

MUSCLE BUILD-UP FOR HARDGAINERS

Our recommendations

RECOMMENDATIONS FOR PEOPLE WITH DIFFICULTY TO BUILD UP MUSCLE MASS

It is often not only insufficient energy and/or protein intake that causes difficulties in muscle building. Unsuitable training, high energy output (e.g. through daily physical work), strong growth in adolescents and a very active energy metabolism can also have an unfavourable effect.

In such cases one should not only take enough protein throughout the day, but also try to significantly increase total energy intake. This must of course be done in combination with training, otherwise mainly an increase in total body fat will occur.

With this nutrition and training plan you succeed in building up muscles.

THE CRUCIAL FACTORS FOR INCREASED STRENGTH & POWER:

TIMING



every 3-4 h
25-30g protein

QUANTITY







1.5-2g protein per kg
of body mass/day

TRAINING



2+ resistance
exercise per week

| | | SUPPLEMENT PLAN BASIC | SUPPLEMENT PLAN MAXI |
|---|--|---|---|
| TIMING | | | |
|  | Morning Following training days | MULTI PROTEIN/PROTEIN DRINK | PREMIUM WHEY HYDRO + MALTODEXTRIN |
| | Breakfast | Rich in carbohydrates and protein, e.g. POWER PORRIDGE/muesli | |
|  | Before | WEIGHT PLUS PROTEIN 36 bar | MASS GAINER + amino acids e.g. AMINO EAA tabs or AMINO 12500 ampoule |
| | During | Sports drink (e.g. ELECTROLYTES) | Sports drink (e.g. LONG ENERGY) |
| | After | WEIGHT PLUS PROTEIN 36 bar | PREMIUM WHEY HYDRO + MALTODEXTRIN + amino acids e.g. AMINO EAA tabs or AMINO 12500 ampoule |
|  | Main meal | Balanced and high in protein, should not be restricted because of the supplements. If not within 90-120 min after training, then take another snack. | |
|  | Late meal (approx. 1 h prior to bedtime, also on non-training days!) | CASEIN/PROTEIN DRINK | MULTI PROTEIN/CASEIN |
| OPTIONAL | | | |
| Extra energy | CARBO LOADER 2-3 times a day after main meals on training days, in order to increase total energy intake. | | |
| Creatine | CREATINE MONOHYDRAT Supplementation for several months during a specific training phase, to be taken daily. | HMB & CREATINE SYNERGY | |
| Booster | ACTIVATOR | PRE-WORKOUT BOOSTER Ideally directly before workout | |