

HYPERTROPHY MANUAL



RESOURCE CHEAT SHEET

Your Hypertrophy Resource Sheet

Now you've read the full ebook, you should now have a good idea of how to build muscle strength and size and you should understand the actual science that goes on behind the scenes and that leads to hypertrophy.

All that's left is to start putting that into action. This resource sheet will make that all the easier by providing you with all the information, all the resources, all the terminology and more – all easily accessible for you to dip into as you need.

Diet

Let's start with the diet. In order to build big muscle, you need to make sure that you are providing your body with the protein and calories it needs, while losing weight means keeping your calorie intake lower than the amount you burn in a given day.

In both scenarios, you need to make sure that you know your 'AMR' which is your 'Active Metabolic Rate'. You can calculate this by using the following math:

First, you calculate your 'BMR' which is your 'Basal Metabolic Rate' – the amount of calories you're likely to burn based on your height, age, weight etc.

Men:

$BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

Women:

$BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Now take the score for your BMR and multiply it by:

- 1.2 if you're sedentary (little or no exercise)
- 1.375 if you're lightly active (you exercise 1-3 times a week)
- 1.55 if you're moderately active (you exercise or work about average)
- 1.725 if you're very active (you train hard for 6-7 days a week)
- 1.9 if you're highly active (you're a physical laborer or a professional athlete)

From here, you can then calculate your macros. Remember, your macros are your:

Carbs

Protein

Fats

You need to eat:

1 gram of protein for every 1 pound of bodyweight.

Now use this calculator to work out the rest: http://www.bodybuilding.com/fun/macronutrients_calculator.htm

You'll also need to track those macronutrients. The way most people do this is with the free calorie calculator and diet tracker My Fitness Pal. You can find this here: <https://www.myfitnesspal.com/>

You can also track the number of calories you are burning any given day more accurately by using a fitness tracker. One of the best ones is the Mi-

crosoft Band 2, which you can find here: <https://www.microsoft.com/microsoft-band/>

The Routine

For the routine itself, you need to decide what your goals are and what your 'training philosophy' is. You can learn more about that here:

<https://www.t-nation.com/training/developing-a-training-philosophy>

You can then also take a look at the different schools of training and how they operate. Here are some primers on different types of training:

Powerbuilding: <http://www.myprotein.com/thezone/training/powerbuilding-strength-size-definition-training-splits-workout-routines/>

CrossFit: <http://www.crossfit.com>

Bodybuilding: <http://www.bodybuilding.com>

Powerlifting: <http://www.powerlifting-ipf.com/>

MovNat: <https://www.movnat.com/>

Functional Training: <http://www.humankinetics.com/excerpts/excerpts/what-is-functional-training>

Calisthenics: <http://ashotofadrenaline.net/calisthenics-workout-plan/>

Each of these training methods is different but they are all also perfectly valid. You simply have to find the type of training that is right for your particular goals.

Of course you then also need to find the best type of exercises that you can utilize in combination with your chosen discipline. You can do this by looking up a range of different indexes and catalogues of exercises. One of the best of these can be found at bodybuilding.com: <http://www.bodybuilding.com/exercises/list/index/selected/a>

Inspiration and Community

Also handy at bodybuilding.com is the excellent 'Bodyspace' (**bodyspace.-bodybuilding.com**). This is a social network that works very similarly to something like Facebook, except that it is entirely based around fitness and working out. This means that you can post your images to get critiqued, or you can engage in active discussions.

Some other great websites for learning more about bodybuilding and strength training are Breaking Muscle (www.breakingmuscle.com) and T-Nation (www.t-nation.com). Both of these sites provide a slightly more interesting type of content that includes lots of detailed information about the science of hypertrophy and anabolism.

As you've probably guessed at this point, Bodybuilding.com is generally a fantastic resource for learning about bodybuilding and for finding different exercises, different training regimes etc.

For something a little different, check out Tim Ferriss' blog 'The 4 Hour Blog'. Tim authored The 4 Hour Body and digs deep into ways you can 'hack' hypertrophy and stimulate growth with a 'MED' or 'Minimum Effective Dose'.

You can also find some great inspiration and tips on YouTube. Some of the best channels include:

AthleanX – Jeff Cavaliere over at AthleanX helped to make 'athletic aesthetics' cool before anyone else was even using the term. Jeff teaches you how to train like an athlete and provides a lot of very functional instruction about how to lift correctly etc.

BodybuildingRev – This is a German YouTube channel but most of the content is either available in English or with English subtitles. Either way, it's worth watching because it has some very interesting videos that showcase the different types of training. These include 'strength wars' where a

bodybuilder might face off against a fitness model or a CrossFit champion for example.

Bodybuilding.com – Bodybuilding.com also has a great YouTube channel that features many workouts, lots of diet plans etc.

Supplements

Finally, consider the following supplements as useful additions to your training if you want to get a slight edge:

Protein Shake: A whey protein shake will fuel the body with the raw amino acids it needs to build more muscle. This makes it much more convenient to get hold of that kind of protein, without having to spend a lot of money or cook up meals.

Note that you can also get additional types of protein shake:

Casein – A slow release protein, also made from milk

Egg

Soy – A vegetarian friendly protein that isn't as bioavailable and may raise oestrogen levels

Creatine: Creatine can give you an energy boost in the gym but as a free added bonus, it also encourages the muscles to retain more fluid. This can instantly result in great muscle size!

Multivitamin and Mineral Tablet: These can give you an edge by making sure you are getting all of those crucial vitamins and minerals to help fuel muscle growth, provide you with more energy in your workouts and generally make you more effective in your training.