

3 Different kinds of GAINS

Created By: Your local god Levi

Diet if you want to bulk

To become a God of the bulk you must follow a strict bulking diet that will do 80% of the results while working out will do 20%. First thing is you must adapt to eating in very large proportions and up to 6 meals a day. Second is cutting out most unhealthy foods such as sugary pops, fast food and yes that means pizza, one slice of pizza a day can hold your results back substantially. Third is eating lots of meats, high protein shakes, dairy products, little bit of fruits and vegetables. The key to bulking is to not cut out all fats but eat healthy foods rich with protein and stuff yourself every time you eat.



Diet To lose Weight

There's hundreds of ideas to lose weight and lots of them make it out to be easy and simple for example buying pills you see on ads to lose weight simply won't work they just attract you to buy their product because it looks effortless. The truth is there's only a few correct ways that take a lot of dedication. First off eating three meals a day, breakfast, lunch, dinner and little snacks throughout the day and none before bed. Second is avoiding all fatty foods with high sodium and high fat percentages, that includes fast food, soft beverages, bread is a killer one to avoid as well. And not like bulking you wanna eat meat in small proportions and lots of fruits and veggies.



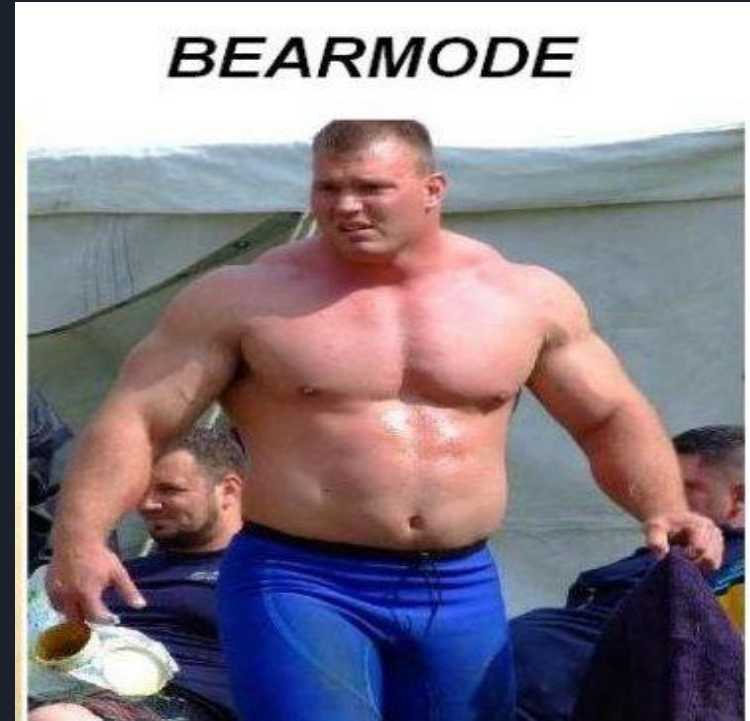
Diet To shred

Shredding is the hardest diet to maintain course and is strict to the point it can sometimes put people into shock because their bodies aren't used to the strict diet. To shred it will test your limits, avoid snacking at all times and have a strict 6 meals a day usually every meal is planned for you. Breakfast consists of eggs, fruits, oats, then second breakfast which can just be a protein shake. Lunch could be tuna, almonds, fruits, and second lunch could be another protein shake. Finally dinner where it could be either steak or chicken with brown rice, treat yourself with possibly a bit of vanilla ice cream. The reason shredding is the hardest is because you have to commit 100% because if you start eating wrong foods you could not gain any muscle but lose fat which is the weight loss diet and another mistake could be gaining muscle but not losing fat which is basically the bulking diet.



Workouts to Bulk

80% of muscle mass is created by only a couple workouts, the rest create muscle definition. If bulking is the goal than you should stick to 4 workouts most of the time with little time for definition. The simple 4 is bench press to target the chest and upper body, deadlift for legs and back, squats have multiple purposes and build a very strong core, upright row will also attack the upper body. After you've done a day of one maybe two of the main exercises you can cool down with some definition workouts like curls and tricep extensions basically any other workout that wont put too much on your whole body. The trick to bulking is the amount of reps you do, when bulking and gaining size you should lift fairly heavy and stick to 6-8 reps to gain maximum size and strength.



Workouts to lose weight

When the goal is to lose weight then lifting heavy weight or weights in general all the time isn't going to give you the results you want. The key to success with weight loss is of course healthy eating but cardio is one of the biggest exercises to burn fat, making you sweat and work hard, the muscle gain will be minimal if any but the fat will burn off. Your workouts should consist anywhere between 70-80% cardio and the rest with weights hitting 12-15 reps to show more definition in the muscles. Exercises to stick too is the treadmill, elliptical, bikes, and avoid hitting heavy weights till the fat has been removed for the most part.



Workouts to shred

Just like the shred diet, shred workouts are also considered the most difficult as you must burn off fat and gain lean muscle in the process. This type of workout style consists of high reps around 10-12. It's not all about chasing an arm pump it's about being consistent with your workouts and working out till your body fatigues heavily, the burning sensation after a workout means you broke down the muscle strands and actually made hundreds of tiny tears in the muscle, when they heal your muscle will grow back bigger and stronger.



Good Nutritional Intake

Good

1 egg has up to 6g of protein with only 2g of fat, 1 chicken breast has up to 26g of protein and only 3g of fat with roughly 140 calories, 1 bowl of fruit ranges close to 2g of protein with 1g of fat and 90 calories, fruit also helps burn fat naturally, 1 bowl of oatmeal contains 4g of protein with 4g of fat and around 150 calories, 100g of brown rice has 8g of protein with 3g of fat and rough 360 calories, single plate of veggies has roughly 2g of protein with 1.5g of fat and 90 calories.



Bad Nutritional Intake

Bad

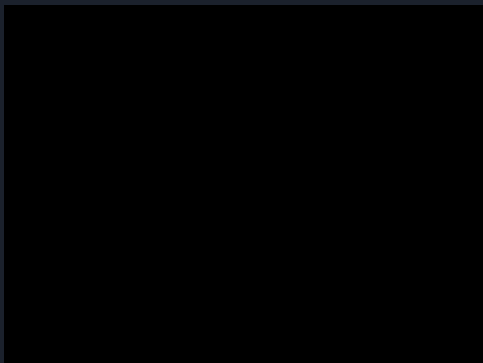
Mcdonalds big mac has 24g of protein with 34g of fat and 590 calories, 1 bottle of mountain dew contains 0g of protein, 0g of fat but has 77g of sugar and 105 mg of sodium, Single bag of lays chips has 2g of protein with 10g of fat, 160 calories and 170 mg of sodium, 1 chocolate bar can have 7g of fat 1.5 grams of protein and 7g of sugar.



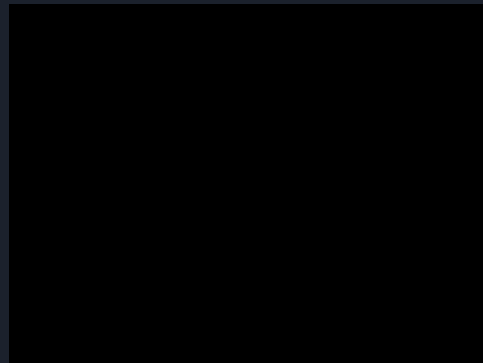


Video demonstration to Bulk

Heavy row-



Heavy bench press-

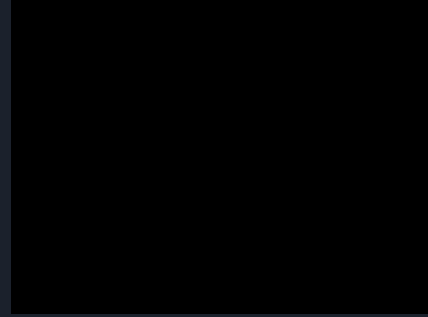


Video demonstration to lose weight

Treadmill to burn fat-



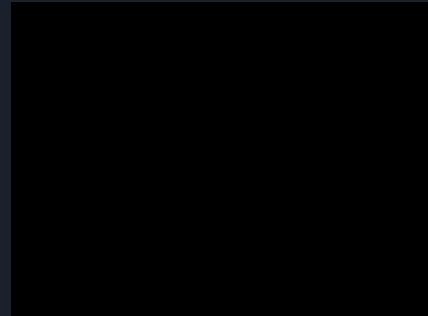
High rep curls to burn fat-



Elliptical to burn fat-



High Rep Bench to Burn fat-



Video demonstration to shred

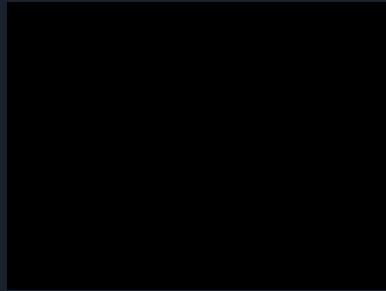
Idiot curling high reps-



mid weight upright row for toned back-



Light row to shred back-



Light weight leg press to shred legs-

