

G.Y.M.

Grow Your Muscles



10 Simple Fitness Principles

by **Michael Lee**

6 x Physique Champion

Author of *Five Fit Rules for Men*

Copyright © 2014 by Ripped Runner Fitness, LLC. All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the Publisher.

Ripped Runner Fitness LLC
P.O. Box 630285
Littleton, CO 80163

Disclaimer: Before beginning any exercise or workout program, you should always first consult with your physician and undergo a full examination. The information and techniques recommended in this program were written to assist those who are seeking to fulfill personal fitness goals and does not constitute as medical guidance. You proceed with the recommendations in this book at your own risk.

For more fitness principles, go to
5fitrules.com

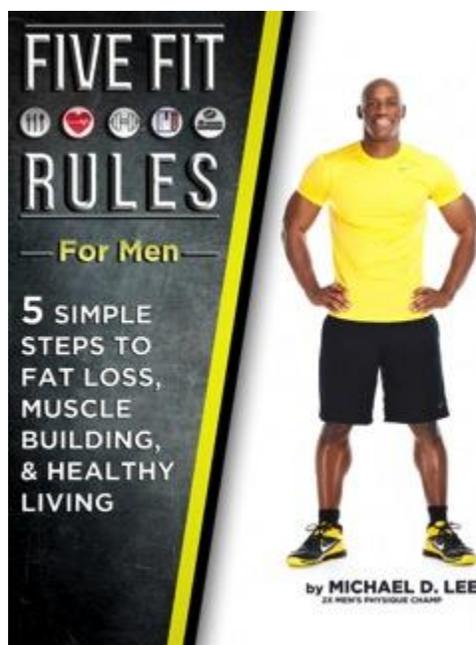


Table of Contents

G.Y.M. – Grow Your Muscles – Program Overview..... 5
PROPER NUTRITION 8
CARDIO FOR FAT LOSS 19
WEEKLY WEIGHT TRAINING..... 25
Printable Weekly Workout Schedule: Blank Sheet 34
Printable Weekly Food Log: Blank Sheet 35



About Me: 5 Quick Facts about my Fitness Transformation Story

1 – I am a U.S. Army Veteran

I proudly served in the U.S. Army. As a soldier in the Army, I discovered how important it is to have a balanced approach to nutrition and exercise consistently. When I was in the Army, I performed well on my quarterly Physical Fitness Test. Although I am much fitter now than I was then, I was able to what I learned in the Army to get back in shape, and subsequently, pass this knowledge along to you, through this program.

2 – I turned into a Chubby Couch Potato

After I left the Army, it appears that I left my good health and fitness habits behind too. My health decline was two-fold; very little exercise mixed with an extremely poor diet turned me into a chubby couch potato. At the lowest point of my health, I was 232lbs, had a 40-inch waist and was eating fast food up to 3x per day on some days.

3 – My Father passed away due to complication from Type 2 Diabetes

In 2005, my father became very sick and had to be hospitalized. I knew that he was battling a sickness, but he never revealed to me exactly what the sickness was. While hospitalized, he had surgery to repair a ruptured blood vessel in one of his legs. He passed away a few days after the surgery. He was in his early 50's. The death was ultimately related to him having complications with Type 2 Diabetes (preventable diabetes). After his death, I too discovered that I had developed pre-Diabetes.

4 – I transformed my body in 9 months

Losing my father forced me to take a cold, hard look at my health and fitness. This led me back to the only physical activity that I knew I would truly enjoy and that would also improve my health; running. I ran my first 5K race in 2008, and was inconsistent with it up until I moved to Colorado in 2010. Living in the healthiest state in America helped me overcome my consistency issues, and from September 2010 to May 2011, I lost nearly 50lbs. I also gained a lot of muscle and toned my body. Not too bad for a husband, father of 3, working fulltime and attending college. I made my health and fitness a priority!



My Transformation - 2010 to 2013

5 – I became a 6x Men’s Physique Champion!

With over ten 5k/10k races, a few photo-shoots, and hundreds of hours in the gym under my belt in less than 2 years, I was looking for a new fitness challenge. I was successfully maintaining my physique and wanted to venture more into sculpting my body. This is when I discovered the Men’s Physique Division of the NPC.

I competed in my first show in March 2013 and I won the overall Men’s Physique Award, as well as a Best Transformation Award. From that show, I went on to compete in 4 additional shows, winning another overall, winning an online competition and competing national. Much of the Grow Your Muscles and Five Fit Rules principles were birth from my experience as a Men’s Physique Competitor. I learned so much about nutrition, weightlifting and cardio by competing, and now I am sharing my approach with you.

What is contained in this book and videos is the culmination of my 3-year fitness journey. I spent countless hours researching, experimenting with different approaches to nutrition and talking with fitness experts. This program is the result of all of my work. I went from a videogame playing, overweight couch potato, to a 6x Men’s Physique and Bodybuilding Champion and sponsored athlete. If your health and fitness level falls between heavily overweight to fit, I firmly believe that you will learn something from this fitness program.

I chronicled my entire 3-year body transformation journey, highlighted my successes, failures and crafted what I believe are the most important, simple, and effective fitness rules to fat loss and muscle building. Following the rules and tips that I outline in this program will help you experience changes to your health and fitness changes. With small, simple changes in your daily life, you too can change your health, fitness and physique for the better.

I’ll show you step-by-step how to eat in order to lose fat and build muscle, how to use cardio to get your body in peak condition, how to use strength training to shape your body, how to plan and track your fitness lifestyle and the importance of getting quality rest. I’ve compiled simple, yet effective principles in each of these areas that will help achieve the body of your dreams!

Let’s get started!



G.Y.M. – Grow Your Muscles – Program Overview

10 Simple Principles of Muscle Growth



PROPER NUTRITION:

1. Find your food intake range and don't exceed
2. Eat lean protein with each meal
3. Slowly cut back on fast food, restaurant food and processed food
4. Drink 100 oz of water each day



DAILY CARDIO FOR FAT LOSS:

5. Perform 4-6 days of cardio
6. Use a mix of styles of cardio
7. Aim to burn 300-500 calories per session



WEEKLY STRENGTH TRAINING:

8. Understanding Basic Weight Lifting Principles
9. Lift Weights
10. Plan and Track your Weekly Workouts

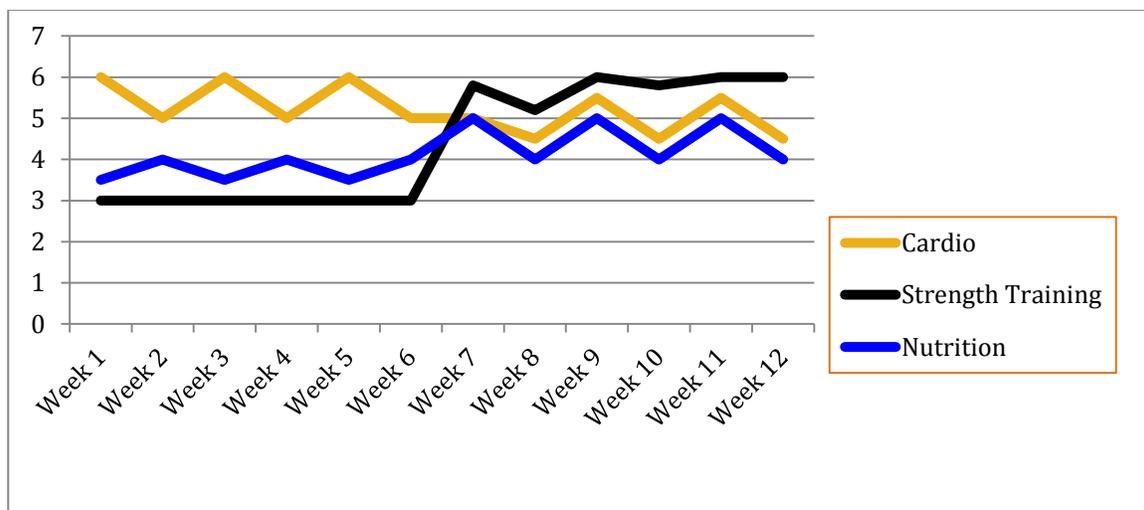
Expected Results

If you follow the G.Y.M. program for 12 weeks or more, you'll likely achieve the following:

- Lose 2 or more pounds of fat each week
- 2-6 inches off of your waist
- Be more muscular and less body fat
- Better libido (higher testosterone levels) i.e. Better sex
- Happier mood
- Improved health Overall health
- More energy and mental focus

How long will it take for you to get these results? It all depends closely you follow this program. If you follow the nutrition principles, do cardio 4-6 days per week and do strength training at least 3 days per week, you will likely see the expected results mentioned above within a 12-week period.

Overall, throughout my body transformation, I have learned that if do not overeat, perform daily cardio, and weekly strength training, then I can lose fat and shape my body. And, this will work for you. Take a look at the chart below for a simple, visual representation of the GYM Program:

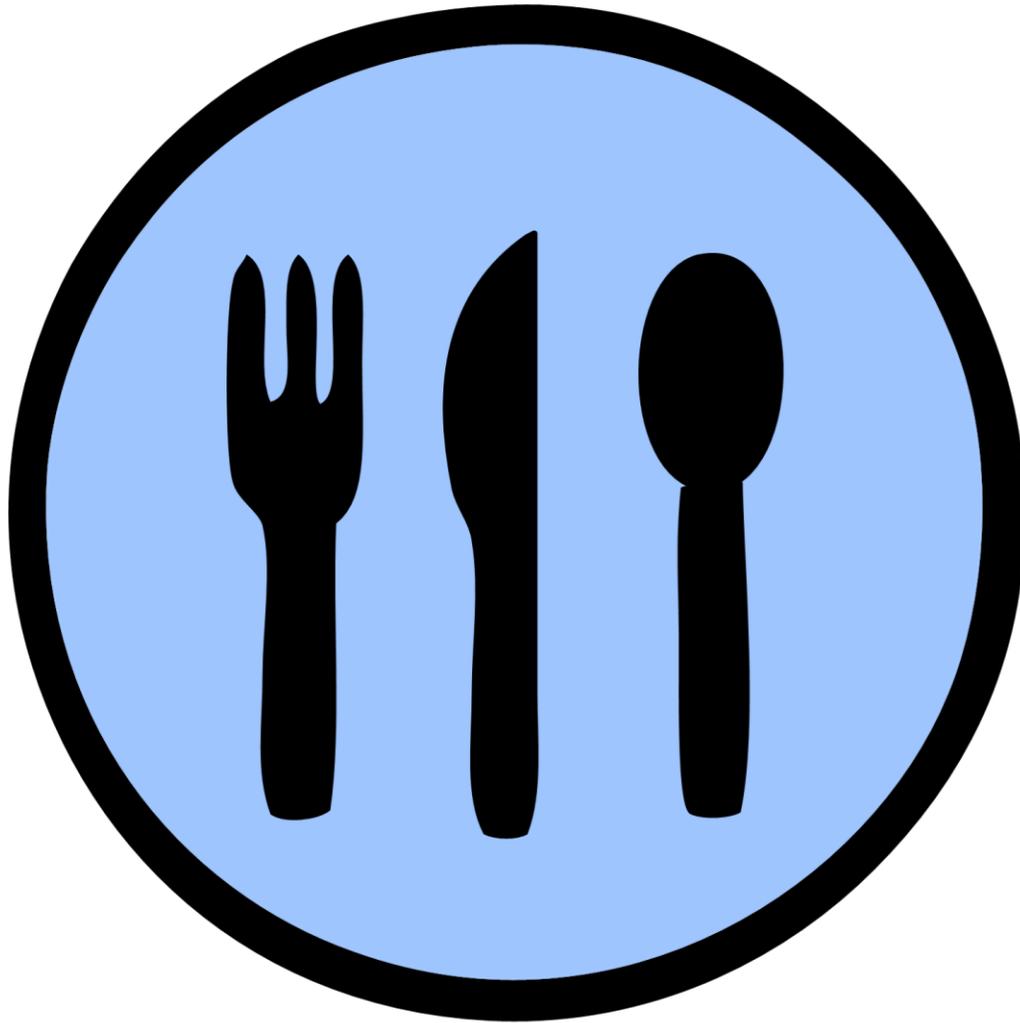


Cardio – The yellow line represent cardio. In the beginning of the program, you'll perform cardio 4-6 days per week. You will perform cardio before any weight training, for the first 6 weeks of the program, which will help you build confidence in your ability to lose fat. After the first 6 weeks, you'll switch to strength training before cardio approach.

Strength Training – The black line represents weekly strength training. You will start the program by performing about 3 weekly strength-training sessions, then progress to 4-5 weekly sessions after 6 weeks. Also, at the 6-week mark, you will switch from cardio before strength training to strength training before cardio, if you are hitting your 2lbs per week weight loss goals.

Nutrition – The blue represents nutrition. You will start the program by eating at least 3 balanced meals per day. As you progress towards the 6-week mark, you will eat 4-5 smaller, yet balanced meals per day.

Proper Nutrition

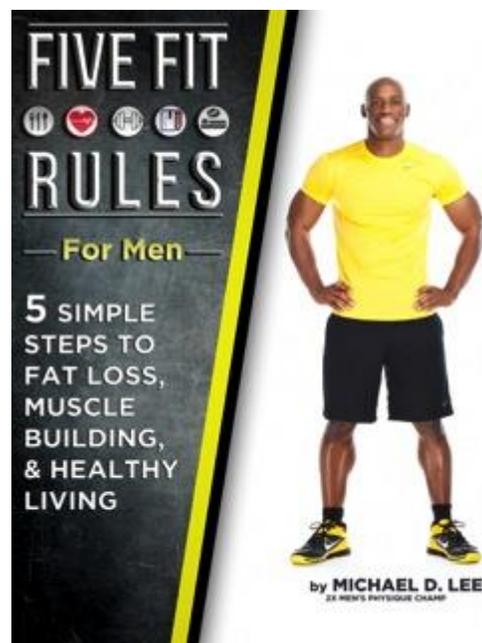


PROPER NUTRITION

Ensure you are getting proper nutrition by:

- Find your food intake range and don't exceed
- Eat lean protein with each meal
- Slowly cut back on fast food, restaurant food and processed food (white sugar, white bread and white pasta)
- Drink 100 oz of water every day

For more nutrition tips, go to
5fitrules.com



Find your food intake range and don't exceed it!

Finding your food intake range and not exceeding it is going to be the most important factor of you losing fat and building muscle. With your age, gender, weight, height and fitness activity level, use web based tools like freedieting.com to find the right amount of food you should be consuming in order to lose weight, gain muscle or maintain your weight.

The screenshot displays the 'freedieting.com' website's 'Calorie Calculator - Daily Calorie Needs'. The main form is titled 'DAILY CALORIC INTAKE CALCULATOR' and includes the following fields and options:

- Age: 35 Years
- Gender: Female Male
- Current Weight: 210 Pounds
- Height: 5 Feet 10 Inches
- Exercise level: 3 times/week

The 'RESULTS' section shows:

- Total Calories Including Exercise: Maintenance **2275**
- Fat Loss **1820**
- Extreme Fat Loss **1680**

A testimonial box states: "I lost 65+ pounds using your calorie calculator!"

Even if you are working out consistently, if you are continuously exceeding your caloric intake, then you will eventually gain fat on top of muscle. The optimal way to build a great physique is to eat the right amount of calories for your body type & fitness goals, while incorporating cardio and weight lifting into your approach. Even if you miss a workout session or two, if your nutrition plan is solid, you will not gain fat, but rather just maintain your weight and current level of muscularity. No two people are the same, so there is no set amount of calories for each person. There is a range of calories for each body type that will help that person reach their fitness goals. Personally, I know that if I consume 2400 calories a day (a high protein, low carb/moderate healthy fat diet), and workout, I will maintain my weight. If I eat less, then I'll lose about 2lbs of fat per week.

Eating 3 to 6 balanced meals per day will ensure that you are energized not only for your workouts, but energized to live a productive life each day. Let's clear the air. There is NO specific eating scheme that will make a person lose weight. Evidence suggest that, if you are consistently participating in a progressive workout program, exercising 3 to 5 times per week, eating smaller meals throughout the day may help keep bad cholesterol, insulin, hunger and appetite in check. For those individuals who are not exercising regularly, and/or are currently overweight, eating more frequently may not provide the same level of benefits as for the exercising population.

Recommendation:

Start your meal plan with 3 relatively balanced meals per day. Weight loss success is about keeping things simple, and using an approach that's easily repeatable for you. You should start your day with high quality protein, like Whey Protein and egg whites. Include healthy carbs (veggies and complex carbs like brown rice, which will either give you energy for your workout, or re-stock your energy for your next workout. The 3 meals per day example plan below is perfect for someone new to living a healthy lifestyle.

3 Meal Per Day Meal Plan

Use this approach when attempting to lose fat while building muscle.

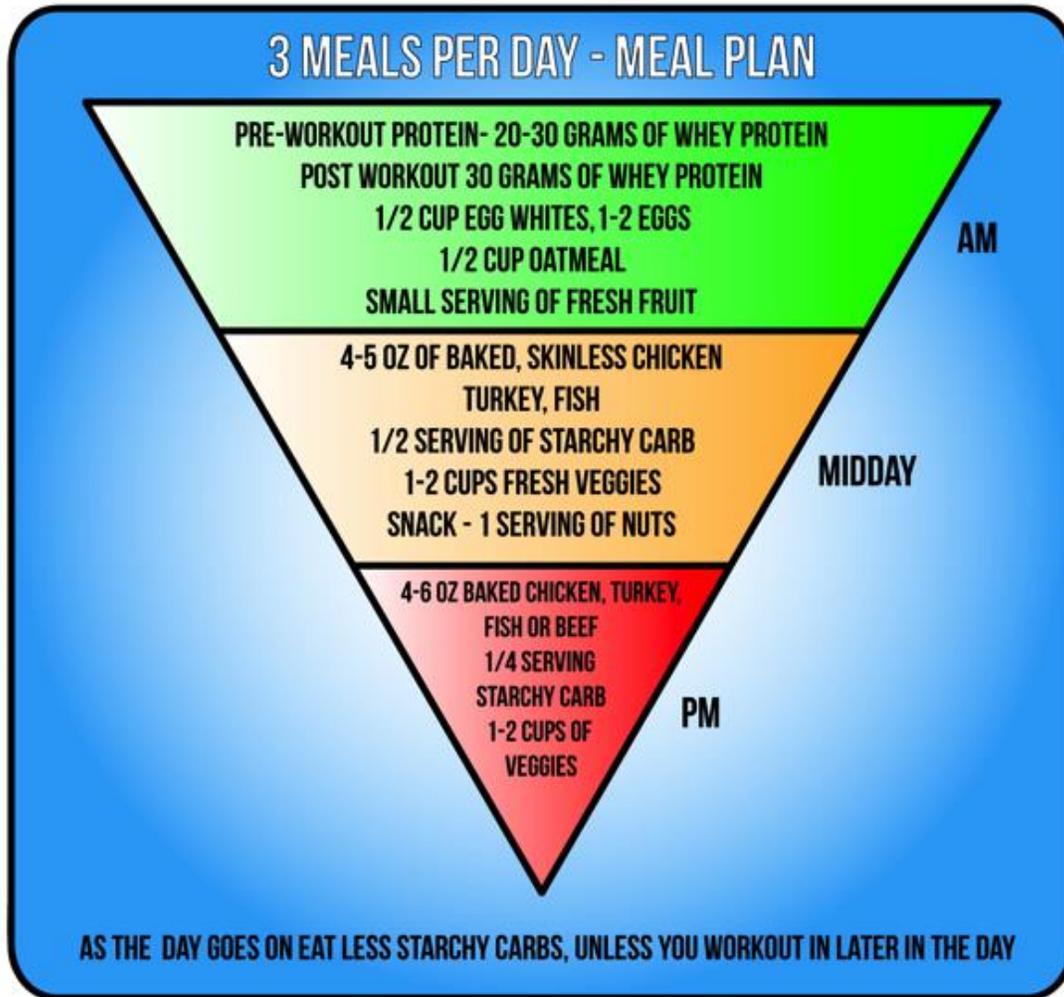
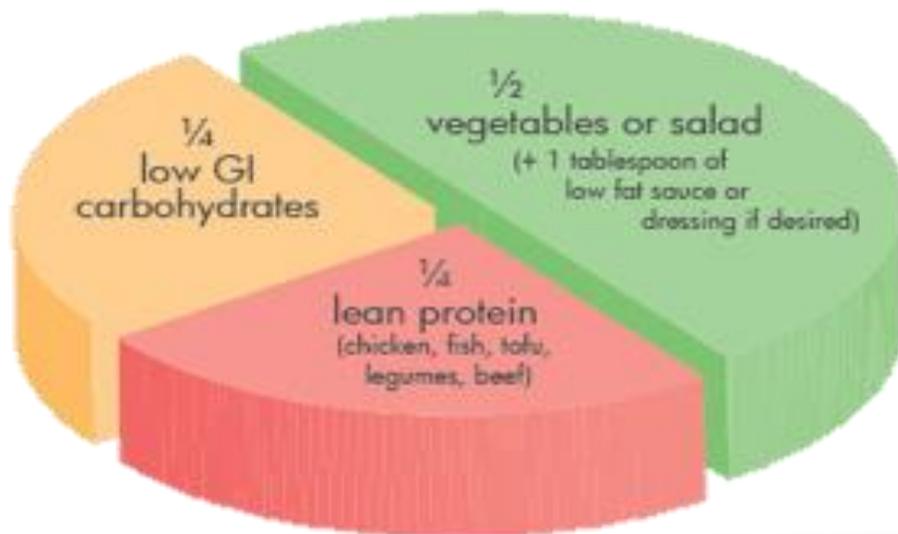


Plate Portion Guide

When preparing your meals, prep your plate similar to this portion layout.



Hand Portion Guide

Use your hands way to measure different portion sizes.

HELPING HANDS

Use this "handy" chart to visualize approximately sized portions for meals, snacks and recipes (examples are provided for each corresponding measurement).

	Palm = 3-4 ounces (meat, fish, & poultry)
	Thumb = 1 Teaspoon (butter, margarine, mayonnaise, & oil)
	Thumb = 1-2 Tablespoons (salad dressing, sour cream, cream cheese, peanut butter & hard cheeses)
	Fist = 1 cup (cereal, soup, casseroles, fresh fruit, raw vegetables or salad)
	One cupped hand = 1/2 cup (pasta, rice, beans, potatoes, cooked vegetables, pudding, & ice cream)
	Two cupped hands = 1 ounce (chips, crackers & pretzels)

Try the leader in perfectly portioned meals created for healthy living.

Healthy Choice

©2014 Agri Foods, Inc. All Rights Reserved.

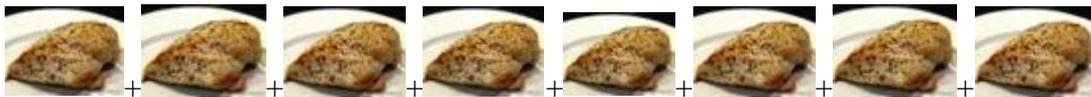
* Indicates approximate size of serving.

Eat lean protein with each meal

Eating lean sources of protein is essential to building muscle. When you perform strength training and cardio, you are creating small, micro tears in your muscle fibers. This is the reason why, after an intense workout, you feel sore. As your muscles are repairing themselves, if you eat quality sources of protein after your workout, the muscle will rebuild a bit stronger than before the workout.

When you eat foods that do not have a lot of unhealthy fat and sugar, you build back up the muscles without adding unwanted fat into your body. In order to build your muscles back up bigger and stronger, you must feed your muscles proper nutrition. Muscles need protein in order to rebuild properly.

The International Society of Sports Nutrition recommends that healthy people who exercise 3 to 5 times per week should consume about 150 to 200 grams of lean protein each day. This is about 1 gram of protein per pound of your ideal bodyweight. For example, if your current weight is 255lbs, and you know your ideal weight is around 200 to 210, then aim to eat around 200 to 210 grams of protein each day. To paint a visual of what 200 grams of protein looks like, it's about eight, 4oz skinless, boneless baked chicken breast.



Eight, 4oz skinless, boneless, baked chicken breast is about 200 grams of protein!

That's a lot of chicken! No worries, I will not recommend that you eat 200 grams of chicken per day. Although baked, boneless, skinless chicken breast is a very healthy, lean source of protein, it is not the only source of lean protein. Healthy, lean sources of protein range from seafood (fish, shrimp), 90% lean beef, eggs/egg whites, beans, nuts, quinoa, skim/fat free milk, soy products, hummus, cottage cheese and much more. Not all sources of protein are created equal. Some sources of protein contain high amounts of sugar and fat, which if consumed in high amounts daily, will lead to high cholesterol, fat gain and low energy. Look for relatively low fat sources of protein.

Recommendation:

I currently weigh about 200lbs. To ensure that I get my 200 grams of lean protein in each day, I pre-cook my meals and eat 4 to 5 protein based meals each day. I eat protein with all of my meals and snacks. Since I cook my meals, I know exactly what ingredients I am adding and exactly how many grams of protein I am eating. I also leave room in my diet for protein supplements (Protein Bars), which I consume when I am on the road or between meals when hungry and protein shakes (post workout Whey and Casein protein),

Ideal food portions are listed in the picture below. Ensure that each meal includes lean protein, complex carbs and healthy fats. Consumption of healthy carbs should occur primarily after a workout and early in the day. Healthy fats keep your hormone level stabilized. Avoid consuming a lot of carbs later in the day, to ensure you will not exceed your calories and gain fat. As the day proceeds, eat less and less starchy carbs and more vegetables. If you are hitting your weight loss goals each week, you may have 1 cheat meal for lunch on Monday as a reward for your hard work.

Also, consume about 30 grams of whey protein after your strength-training workout. Whey protein is a fast-absorbing protein that will allow you to recover from your workout much faster than not supplementing with Whey. Consume Whey within 30 minutes after your workout.

G.Y.M. - Shopping list of healthy sources of Protein, Carbs and Fat

<p>Proteins</p> <ul style="list-style-type: none">○ Baked Fish (tilapia, salmon, swai)○ Boneless, Skinless Chicken Breast○ Boneless, Skinless Turkey Breast○ Tuna (water packed, not oil packed)○ Shrimp○ Extra Lean Ground Beef or Ground Round (92-96%)○ Whey Protein Powder○ Egg Whites or Eggs○ Top Loin (NY Strip Steak)○ Top Round Steaks or Roast (aka Stew Meat, London Broil, Stir Fry)○ Top Sirloin (aka Sirloin Top Butt)○ Beef Tenderloin (aka Filet, Filet Mignon)○ Flank Steak (Sir Fry, Fajita)○ Eye of Round (Cube Meat, Stew Meat, Bottom Round , 96% Lean, Ground Round)○ Ground turkey, Turkey Breast Slices or cutlets (fresh meat, not pre-packaged deli cuts)○ Protein Bar – Quest, MET-Rx (GNC/Vitamin Shoppe) or other low sugar bars <p>Complex Carbs</p> <ul style="list-style-type: none">○ Oatmeal (Old Fashioned, Steel Oats or Quick Oats)○ Sweet Potatoes (Yams)○ Beans (pinto, black, kidney)○ Oat Bran Cereal○ Brown Rice○ Farina (Cream of Wheat)○ Multigrain Hot Cereal○ Pasta (Whole Grain)○ Rice (white, jasmine, basmati, Arborio, wild)○ Potatoes (boiled)○ Quinoa <p>Fiber Carbs</p> <ul style="list-style-type: none">○ Green Leafy Lettuce (Green Leaf, Red, Leaf, Romaine)○ Broccoli○ Asparagus○ String Beans○ Spinach○ Bell Peppers○ Brussels Sprouts○ Cauliflower○ Celery	<p>Other Produce & Fruits</p> <ul style="list-style-type: none">○ Tomatoes○ Cucumber○ Green or Red Pepper○ Onions○ Garlic○ Zucchini○ Fruit (bananas, apples, grapefruit, peaches, strawberries, blueberries, raspberries, lemons or Limes) <p>Healthy Fats</p> <ul style="list-style-type: none">○ Natural Style Peanut Butter○ Olive Oil or Safflower Oil○ Nuts (almonds, peanuts, pistachio's)○ Flaxseed Oil○ Coconut Oil <p>Dairy & Eggs</p> <ul style="list-style-type: none">○ Low-fat cottage cheese○ Eggs○ Low or Non-Fat Milk○ Low Fat Cheese (Cheddar, Mozzarella, Provolone) <p>Beverages</p> <ul style="list-style-type: none">○ Bottled Water○ Diet Soda○ Crystal Light <p>Condiments & Misc.</p> <ul style="list-style-type: none">○ Fat Free Mayonnaise○ Reduced Sodium Soy Sauce○ Reduced Sodium Teriyaki Sauce○ Balsamic Vinegar○ Salsa○ Chili powder○ Mrs. Dash○ Steak Sauce○ Sugar Free Maple Syrup○ Chili Paste○ Mustard○ Extracts (vanilla, almond, etc)○ Low Sodium beef or chicken broth○ Plain or reduced sodium tomatoes sauce, puree, paste)
--	--

Nutritional Facts Label Reading

Let the Nutritional Facts label guide you. I aim to eat food that has the similar amount of fat in it that I 'd like my body to have, around 10% to 15% or less fat. Here is a good example.

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 45
<small>% Daily Value*</small>	
Total Fat 5g	8%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

Here's an example of a food that I'd probably avoid. It has a high amount of total fat, high amount of sugar, and low protein. Also, be on the lookout for foods with a high amount of sodium. This may contribute to water retention.

Nutrition Facts	
Serving Size	4 cookies (30g)
Servings Per Container	4
Amount Per Serving	
Calories 220	Calories from Fat 110
<small>% Daily Value*</small>	
Total Fat 12g	18%
Saturated Fat 6g	30%
<i>Trans Fat</i> 0.5g	
Cholesterol 10mg	2%
Sodium 70mg	4%
Total Carbohydrates 25g	8%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 3g	
Vitamin A 0%	• Vitamin C 8%
Calcium 2%	• Iron 4%

Slowly cut back on fast food, restaurant food and processed food (white sugar, white bread and white pasta)

To lose weight, I slowly cut back on eating fast food, restaurant food and processed food. The key term here is SLOWLY. I did not change my eating habits overnight, but slowly started to swap out fast food for fresh fruits and vegetables. Now, after years of changing my eating habits, the temptation to eat fast food has all but died. In previous years, I ate fast food at least once a day. Now, I've cut that down to once per month. I can testify that abs are revealed by choices made in the kitchen by what you eat and drink. Look for low glycemic food choices. Low glycemic food choices are foods that will not spike your insulin, and will keep your body in a fat burning mode, and out of a fat storage mode.

When you consume a lot of processed carbs (above you're recommended food intake range), and you fail to workout, your body will likely store that food as fat, rather than energy. Low GI Foods are food that will not spike blood insulin too high.



Here are some general guidelines when it comes to making smart food choices for breakfast, lunch and dinner.

Breakfast

Choice high quality, low glycemic, lean protein for breakfast. This would include whole eggs, egg whites and whey protein (if you are exercising). Most breakfast cereals score high on the glycemic index. Old-fashioned oatmeal made from rolled oats is a good healthy carb choice. Whole-wheat toast is low glycemic, and milk, soymilk and low sugar yogurt are good dairy choices. Many fruits are low glycemic, including cherries, grapefruit, peaches, apples, pears, oranges, strawberries and kiwi.

Lunch

Think meat and veggies when it comes to lunch. Salads are a great choice for lunch, but a few low-glycemic additions take salad from simple greens to main entree. Traditional salad ingredients, such as lettuce, tomato, carrots and mushrooms are all low glycemic. Add some protein and fiber with beans or cooked lentils. Skinless chicken, tofu, salmon or cheese provide low fat protein and, added to a vegetable salad, make a complete meal. Make sandwiches with whole grain bread. Have soup with your salads and sandwiches. Tomato, lentil and bean soups are low-glycemic, and you can make chicken noodle soup with egg noodles. Brown rice, boiled potatoes and boiled yams are also a great choice for starchy carbs.

Dinner

As your day whines down, you want to consume less starchy carbs and more protein. Grilled, baked or broiled lean meats, or seafood with plenty of vegetables and a low-glycemic starchy side dish, make for easy dinners. Egg noodles, yams, whole-wheat spaghetti and brown rice are all low-glycemic. Boiled potatoes, wild rice and couscous fall in the medium range of the glycemic index. Keep your servings of starches small and offer two vegetable dishes with dinner from low-glycemic choices, such as broccoli, cauliflower, green beans, carrots and eggplant.

Snacks

Snacking is an important part of a low-glycemic diet. Several small meals a day helps keep blood sugar stabilized, so eat small meals and have a mid-morning and mid-afternoon snack. Fresh fruit is a simple choice. Hummus with raw vegetables, such as carrots, broccoli and cauliflower, is very low-glycemic. I like to eat an egg white/veggie omelet as a late night snack. I also like low carb, low sugar protein bars as a snack. Just ensure that whatever you eat, you are not exceeding your caloric intake range.

Desserts

You don't have to give up dessert on a low-glycemic diet. Use alternatives to processed sugar, such as stevia, raw honey and maple syrup. Fruit trays are easy to prepare, but consider spicing things up with baked apples or poached pears. If you want something other than a sweet dessert, cheese trays with dried fruits, nuts and whole-wheat pita bread is a satisfying end to a meal. If you absolutely must have sugary snacks, like cookies, you can divide up the pack and hide them in the freezer. Put 3 to 5 cookies each in a small Ziplock baggie. Allow yourself only one baggie every other day, and store the rest of them in the freezer. Out of sight, out of mind! I believe in moderation of treats and snacks, not the total avoidance of them.

In keeping with the theme of this book, when it comes to food, it's best to keep things simple. Keeping your food choices simple, fresh and consistent will be a key factor in your fat loss efforts. Before I began my fat loss journey, I was eating nearly all the wrong types of food. My weekly diet consisted of food with high fat, high sugar and hardly any real nutritional value.

Prior to my fat loss journey, I can count on one finger how many times per week I consumed fruit and veggies. I had two goals when it came to food, find it and eat it. Frankly put, my diet was terrible. I ate fast food nearly every day, multiple times per day. After leaving the military at 185 pounds in 2001, packing on 47 pounds of fat in 9 years through unhealthy eating, I knew it was time for change in my eating habits and food choices. Make smart choices and you too can lose fat and build muscle.

Track the food that you eat on a app, like Loseit! Or MyFitnessPal. You can even track it on the [Food Track Page](#).

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

