



# **HOW TO BUILD MUSCLE IN 12 WEEKS**

**A BEGINNER'S GUIDE TO PROPER  
EXERCISE, NUTRITION AND  
SUPPLEMENTATION**

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A handwritten signature in black ink that reads "Szabo Laszlo". The script is cursive and fluid, with the first name "Szabo" and last name "Laszlo" written in a single continuous line.

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# ABOUT THE AUTHOR

## But it is about YOU as well!

Hi there, and thank you for visiting downloading this eBook. My name is Laszlo (Tobin), and I have been an avid promoter, researcher and fan of bodybuilding and human nutrition for years now.



**Let me ask you a question!** Have you ever wondered how certain celebrities, bodybuilders, fitness models or just regular guys and gals always manage to attain the body of their dreams? Is it luck or just better genes? Most of the time that is exactly what happens. But let me tell you something that I have come to learn through the hard way:

### THAT IS NOT ALWAYS THE CASE

As a matter of fact, I go so far as to claim that **YOU** can achieve the body of your dreams too. But do not think that it is all about aesthetics or it is going to be an easy ride. What it's really about is making sure you live long enough to see yourself bloom not only in your professional life

but in your personal one as well. Who wouldn't want to live a long and happy life, staying fit even after 70? Yes. If you commit yourself to this wonderful lifestyle 100%, then **YOU** can get fit in a relatively short time. **By choosing to download this eBook, you have made your first step towards making your dreams come true.** Does it sound unbelievable?

No wonder. There is a general distrust that hovers over this sport like a bad omen, and this bad publicity makes people like YOU skeptic about the results that hundreds of thousands of articles, videos, personal trainers, medical professionals or general rumors promise you.

### About me



My name is Laszlo, and I have been involved in all sorts of activities related to bodybuilding and nutrition for quite a while now. I have a **Diploma in Human Nutrition**, a **Diploma in Food Security**, and a **Diploma in Child Nutrition**. I am also a regular contributor at Quora.com answering hundreds of questions every week. I love going to the gym, running, learning languages and playing MMORP games.

I love eating healthy and, besides my professional involvement, I also have a personal interest in helping people live a healthy lifestyle. I know how important nutrition and fitness really is, and this is why I spread the word wherever I can.

This is exactly why I created this **eBook** and the [website](#) that goes with it. I wanted people like you to gain access to really educational and credible materials and product reviews on a frequent basis so that you would only receive the information you need. There are tons of websites where information is not only overwhelming but also overlapping and confusing that tends to shape the truth in search of profit.

I will tell you right now that I do not intend to do such a thing. Naturally, I have my own expenses by maintaining and devoting time to this website and the eBooks, but it is more like a hobby for me than just a way to take money from you. That is not who I am, and that is not how I want to get rich. It is just both unethical and against my code. My priority will always be YOU. I will only offer products that I tried myself and know for a fact that they are credible.

**To make this long story short, here are a few things that this site will seek to provide for you:**

- Regular product reviews in different categories
- Regular articles in different categories
- Free eBooks in different categories
- Free Resource Pool
- Free Motivational videos, articles and pictures to get you going every day

I am really hoping that you will become a regular visitor of this wonderful initiative and make use of the large pool of free resources that I will provide for YOU every single day. Whatever questions you may have, feel free to leave a comment or send an email via my contact form.

**Testimonials about this eBook are also welcome. As soon as I have a few people willing to share their thoughts, I will create a testimonial page where YOU could be featured. Please send me an email for more information on that.**

I am also present at **Quora.com** answering hundreds of questions every day. You may hit me up there as well. I never leave a question unanswered, no matter how silly you might think it is. **REMEMBER: THERE IS NO SILLY QUESTION!**

**Thank you for devoting time to reading this short bio and eBook, and I hope you will become a valuable and frequent visitor of my website as well.**

**I wish you all the best,**

*Szabo Laszlo*

# INTRODUCTION:

## THE HUMAN BODY

The very first thing that we should keep in mind right from the start is that the human body is a system that inherently strives for homeostasis, a so-called inner equilibrium or balance. The best way to explain is if we take a look at where we came from in the first place. Naturally, humanity have always been trying to become part of nature by relying on his survival instincts. There are certain biochemical processes that are in place so that survival can be ensured. What this means is that the process by which humanity came to be was a process that has always supported an inclination and necessity to adjust, to adopt to the surrounding environment. The best way to model this is if we take the animal world and put it in opposition with humanity. **We had to adopt to other predators' habits and practices, which ultimately forced us to run faster, push harder and lift heavier for the sake of survival.**

The evolution (or what others like to call *Genesis*) have facilitated the appearance of a system with which humans were able to mobilize strength and energy quickly (I mean certain chemicals like adrenalin that appear in times of danger or excitement). At the same time, we were also given another system that automatically adjusts our state back to normal. These things encompass all the activities that we perform under optimal and minimal energy requirements. Fortunately, this is not all that bad, for this is the system that is responsible for **adaptation** as well.

This system helps us learn new things that may involve becoming more efficient runners or **increasing muscle mass** when needed. This inner readjustment to our surroundings is one of the most important features of humanity and the mammal world in general. To make it even more simple, this readjustment is called **self-regulation**: *the process of striving for homeostasis (the state in which we require the least*



*possible energy to exist*). Unfortunately, this homeostasis is responsible for us becoming less aware and fit if we do not meet a lion for a very long time. Basically, our performance level drops because homeostasis does its work efficiently.

*Genes of the human body are coded to a certain muscle size.* What this means is that muscles become victims of homeostasis. If our muscles were bigger, we could react to dangers a lot quicker, however, its maintenance costs a lot of energy for the human body to sustain, and thus it would not be economical for it to maintain this level of energy consumption over longer periods of time. The way our body deals with this stalemate is by optimizing the size of our system. This system adjusts our body and overall muscle mass to our surroundings.

**Muscles use up a lot of energy even in dormancy.** They have to circulate blood, oxygen and sustenance so that the muscle tone can be maintained. *If we had a bigger muscle mass, we would have to eat many times a day to keep them.* Given the fact that the majority of us eat irregularly or even forced to skip meals during the day, it is virtually impossible to maintain such a muscle mass.

Every person is different. Although our genetics are basically the same, the individual differences are a lot greater than you think. The same way as our heights are different, the color of our hair or eyes are different, *muscle mass is equally an individual quality unique to all of us.* This is one thing we can't do anything about. Those who inherited less muscular genes are always going to be at a disadvantage as opposed to those who were more luckier in this respect. This is also true when we say that someone has a more keen understanding and grasp of languages while others might only be able to achieve proficiency only after great efforts and sacrifices. This is exactly the same when it comes bodybuilding. Now, let's move on to how muscle building comes into play.



# INTRODUCTION:

## THE THEORY OF MUSCLE BUILDING

The function of muscles is to facilitate movement and provide strength for daily activities. We are genetically coded to preserve only the amount of muscle we need for our survival. Our body will not create more out of thin air, and it will preserve only what is particularly needed. If we are continuously under physical stress (this stress refers to the circumstances to which our body and muscle groups have to adapt, and not the emotional stress we usually associate the word with) change will come. The more frequent and greater this stress factor is, the bigger our muscles will become. Therefore, one thing must be duly noted here: **Without exercise and stimulation, there is no such thing as muscle gain.**

Our system preserves, builds and maintains muscle mass based on the extent to which we expose ourselves to physical stress. It will not maintain extra muscles unless we need it. Without regular

workout, there is no need for a great muscle mass. The moment our system reaches homeostasis, that is, the necessary muscle mass we need for our daily activities, it will not create more when you do not need it.

### **What does this mean?**

It means that your system adopts to your bodybuilding workout and the physical stress you expose yourself to every day; it will set the bar on the level you need and not more. Unfortunately, this does not mean that we have to keep pushing ourselves without thinking about the consequences. Quite the contrary. Our body is constantly trying to preserve itself by the way of automatic regeneration: if we are always under physical pressure, there is a chance that we fall prey to the syndrome of overtraining that is usually manifested in tiredness, the weakening of our immune system, insomnia and other forms of illnesses. There is no way around it. We must realize that the human body is always striving for homeostasis. If we

over-train ourselves, then we risk weakening the basic foundations of our system.

### **What is the solution then?**

1. *Patience*
2. *Cyclical progressive overexertion*

You probably understand the first one, but when it comes to cyclical progressive overexertion, we mean that we have to cheat our own self-regenerative mechanisms. The only way to develop our muscle groups is if we exert cyclical intensive progressive pressure(what I call CIPP) on them.

**In practice:** For a period of 4 to 8 weeks, we gradually increase the pressure, and when we reach a certain limit to what we can bear, then for 2 to 5 weeks we decrease that pressure by 15 to 25 %. Once we have done that, we start it all over again. Every cycle can be started with a little bit more physical intensity than the cycle before that, thus helping our muscles to adjust. This will not only help our muscles to adapt, but it will also enable us to push the deadline of our body's homeostasis. (Naturally, self-regulatory processes are automatic, they are encoded in every living organism; we can do nothing about them).

Now you can see that bodybuilding is a sport that requires endless patience and dedication on your part. This is not unique to bodybuilders, for it is the trademark of every sport that you can think of. Why is it that only a few people have managed to attain great muscle mass while the majority of us are only dreaming about such a result. The reason for that is because not many people have the required inner qualities( and I am not talking about physical features but rather psychological ones) to shake down the genetic limits and push harder to attain the desired look. You have already made the first step towards a better look by acquiring this eBook. Push yourself harder but stay within your boundaries, and you will be fine.

In the following chapter, we are going to introduce you to how eating properly plays an important part in gaining muscle. If you have not paid attention until now, it is time to get your head into the game, because paying attention to this chapter is what is really going to determine your success.

# NUTRITION - HOW TO EAT RIGHT:

## BASICS OF NUTRITION

Many beginners can get quite nervous when it comes to the tiny details of proper nutrition for bodybuilders. It does not matter where you are coming from, what body type you belong to, or what social or financial conditions you happen to live in. Proper nutrition is important for anyone who seeks to merge into the rewarding sport of bodybuilding. In the following, I am going to share some thoughts in an attempt to introduce you to the basics of nutrition that everyone must adhere to in a bodybuilding (bulking or weight loss) diet.

### **What are muscles made of?**

The majority of our muscles are made up of water, protein and, in some small part, glycogen(sugar). A large portion of the water is bound by glycogen. Without a proper intake of proteins, there is no such thing as muscles. Without proper intake of carbohydrates, there is no such thing as hydration and energy that would normally come from glycogen. We

are going to take this issue deeper once we get to it, but suffice it to say that if we do not take in enough sustenance, there is no way our body can develop. This section will give you a glimpse into the world of bodybuilding nutrition. Either you are someone looking for a more healthier way to eat, or you think you have just had enough of junk food in your life, I am sure you will find the following ideas rather useful and enlightening.

Building muscles requires materials just as much as building a house requires the necessary tools prior to the working process. Let's take an average person of 80 kilograms. This person would have to take 5 grams/kilo of carbs a day with 1,5-2 grams of protein in the company of some "good" fats. This would mean 1600 calories of carbs and 480-640 calories of protein every day. This is only the very basic requirement one must meet in the initial stage of a bodybuilding diet.

## ***Bodybuilding Food Sources:***

### **The basic sources of protein should be:**

- lean meat( chicken breast, turkey breast, lean beef, some pork but only the parts that are made of lean meat)
- egg whites( the yolk should be avoided because of its high density of fat and cholesterol content)
- lean dairy products( cottage cheese, etc..)

### **The basic sources of carbs should be:**

- Rice
- Cereals
- pasta (Whole wheat)
- vegetables( broccoli, green peas, beans, corn, potato, tomato, etc..)
- "good" fats (olive oil, oil-seeds, linseed oil)- try to use these with caution. Do not over-eat them.

### **Basic sources of fat:**

- Snack on peanuts instead of chips or candy. About a 1/2 cup is a good amount.

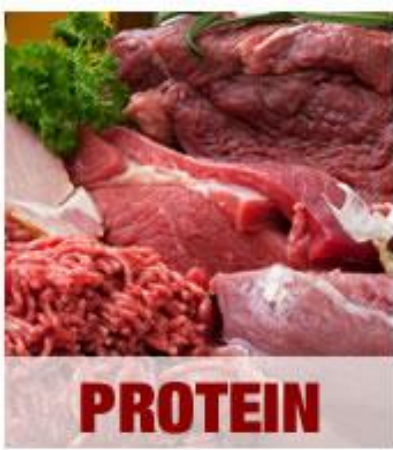
- Use olive oil in salad dressings and when cooking
- When baking, instead of topping with chocolate or candies, consider using nuts and seeds instead
- Try making sandwiches with avocado and tuna instead of higher fat lunchmeats
- Eat fish at least three times a week to increase your Omega 3 intake

It is important to portion your daily food intake to **6 to 8 meals**. Why? First of all, because smaller portions are easier to consume. Second of all, smaller portions can be digested a lot easier, thus improving your overall metabolism. Third of all, *6 meals a day create a sort of anabolic environment in which your blood sugar level has less chance to fluctuate*. This single change can go a long way in your initial development.

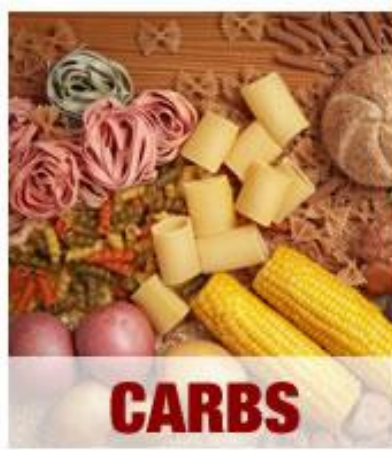
### **How do I know how much is enough?**

Unfortunately, the best way to make sure is if you write it down. You have to take a calorie chart, buy a kitchen scale, and start jotting down the portions. Is it something you think troublesome? Do not worry. After a period of 1 to 2 weeks, you will have developed a natural habit of

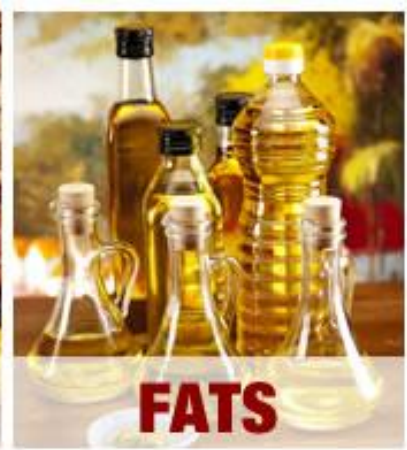




**PROTEIN**



**CARBS**



**FATS**

understanding what is enough and what is too much for one meal. You will know exactly how much calories, proteins, carbs and fat you take in with each portion without measuring it all the time. *If you do not start measuring and portioning your food every day, you will never know what causes setbacks in your development.* Without this practice, you will have virtually no idea or chance to calculate the amount of supplements you need to balance your calorie intake for the day.

There is only one ground rule: every person is different from the one next to him. We are all unique no matter what others say. We can show samples as to how to go about your transformation, but everyone must experience the limits and possibilities that bodybuilding frequently poses. You may have a different taste, preference or budget that can influence the plan you are capable of compiling for yourself.

There is, however, one universal rule that applies to everyone: **track your progress!** Find that food quantity that you can maintain your weight with. Once

you have done that can you start taking the first step towards a bulking meal plan: You have to increase your calorie intake by 500 calories per week, and you have to keep a close eye on what is happening to your body during that time. If your weight is on the increase, then you are doing it alright. If not, then you have to increase the amount of calories by another 500 per week to reach your goal. This experimental stage will help you find the best possible and workable bulking meal plan just for you.

As for losing weight, the same process applies to this stage as well. The only difference is that you have to decrease your calorie intake instead of increasing it. If you know what the amount of food is with which you can keep your current weight, then all you have to do is take 500 less calories per week (500 calories should be taken from carbs rather than proteins).

Unfortunately, we cannot tell you how much food to eat, because it is something you have to experience for yourself. It all depends on your digestion, the quality of food you eat, your

metabolism and your daily activities/occupation (a manual worker might have to take more than a person with a desk job) and, of course, your workout plans.

As you can see, the world of bodybuilders are not so black and white, for there are numerous factors to consider. If you know yourself, then you know your limits and possibilities as well. This has never been more true than now. The road to the "bodybuilding profession" is a road to self-recognition and self-esteem that no other sport can give you. I strongly recommend you to heed my warnings and pay attention to yourself first, then focus on what others can see from the outside.



# NUTRITION - HOW TO EAT RIGHT:

## SUPPLEMENTATION

If you got your workout cycles and your diet straight, and you even take notes of your eating patterns on a regularly basis, then you probably have a pretty good idea about what is missing from the equation by now. If you are a so-called "bad eater"(beginners often fall into this category), then you see that it is really hard to consume quality food and make yourself get used to the minimum amount of calories you must consume every day.

If this is the case, there are so-called bulking supplements containing carbohydrates that you will need to assist regeneration and provide energy for your workouts. Although, if your calorie intake is alright, and you know you are unable to ensure your protein intake for the day from regular food sources, then protein supplements can somewhat complement but **NOT** substitute your daily food consumption. Never forget that.

**How much?** Well, this is why you need to start a journal. There is no supplement manufacturer that would not

have labels to help you determine the quantity you are allowed to take on a day-to-day basis. **So how much you personally need?** Labels will usually let you know about the Recommended Daily Intake (RDI %) in percentage somewhere around the bottom. What I advise you to do -in case you need to increase protein consumption- is to use protein supplements to help keep you on the right track. These concentrated protein powders usually provide a great way for you to keep track of how much calories to consume beside your solid food intake of complex proteins, carbs and fats. I never drink more than 3 or 4 protein shakes a day because consuming solid food is my priority, and so it should be yours.

### **The Basic Supplements are:**

**1. Carbohydrate Powders:**  
(Protein content: approximately 5-35%)  
This is what we call a bulking supplement because when we are bulking, our body needs the extra calories and extra carbs to

facilitate and contribute to muscle growth. Supplements usually contain simple sugars (such as glucose or maltodextrin), and this is why you should tread carefully with regards to how much you drink of them. The majority of your daily food supplies should consist of healthy and complex sources of carbohydrates.

**2. Protein Powders:** (Protein content: approximately 60% and more) These are neither called cutting nor bulking supplements, and not even dietary powders for that matter. **Our goals will not be determined by the sort of supplements we use but the sort of eating patterns we have in place every day.** Almost every diet, be it a bulking or weight loss diet, can be supplemented by protein powders. The reason for that is because the human body can effectively make use of the ingredients included in these supplements. Protein extracted from vegetables are a lot less effective than that of those extracted from animals. Whey protein is one of the most biologically valuable animal proteins out there. Whenever we choose our protein supplements, it is always beneficial to look for these kinds. Although, if you are allergic to soy, milk or eggs, then you must go ahead and find an alternative protein source.

### **Further Supplements:**

**4. Vitamins & Minerals:** Our body requires certain essential micro-nutrients that our body cannot reproduce on its own, and this is why we have to find a way to input these nutrients on a daily basis. Given the fact that a bodybuilder's "clean" food sources are rather limited, and that his/her body is regularly under immense pressure(due to frequent workouts, HIIT or Cardio training, etc.), it is highly recommended to resupply on these nutrients as frequently as possible. Although, do not mistake my advice for a call-to-action for a good vitamin overdose. This is not about it. It is about being mindful of your own body and its needs.

**3. Amino Acids:** Protein is nothing more but part of amino acid chains. *Complex Amino acids* -to make it as simple as possible- are protein powders in tablet form. If so, then why do we still need it? Well, just one word: convenience. Whenever we are in a situation where we cannot just go ahead and take the entire stockpile of our protein reserves with us, a couple of these little buggers will definitely do the trick. There are two amino acids that should be duly noted here: **L-Glutamin** and the three **BCAAs**

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