

Just think about it. Does an IFBB professional bodybuilder intake the same amount of protein as the guy who's 135 lbs just starting out? Even if there is a 200 lb weight difference?

The answer might shock you. NO

Needless to say, so many people just take some number, multiply that by their body weight and that's what they think they need a day. Tell me, if a person is 35% body fat, should they use their weight or their lean weight to figure out how much protein they need?

Simple. Lean weight. Your daily protein requirements are based on your lean body weight. And how do you figure out your lean body weight?

Use the skin fold caliper home test. Go back to Question #2.

### Step 1:

Take your body weight in pounds

Example: 194 lbs

### Step 2:

Find your body fat % using one of the methods in Question #2

Example: 15.7% (which is .157 for the step below)

### Step 3:

Take your body weight in pounds and subtract the % body fat

Example:  $194 \text{ lbs} - (194 \times .157 = 30.45 \text{ lbs of fat}) = 163.54 \text{ lbs of lean body weight}$

### Step 4:

Take your lean body weight and multiply by 1.14

Example:  $163.54 \text{ lbs} \times 1.14 = 186.4 \text{ g of protein a day}$

### Step 5:

Divide your daily protein requirements by 5-6 meals and that is what your protein target is for each meal.

Example:  $186.4 / 6 \text{ meals} = 31.07 \text{ g of protein per meal}$

As you will see, a person who is 286 lbs of lean body weight will require a lot more protein. And a person who is 286 lbs should not be consuming the same amount of protein if their percentage of body fat is 35%.

But why use 1.14 for protein requirements?

The Recommended Daily Allowances (RDA) is 0.8g of protein. But that's been shown to be too low for active athletes.

Some sites will recommend 2.0g of protein. But that seems a bit high and your body will have trouble absorbing that not to mention you will probably have a lot of excess calories which can lead to fat gains.

1.14-1.5 is the most efficient range for most active, healthy adults. This range will help build muscle but not lead you into a high protein diet. Feel free to adjust within that range if you feel you need more protein.

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