

'T'IS THE SEASON

TO BE BULK BULK BULKING

METHODS FOR FAT FREE GAINS

CARB CYCLING

01 / Optimizes Muscle Glycogen Stores

Carbohydrates are the body's primary source of energy during high-intensity workouts. By strategically consuming more carbs on training days, you can ensure that your muscle glycogen stores are fully replenished, which can enhance performance and support muscle growth.

02 / Balances Hormones

Cycling carbohydrates can help regulate hormones that are crucial for muscle building, such as insulin, testosterone, and growth hormone. High-carb days can boost insulin levels, aiding in muscle growth, while low-carb days can help improve insulin sensitivity and maintain a favorable hormonal environment.

03 / Improves Insulin Sensitivity

Low-carb days can help improve insulin sensitivity, which can be beneficial for nutrient partitioning, allowing your body to use nutrients more efficiently for muscle repair and growth.

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INCREASED VOLUME

04 / Progressive Overload

Volume is a component of progressive overload, which is essential for muscle growth. By gradually increasing the number of sets, reps, or total weight lifted, you continually challenge your muscles, forcing them to adapt and grow. As muscles adapt to higher workload, they become stronger and larger to handle the increased demands placed on them.

05 / Enhanced Muscle Hypertrophy

More volume means increased mechanical tension on muscles, a primary driver of muscle hypertrophy. Repeated stress on muscle fibers leads to greater adaptations and growth. Higher volume can increase metabolic stress, which promotes hypertrophy through mechanisms like cellular swelling and increased production of anabolic hormones.

06 / Greater Caloric Expenditure

Higher volume workouts burn more calories, which can help in managing body composition. A leaner physique can enhance muscle definition and overall appearance. With proper nutrition, the additional calories burned can be directed towards muscle repair and growth rather than fat storage.

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EAT FROM THE LAND

07 / Vitamins & Minerals

Whole foods are rich in essential vitamins and minerals that support muscle growth, recovery, and overall health. These micronutrients play critical roles in processes like energy production, protein synthesis, and muscle contraction. Foods from the land, such as fruits and vegetables, contain phytonutrients that have antioxidant and anti-inflammatory properties, aiding in recovery and reducing muscle soreness.

08 / Hormone Regulation

Nutritionally dense foods support balanced hormone levels, including testosterone and growth hormone, which are crucial for muscle building. Nutrient deficiencies from a processed food diet can disrupt these hormonal balances.

09 / Minimized Inflammation

Whole, unprocessed foods generally have anti-inflammatory properties, which help in quicker recovery and less muscle soreness post-exercise. Processed foods often contain additives, preservatives, and unhealthy fats that can increase inflammation and negatively impact muscle recovery and growth.

10 / Digestive Health

Whole foods are typically rich in fiber, which promotes digestive health and aids in nutrient absorption, ensuring your body gets the most out of the food you consume. A healthy gut microbiome, supported by a diet rich in whole foods, is essential for optimal digestion and absorption of nutrients critical for muscle growth.

It's Bulking season - The time has arrived to up the carbs, drop the cardio and start to make some gainz. But what truly makes a great bulk? Here's my top tips for fat free gainz...