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**MASS-BUILDING  
SECRETS**



**Add Muscle and Strength FAST!**

6 Mass Building Secrets

# **6 MASS BUILDING SECRETS!**

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**Tips, Tactics and Strategies for Hardgainers Seeking  
Increased Muscle Mass and Strength!**

**By Steve Preston**

# **NOTICE:** Please give this **FREE Report** to anyone who may benefit from it!

This report is intended to give skinny guys and hard-gainers tips, tactics and strategies to make rapid gains in muscular size and strength. Feel free to give this report to anyone who may benefit from it, as long as it is in its entirety.

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If you have questions regarding this please contact the author at:

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## About the Author

Steve Preston is a veteran to the weight training game.

Beginning as a High School Freshman in 1981, he has over 25 years of hard-core training experience.

A former World Class Powerlifter, Steve is a 2x New York State Powerlifting Champion.

He is also a National Powerlifting Champion Runner Up. One of his greatest strength training accomplishments was a Junior World Record Bench Press of 470lbs at 181lbs of body weight. This was set in 1991. After a serious run in Powerlifting, Steve retired from the sport and focused on bodybuilding. He finished a runner-up in the acclaimed Mr. Buffalo bodybuilding contest.

He eventually reached personal best lifts of:

- Squat - 630lbs
- Bench Press - 500lbs
- Deadlift - 610lbs

Holding an Master of Science, Steve is well-educated in teaching others. His training programs have received so much recognition that he was featured on FOX News in Las Vegas for the results his clients were getting.

Steve has trained hundreds of clients over the span of 20 years. He is now exclusively a Strength and Size consultant for athletes and aspiring bodybuilders world-wide.



## Mass Building Secret # 1: Eat Less Often!

Ok, before you write me off as crazy for telling you to eat 'less often' when trying to gain muscle and strength hear me out...

When a person is overweight or carries too much body fat and wants to lose weight, the first thing they should do is increase the number of times per day that they eat. In fact, how often you eat is almost more important than 'what' you eat when you're trying to lose fat.

By eating 6 or more times per day you consistently give your body just enough calories to be used without giving it any extra that could be stored as fat. This constant feeding will quickly increase the metabolism - the rate at which your body burns through food.

BUT... when you're a hardgainer who struggles to add muscle weight and strength you must approach this differently...

I remember when I wanted to add 20lbs of muscle so I began eating 6 times per day every day. I was religious about making sure I got all of my meals in without missing. I did this for weeks and weeks faithfully. To my disappointment, I was only 3 lbs heavier at the end of 6 weeks.

So I decided to change things up a bit...

Instead of eating 6 meals each day, I only ate 5 meals. Guess what? I started growing again! I gained 11lbs of lean muscle within 6 more weeks!

How was this possible to eat 'less often' yet gain more muscle than I had when I ate 'more often?'

It's simple... I wasn't eating less food. I was just eating less often. In fact, I was eating the same 'amount' of food each day in 5 meals that I was formerly eating in 6 meals.

This reduction of meal frequency from 6 meals down to 5 meals allowed me to add more muscle because my metabolism had slowed down a tiny bit. It was just enough to add lean muscle without fat.

It can work for you too!

If you are eating often and still can't gain muscular size and strength, try taking the same amount of food that you eat in 6 meals and eat it over 5 daily meals. If you are a super-hardgainer, you may even reduce it to 4 meals daily. (NOTE: never eat less than 4 times daily no matter what... unless you just want to be fat and lethargic)

## **Mass Building Secret # 2: Alternate Training Days With Rest Days!**

The number one training rule for skinny guys or hardgainers is to never train two days in a row.

Simple as that!

Professional bodybuilders and 'easy-gainer' types can get away with training 2-6 days in a row and still make progress.

Hardgainers can't afford to train this way however.

It works like this...

Your body has a reserve tank of 'nervous energy.' This nervous energy is required to fuel your daily tasks, workouts, and any life-activities. It is also required in order to help you recover from your workouts.

You only have so much nervous energy to go around however. It kind of works like gas in your car's tank. After you fill up your tank you can only go for so many miles before you need to refuel. If you go at a high rate of speed you will burn more gas.

### **Your body operates like a high-performance sports car!**

When you train intensely enough to make muscle mass gains you will use a lot of nervous energy to get through your workout. This requires a complete rest day from strength training the day after in order to recover and grow from the workout.

Easy gainer types can get away with training consecutive days without burning out.

### **Hardgainers MUST rest at least one or two days in between workouts in order to grow!**

The important thing to remember is that you don't grow when you train... you grow when you rest.

As a hardgainer you should always consider the rest factor when setting up your mass-building training program. In fact, if you are faced with a schedule conflict and have a choice of either to train 2 days in a row versus taking a couple of days in between workouts, choose the latter.

The rest you get will be more beneficial to your overall growth and development than trying to jam in workouts without rest days.

## **Mass Building Secret # 3: Carbs to Grow!**

Ask most guys what they need to do nutritionally in order to pack on more size and strength and the first thing you'll hear is 'eat more protein.'

This is misleading...

Protein is the macronutrient in your body that provides growth and repair to your muscle tissue. Without protein you wouldn't be able to grow. Therefore you need more protein as a hardgainer than a person who doesn't train at all... BUT, not much more!

### **Protein is over-rated for mass-building!**

If a person wants to get really lean and lose a lot of body fat, they would want to increase their daily protein consumption. This is because protein isn't stored in the body. Regular feedings of protein can help a dieter lose weight because by eating more protein they usually eat less carbohydrates.

Carbohydrates are the body's preferred source of energy. They are stored in your cells to be used as energy. Carbohydrates also have the job of transporting protein and nutrients to your muscle cells.

The problem for gaining mass is when a guy thinks they have to guzzle gallons of protein drinks and eat tons of protein foods in order to grow. It's very difficult to over-eat on Protein. By eating tons of protein you don't have as much room in your stomach for the Carbohydrates.

### **If you want to grow bigger and stronger you should eat 'slightly more' protein than you might normally eat, and eat 'a lot more' complex carbohydrates!**

I used to struggle to gain size and strength when I drank protein drinks throughout the day. But when I started adding carbohydrates to my protein drinks and ate more carbohydrate foods my size and strength shot up!

There are 3 types of carbohydrates to be concerned with: Complex, Fibrous and Simple.

Complex Carbohydrates are your whole grain types and should be consumed liberally.

Fibrous Carbohydrates are your veggies and should also be consumed liberally.

Simple Carbohydrates are your sugars and are only consumed AFTER strength training. For more on setting up meal plans check out the [Total Muscle Mass program!](#)

## Mass Building Secret # 4: Increase Your Testosterone... Naturally!

Whenever I mention that hardgainers should increase their Testosterone levels I always get a 'funny look.' Increasing Testosterone is usually associated with taking illegal and dangerous Anabolic Steroids.

But this IS NOT what I'm referring to...

Did you know that there are things you can do naturally to increase the male-hormone Testosterone in your body? This is the hormone that is responsible for helping you to pack on muscle and strength (along with Growth Hormone).

One of my favorite methods for increasing natural Testosterone levels and therefore increasing size and strength is 'High-Repetition Squats or Deadlifts!'

Barbell Squats and Barbell Deadlifts are excellent exercise choices when you want to add muscular size and strength. They are both multi-joint exercises. This means they require your body to bend at more than one joint at a time (with each exercise you bend at the hip joint, knee joint and ankle joint). Multi-joint exercises are traditionally the best types of exercises for hardgainers to use.

The way in which you train your Squat and Deadlift can have a dramatically different effect on your physique...

In the old days I would just pack on as much weight as I could on the bar and perform Squats or Deadlifts for low-reps with high weight. Guess what? I grew... but not as much as I wanted to.

Later on I wanted to let my joints rest after months of heavy Squats and Deadlifts. I lowered the weight on these exercises and began performing sets of 20 reps. Almost immediately I began growing and adding muscle size!

Now I'm not talking about putting light weight on the bar and cranking out an easy set. I'm talking about using the heaviest weight you can in order to grind out a tough set of 20 reps. You'll be really tired half-way through... You might even feel a little sick. But you'll grow!

In order to add overall muscular size and strength I highly recommend high-reps on the Squat or Deadlift. But you can't neglect the low-rep sets either. In fact, the best thing to do is to alternate between high reps and low reps from workout to workout.

**NOTE:** This is one of the key factors in the effectiveness of my [Total Muscle Mass Program](#). Natural Testosterone production is increased through manipulation of repetition ranges on key exercises.

## **Mass Building Secret # 5: Train No More Than 3 Days Per Week!**

One of the most difficult concepts for a Hardgainer to accept is to not overtrain. The easy-gainer types can get away with training 5 or 6 days per week... but not the Hardgainer.

**Hardgainers should never train more than 3 times in a 7-day period!**

Back when I used to read the muscle magazines I used to try the programs that were in there. Almost all of the programs advocated training 4-6 times every week.

This was counter-productive!

I made some gains... but never as much as I wanted when I trained 4-6 times per week.

**When I reduced my training days to only 3 days per week my size and strength gains took off!**

By limiting your strength training workouts to only 3 days per week you give yourself 4 days off from the gym. Do you know what this means? You have 4 days in which to allow your body to repair the muscle tissue that you broke down when you were training. These 4 days off are 'grow days.'

It's amazing how well it works!

Training more than 3 days per week in order to gain size and strength only works well if you're 'on the juice' or are an easy-gainer that can do anything and grow.

This doesn't mean that you have to sit in your room and do nothing on rest days. It just means that your actual strength training workouts should be done no more often than 3 days per week.

Your days off can include low-level cardio (don't do too much cardio unless you DON'T want to grow) and stretching.

Within your 3 days of training schedule there are many ways to break up your training. You could perform 3 full-body workouts. You might split the workouts in half and use an alternating schedule. The possibilities are limitless and should depend on your goals as well as your time.

## Mass Building Secret # 6: As Intensity Increases, Frequency Decreases!

As I built my strength and size up to my highest levels I was training less than ever before...

I know it sounds crazy but it's true!

I wasn't 'blowing off' my workouts or going to the gym. I was simply adapting to increased strength levels. Let me explain...

When you first begin training you are adapting to new 'athletic' movements. These are the exercises that you perform in your workouts. As time goes on you get stronger and stronger on these exercises.

You can train each muscle group more frequently when you're starting out. As you get stronger you need to train each body part less often than you did when you were a beginner.

It sounds opposite doesn't it??

Most people mistakenly believe that as you get bigger, stronger and more-advanced you need to train more and more...

So not true!!

As you get bigger and stronger you have an increased ability to recruit more muscle fibers with each set that you do. This is because you are more-efficient. You train each set with more intensity as you get stronger.

This is one of the most important lessons to learn as a hardgainer...

When you get stronger or add more 'intensity techniques' to your training you will have to reduce your frequency of training.

If you begin by training each body part 3 times per week, you might still train the same 3 days per week but split your training so each body part gets hit less often. Your total exercises are reduced as well.

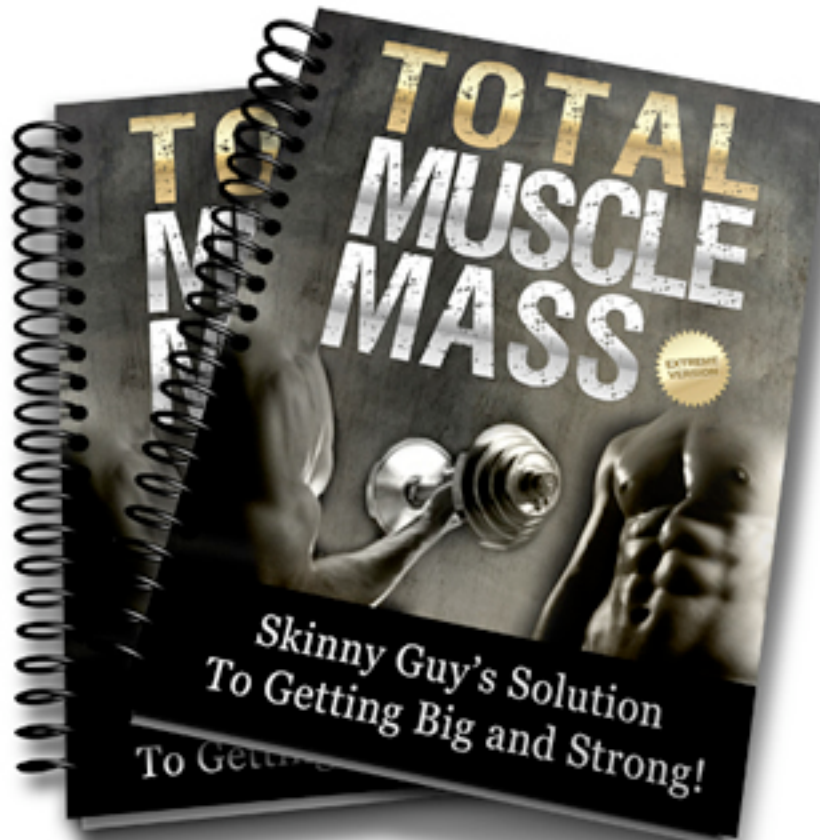
As you pack on more muscle and strength you might also need to reduce the number of exercises that you perform in your workouts. Again, it has to do with being 'more-efficient.'

This is how you get your body to grow and **KEEP GROWING!!**

# Recommended Resource

## **“Total Muscle Mass”**

**The Skinny Guy’s Solution To Building Size and Strength!**



This is the complete Mass and Strength Program for Hardgainers that has been getting rave reviews! It is the first training and nutrition program for Hardgainers that **“Guarantees Photo-Obvious Results In 8 Weeks Or You Don’t Pay A Dime!”**

[Click here to start packing on muscle now!](#)