



Gaining Weight 101

Tips To Gain Weight for The Skinner Guy

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Chapter 1 – Being a Skinny Guy in a Fat World

Being a skinny guy is challenging enough in a world where everyone else is at a “normal” weight, but when more than half of the people in this country are overweight it’s downright tough. Everywhere you look there are weight loss products, on TV, magazines, billboards and in every store you shop in. Fat free, low-fat, low carb...this stuff is everywhere, taunting you. The message all around you is “lose weight, lose weight”, but that’s the last thing you want to do. Most products that are designed to help people achieve their ideal body are created for people who need to lose fat and they just won’t work for you. You want to have a body like the one you see in those commercials, but somehow it seems out of reach for you.

Another downside to being a skinny guy in a fat world is that nobody understands you. It would be totally inappropriate to call an overweight person “fatty” and poke fun at them and you could probably get fired from your job if you did that at work. But, people have no problem calling you “slim” or “bony” or poking fun at you for being skinny. The name calling and joking around at your expense may be just as demeaning and hurtful, but it isn’t politically incorrect because people think that being skinny is preferable to being fat, I suppose. But, come on, not for a guy! Guys are supposed to be strong, muscular and confident, not skinny and weak. Even though it is supposedly preferable to be skinny, you can tell that even the chubby guys get more respect than you do.

And when it comes to women? Forget about it. No contest at all. The chubby guy gets more dates than you do. Women want a strong man and even the chubby guy has bigger muscles and more strength than you do. The totally in shape muscular guy? Well he has more dates than he knows what to do with. Maybe you don’t want to date every girl in town, but guess what? It sure is great to have options. Skinny guys don’t have as many options. There are only so many women that are interested in skinny guys and they may not be the type of woman that you want to date and possibly marry someday. I can tell you why that is, too. No woman wants to date a guy with a smaller waistline than they have. Even a slender gal has a problem with that; it makes her *feel* fat.

The bottom line is: being a skinny guy in a fat world is just no fun at all. You don’t get the respect you want at home or at work. You don’t get as many dates as the more muscular, or even worse the chubby guy gets. You have less confidence, which means you don’t always take the chance to go for the things you really want in life. You’re a smart guy and you are capable of so much more than this in your life. The time has come to turn the tables and achieve your dreams...

Chapter 2 – Why Women are Attracted to Big Muscles

We discussed one of the reasons that women aren't attracted to skinny guys in the last chapter: They don't want to feel fat and being with a guy who is skinnier than they are makes them feel fat even if they are at their ideal weight. A woman's self esteem is a delicate thing. They are constantly bombarded with images of what an ideal woman's figure should be and 99 times out of 100 they just don't match up to the airbrushed perfect images they see on TV and in magazines and this really bothers them.

A woman will spend a good deal of her time and money on things that will make her look better and feel better about herself. She will buy and wear nipping and tucking undergarments no matter how uncomfortable they are. She will spend oodles and oodles on cellulite creams, weight loss pills and the latest exercise DVD sensation. She's not about to destroy all that hard work by standing next to a skinny guy who makes her look fat by comparison!

Beyond her own sense of self esteem, there are evolutionary reasons that a woman is attracted to muscular men. It is actually programmed right into their genes to seek after a strong, muscular man. It has a lot less to do with her thinking the guy looks sexy than you might believe. You see, in the woman's subconscious is the belief that a strong man will be a better provider for her and her future children. Back in the caveman days, a strong, muscular man would've been the best choice for hunting and providing a good source of food for the family.

He also would've been best suited for defending the family from dangerous predators. Of course, nowadays, a computer geek may be better able to provide financially for a woman, but her genes don't know that! She can't help being attracted to those bulging muscles and contoured physique...it's in her programming! Aside from the subconscious belief that a muscular man will be a better provider and protector is the belief that he will also provide genetically superior offspring. Even though neither men nor women may be thinking in terms of marriage when they are looking for a date on Saturday night, deep down in their subconscious that is what they are thinking about.

Even if you are already married, this subconscious programming affects you. Your wife may have been intelligent enough to make her decision about a life partner and his ability to provide for the family on conscious thought, but her subconscious programming still affects the way she views you. There are times you don't feel as though she respects you as much as she should and that is because you aren't "as much of a man" as you could be.

This also affects your sex life. Even though your wife was attracted toward your personality and character strengths when you got married, she isn't always as sexually attracted to you as you would like. Having a strong muscular physique would send your

wife's hormones through the roof and you would be getting all the action you could handle...and then some!

Chapter 3 – How Being too Skinny Damages your Health

And as if the whole self-esteem, lack of respect and lack of physical attractiveness to the opposite sex wasn't bad enough, being too skinny is bad for your health, too. As we discussed in the first chapter, you are a skinny guy living in a fat world so most of the media attention about weight related health issues is geared towards people who are overweight. In fact, most people assume that being skinny is healthy...well certainly it has to be healthier than being fat, right? Wrong! Being too skinny has just as many health risks as being too fat and unfortunately not enough media attention for the skinny guy to know about it.

For starters, even though you would like to believe that you are too skinny exclusively because of genetics, the fact is that you probably aren't eating enough which means your body isn't getting enough nutrients to maintain proper cellular function. This coincides with a lowered immune system which opens the door for being susceptible to a myriad of viruses and other illness and taking longer to heal than most people.

Next on the list is the risk of osteoporosis which is a condition of thin, porous bones. As you age and muscle tone decreases, your bones will become particularly vulnerable to breaking because they are too thin and do not have adequate support from your muscles to protect them. It is important to increase your calcium, vitamin D and magnesium intake as well as increase weight bearing exercise in order to prevent and counteract osteoporosis and maintain strong, healthy bones throughout your life including in your old age. You don't want to spend your final days in and out of the hospital, wearing casts and/or sitting in a wheel chair, do you?

Anemia is another common health problem in those who are underweight. Its main cause is not eating a healthy balanced diet that is rich in iron (lean red meat, fortified cereals and green leafy vegetables are your best sources). Anemia is characterized by decreased blood cells and symptoms may include: shortness of breath, fatigue and chest pain. Please check with a doctor as soon as possible if you are experiencing any of these symptoms and be sure to include more of the foods listed above in your diet. The iron naturally occurring in food is more easily assimilated in the body than iron in a vitamin pill, so keep that in mind.

Other health risks associated with being underweight are varied. Most hormones in your body, including sex hormones and those necessary for proper brain function, need fat to be properly transported throughout your system. Even though your main goal is adding lots of hard muscle to your body, chances are that your body fat is also very low and may need to be improved as well (don't worry, you won't be "getting fat", the muscle will all that anyone notices). Bodybuilders love to sculpt down to a 4% body fat (which is about the bare minimum for survival), but they usually only do this for competition because having a little more fat on your body is actually much healthier. Also, you will have a difficult time adding muscle to your frame if you are starting out with a body fat

percentage this low (more info in the next chapter). You should strive for a range of 6 to 17%, especially if you intend to increase your physical activity level.

Chapter 4 – Basic Weight Gain Theory

Ah, here comes the fun part. There are many theories that get tossed around in the weight loss/ weight gain science arenas. There is the old standard calories in vs. calories out theory that says if you take in more calories than you burn you will gain weight and vice versa. According to this way of thinking, you need to eat about 3500 calories above what you are burning to gain a pound. But, how do you make sure that you are gaining muscle and not fat?

Here's where things start to get a little more complicated. A lot of the other theories flying around have to do with ratios. The ratios I am referring to compare the percentages of your diet that come from protein, carbohydrates and fat.

For muscle gain without fat loss the recommended ratio is usually 40/50/10 meaning that 40% of your total calorie intake is from protein, 50 percent is from carbohydrates and 10% is from fat. This is noticeably less fat than the weight loss ratios which usually call for a minimum of 20% fat and that may seem counterintuitive to you, but eating too much fat will actually slow down your weight gain for a couple of important reasons:

1. It fills you up more quickly so you will end up eating too few calories.
2. It is more difficult for the body to store or use as energy and actually requires more calories to process (I know, this is the opposite of everything “they” taught you in the 80s and 90s)

You need to have adequate protein and carbohydrate intake to support the new muscle growth you are trying to achieve. The minimum protein intake for muscle repair is about 1 gram of protein for every pound of your bodyweight, but you will need to check your ratios and be sure to get about 40% of your total calories from protein. An easy way to track your eating habits and keep your ratios in line is to use the tools available at a diet site like sparkpeople.com or fitday.com.

You should track everything you eat for 2 to 3 weeks until you understand what the right amount of food and ratios look like for you can then continue eating the same way. If you stop gaining weight or lose weight, simply go back to tracking your meals until you are back on track again.

As for the “how much to eat” part...Remember when I mentioned back in chapter 3 that you are underweight due to a combination of a high metabolism and not eating enough? That is usually the thing the skinny least wants to hear. You probably think you eat a lot, right? Track your current food intake for a couple of days and you will likely be surprised to find out you are not eating nearly enough.

You need to be eating 5 or 6 substantial meals per day with the 40/50/10 ratio in order to gain enough weight. There are plenty of complicated formulas for figuring out exactly how many calories you should be eating in order to gain weight, but an easier method is to take your current weight and multiply that by 15 and base your caloric intake on that number. If you aren't gaining a pound a week you should multiply your weight by 16 or 17 until you begin to see the increase you want.

Chapter 5 – How Muscles are Built

Now we're getting to the really good part. Of course you can just print up and follow the exercise plan as designed and get the results you want, but I think that knowing why you are doing what you are doing helps make the task a little easier...well, if not easier then at least more bearable and will allow you to work out with more purpose and conviction. That is actually a very important part of the whole thing so don't skip past Chapter 13 on the Mindset because your brain is probably the most important muscle to strengthen in order to make changes in your body.

This may sound a little odd if you haven't heard it before, but muscles are strengthened by tearing them down. When you lift weights or do other weight bearing activities you are actually causing micro-tears in the muscle fiber. Your body responds to this damage by not only repairing the damage, but adding a little more muscle tissue to prevent future damage. It is a principle known as adaptation and it is something your body is very good at. Think about the way your body can repair a broken bone. It works in much the same fashion.

If you have ever had a broken bone and you have seen the x-rays after the bone has healed, you know exactly what I am talking about. The bone is not only healed where the break occurred, but it is actually a little larger in that area. Of course, you don't want to go around breaking your bones to make them stronger, but you get the idea. It is very important to provide your body with adequate fuel to create the building blocks needed to repair and increase the muscle tissue and that means plenty of protein, carbohydrates and a little fat (especially the healthy kind like olive oil, nuts and flax seed oil) in your diet.

Muscles can adapt and grow in different ways and it is important to have at least a basic understanding of the differences in order to achieve the results you want and not waste your efforts. There are basically two types of muscle fibers, fast twitch and slow twitch. These respond to different types of stresses and when broken down and rebuilt give a different appearance and capability to the muscle tissue.

The slow twitch fibers are more efficient at using oxygen and are used for endurance based activities, such as running a marathon. The fast twitch fibers tire out quickly and are more suited to short bursts of energy and quick bursts of power. These are the fibers your workouts will be mainly targeting. You will concentrate on fatiguing these muscle fibers quickly and efficiently in order to provide maximum damage in the least amount of time.

Another important part of the equation is recovery time. Some people fall for the old "if a little is good for me, than a lot is better" mindset and they completely sabotage their efforts. If you do not allow enough time for the muscle to recover before tearing it down again, you will not get any growth. People who fall in this trap usually either stay the

same (their bodies get just enough time to rebuild what was previously there and not enough to create more) or they actually lose muscle. The workout plan in Chapter 8 will help you prevent this problem by allowing for adequate recovery time before working the same muscle group again.

Chapter 6 – Work Smarter not Harder

Working smarter and not harder is a great motto for any task in life when you think about it, but it makes particularly good sense when it comes to your workout efforts. So many people work out for hours and hours each day and their results do not justify their efforts. Throughout history people have invented things to save them time and effort while accomplishing the same amount of work. It wouldn't make sense to move a pile of pebbles from one place to another by carrying them one handful at a time when you could much more easily shovel the whole pile into a wheel barrow and move the whole pile at one time.

Likewise, it doesn't make any sense at all to do countless sets and reps of an exercise to fatigue a muscle when you can do fewer, more intense reps and get the same or better results. Weight lifting is all about reaching the point of exhaustion for a particular muscle. Of course using a moderate weight and lifting it over and over again will eventually get you to that point of exhaustion, but why take that long doing something that could be accomplished much more quickly. Unless, of course, your only goal in life is to spend as much time as possible in the gym, then by all means do as many sets and reps as you possibly can!

However, if you are like most people you would like to make your workouts a part of your life and not the purpose of your entire existence, so working out smarter instead of harder is the best plan for you. The way this is going to be accomplished is by doing 4 intense sets for each exercise with varying weights and reps (12, 8, 6, 10) instead of doing 3 to 5 sets of 12 to 16 reps like a lot of plans would have you do. The key here is using enough weight to make those reps count.

Your first set is going to get the muscle warmed up and should be using a weight that is about 60% of your 1 rep maximum (that is the most weight you can lift for just 1 rep). Next, you will do 8 reps with a weight that is 80% of your 1rm, this should be very challenging. At this point you will do 6 reps with a weight that is around 90% of your one rep maximum. This set should be very difficult to complete and should require tapping into your inner strength to finish the last rep. You will wait just 60 seconds between sets and the last set will be done with the weight that is 60% of your maximum again, this time for just 10 reps, but these will be the toughest reps yet!

You will do just two different exercises for each muscle using the smarter not harder technique described here and believe me, your muscles will feel the difference right away. Your workout will take about 35 minutes each day and you will thoroughly exhaust each muscle throughout the week. You will be amazed at the results you get in such a short amount of time and you will laugh (inside, of course) at those guys who spend 2 hours or more at the gym each day and never change the way they look.

Chapter 7 –Working Out too much Sabotages your Efforts

One of the reasons that working out too much sabotages your weight gain efforts is that it increases the likelihood of getting frustrated and wanting to quit. When a workout plan takes up too much of your time, it is easy to make excuses for not doing it one day and then the next and the next thing you know, you aren't working out at all. The fitness plan you use must fit into your life to be effective. By making the workouts quick and efficient you are much more likely to stick with the program and achieve your goal of getting huge.

Another reason working out too much increases frustration and leads to drop out is that it is just too exhausting. You want to work a muscle to the point of fatigue, but you should be able to recover quickly. Overdoing it makes it tough to even handle mundane everyday tasks and makes recovery time much too long.

When the workout becomes a dreaded part of your life instead of something enjoyable, it becomes really tough to stick with it. Working out properly will leave you feeling empowered and energized. While you may experience some muscle soreness in the form of delayed onset muscle soreness aka DOMS, this is not debilitating and actually increases your confidence because it is a reminder of the progress you are making.

The last two reasons that working out too much sabotages your muscle/weight gain efforts are described in more detail in Chapter 9 on "Why your Rest Days are Vital", but briefly they are that working out too much short circuits the muscle repair process and minimizes muscle growth and working out too much increases the metabolism and burns more calories which slows down weight gain.

So to summarize the four reasons that working out too much sabotages your weight/muscle gain efforts are:

1. Increased frustration level
2. Decreased energy (exhaustion)
3. Inadequate rest for muscle recovery
4. Increased metabolism and calorie burn

It makes sense to workout smarter, not harder when it increases your chances of sticking with the program and actually makes your workouts more effective, don't you think? This program will help you accomplish your goals without overdoing it and make you far more likely to maintain these great habits and your huge muscles for life!

Chapter 8 – The Workout Plan

The workout plan is pretty simple and straightforward. Like I mentioned in the “Work Smarter not Harder” chapter, you will be working out for just 35 minutes per day and even better than that, you will only be working out 4 days per week. It is important to have a plan and know which days you will work out to eliminate procrastination and develop a strong habit, but they can be any days you choose as long as you do them in order.

You may choose to do the workouts for 4 consecutive days, say Monday through Thursday because you will do the exact same exercise one day per week (that’s right, just one day per week! That is the beauty of the Work Smarter not Harder plan!) Or maybe you will choose to break it up and workout on Mondays, Wednesdays, Fridays and Saturdays. It doesn’t matter, the choice is completely yours.

You will automatically get enough recovery time you will never do the exact same exercise more than once per week. No matter which days you do the workouts, as long as you are consistent, work each muscle to exhaustion and feed yourself properly your muscles will grow bigger and faster than you ever thought possible.

Each week will have 2 upper body and 2 lower body workout days, but you will never work the same muscle more than once per week (with the exception of the abs which are worked on both lower body days). Workout 1 and workout 3 will focus on the muscles of your upper body and workout 2 and 4 will focus on the muscles of the lower body. It is a good idea to plan your week or month out in advance.

You might want to simply put a 1, 2, 3 or 4 on the calendar for the days that you will do each workout and then stick to it! You might also want to print out the workouts and stick them on the wall if you are working out at home or put them in a folder that you take to the gym.

Make sure to do each move slowly and with purpose. The “negative” part of the lift (usually the downward motion) should be done more slowly as the resistance to the weight at this point is the strongest and most of the results come from this part. Think of lifting for one second and returning to the start position in 3 seconds. Be sure to fully focus on the muscle you are working and feel it getting larger with each repetition.

A mirror is a great tool, if available to help you concentrate on the muscle and check your form. Never lift more weight than you can safely and effectively handle. Doing a move incorrectly to compensate for too much weight will not only short-circuit your results, it could cause serious injury as well.

Workout 1

Chest:

Bench Press

Lying on your back on a weight lifting bench holding a dumbbell in each hand that is the correct percentage of your 1RM (1 Rep. Maximum). If you do not have access to a bench, this exercise can be done on the floor with a 2 x 4 that is about 12 inches long placed under your shoulder blades. Palms should be facing your feet and elbows out at your sides with the weights held by your shoulders. Lift straight up until your elbows are in a straight line with your arms. The lift should be done straight up over the chest and shoulders and not your face or belly. Lift up for one second and then count three seconds down to the start position.

Follow the chart for the reps and sets.

Dumbbell Flyes:

Done either lying on bench or with a 2 x 4 as described above: One dumbbell in each hand with the palms facing each other. Begin with arms extended above your chest and the weights almost touching. Lower the arms out towards your sides, slightly bending the elbows until the arms are horizontal with the body. Be sure to move slowly downward (3 seconds) and then lift back to the start position (1 second).

Shoulders:

Seated Dumbbell Press:

Sit on the end of a bench or an armless chair with your feet flat on the floor. Hold a dumbbell in each hand at shoulder level with the palms facing forward and elbows out to the sides. Press the dumbbells inward and upward so that they almost meet at the top above your head. Return to the start position (3 seconds)

Lateral Raises:

Stand upright with your feet about shoulder's width apart and weights in each hand down at your sides, palms facing inward. Keeping your arms straight, lift the weights out to the sides. Be sure to slowly lower to the start position and keep in mind your weights will likely be a little lighter for this exercise.

Back:

One-arm Dumbbell Rows:

Place one knee slightly forward and bending over slightly place the same hand on that knee. Hold the appropriate weight in the opposite hand with the palm facing in and the arm down towards the floor. Lift upward, focusing on pulling your elbow up and past the back as far as you can. This move should be done as close to the body as possible.

Dumbbell Pullovers:

Lie across a flat bench or use the 2 x 4. Hold one dumbbell in both hands with arms extended over your face. Without raising your hips or legs, lower the dumbbell slowly in an arc until fully extended over your head. Be sure to take 3 seconds on the downward motion and one to return to the start position.

Workout 1					
Body Part	Exercise	Reps	Weight % 1RM		
Chest	Bench Press	12	60		
		8	80		
		6	90		
		10	60		
	Dumbbell Flyes	12	60		
		8	80		
		6	90		
		10	60		
		Shoulders	Seated Dumbbell Press	12	60
				8	80
6	90				
10	60				
Back	Lateral Raises	12	60		
		8	80		
		6	90		
		10	60		
		One-arm Dumbbell Rows	12	60	
			8	80	
	6		90		
	10		60		
	Dumbbell Pullovers	12	60		
		8	80		
6		90			
10		60			

Workout 2

Quads

Dumbbell Squats:

Start with dumbbells in each hand down at your sides with palms facing in and feet together. Lower your body down while pushing your bottom in the direction of the wall behind you, be sure not to let your knees extend over your toes. You want to think of trying to sit on the very edge of a chair (you can use a chair to practice if necessary).

Your second exercise will be done the same except that the feet will be slightly wider than hip's distance apart. You can wait 2 minutes between these exercises or complete the second type of squats after working your hamstrings.

Hamstrings

Dumbbell Lunges:

Begin with your feet together, toes pointed forward and a dumbbell in each hand (palms facing inward). Be sure to watch your posture, keeping your shoulders back and your head facing forward. Step forward with your right foot, bending your knee and lowering your hips until your left knee is just a few inches above the floor. Be sure your right knee is not shooting out past the toe and be careful to maintain your balance. Step back into place to complete the rep.

Be sure to do sets for each leg!

Dips:

These are similar to dumbbell lunges, except you will hold the lunge position and then raise and lower the body slowly while keeping your feet still. In this exercise, the rep is one dip down and raise up.

Abs

Reverse Crunches:

Lay on your back on the floor with your knees bent and feet on the floor, arms at your sides. Bend your knees and lift your feet off the floor and knee toward your chest lifting from the hip. You should focus on feeling the movement in the lower abdominals. Exhale as you lift the knees to your chest and inhale as you return your feet to the floor.

Twist Crunches:

Lie flat on the floor with your knees bent and your hands behind your head (but not clasped). Let your knees fall to the left so your upper body is flat and lower body on its side. Lift your upper body towards the ceiling while keeping your lower body pressed into the floor. Exhale on the upward motion and inhale on the downward motion. Repeat for the other side as well.

Workout 2			
Body Part	Exercise	Reps	Weight % 1RM
Quads	Dumbbell Squats (feet together)	12	60
		8	80
		6	90
		10	60
	Dumbbell Squats (feet apart)	12	60
		8	80
		6	90
		10	60
Hamstrings	Dumbbell Lunges	12	60
		8	80
		6	90
		10	60
	Dips	12	60
		8	80
		6	90
		10	60
Abs	Reverse Crunches	12	n/a
		8	n/a
		6	n/a
		10	n/a
	Twist Crunches	12	n/a
		8	n/a
		6	n/a
		10	n/a

Workout 3

Triceps:

French Press:

Standing with arms overhead both holding one dumbbell as with the pullovers. Lower the dumbbell straight down behind your back and return to the raised position.

Bench Dips:

You should be standing with your back towards a sturdy bench or chair. You will bend down and place your hands on the edge of the chair or bench to support yourself. Position your feet out in front of you so that your weight is resting on your arms. Keeping the elbows tucked in at your sides, lower your body until your upper arms are parallel with the floor. Your hips will move up and down in a straight line when properly doing this move. Positioning your feet further out or closer in will vary the resistance, so play with this to get each set to the appropriate level. As with the other moves, 3 seconds down and 1 second up.

Biceps:

Dumbbell Curls:

Standing with a dumbbell in each hand, arms down at your sides and palms facing forward. Lift both dumbbells up to the chest and lower back down slowly.

Hammer Curls:

The difference with this move is that the palms are facing inward, other than that it is done like the dumbbell curl.

Forearms:

Dumbbell Wrist Curls:

Sit on bench or edge of chair with feet flat on floor slightly more than shoulder's distance apart. With a dumbbell in each hand, place forearms on upper thighs with the palms facing up and the back of the wrists over the knees. Lower the dumbbells as low as possible and then curl up as far as you can.

This exercise is repeated with palms down.

Workout 3			
Triceps	French Press	12	60
		8	80
		6	90
		10	60
	Bench Dips	12	Vary intensity
		8	With foot
		6	Placement
		10	
Biceps	Dumbbell Curls	12	60
		8	80
		6	90
		10	60
	Hammer Curls	12	60
		8	80
		6	90
		10	60
Forearms	Dumbbell Wrist Curls (palms up)	12	60
		8	80
		6	90
		10	60
	Dumbbell Wrist Curls (palms down)	12	60
		8	80
		6	90
		10	60

Workout 4

Calves

Standing Calf Raises:

Stand with feet together and weights in hands down at your sides (palms in). Raise up until you are standing on your toes and lower down (3 seconds).

Seated Calf Raises:

Sitting on the edge of a bench or chair, hold weights so that they are resting on your knees and lift and lower the lower legs up and down to the toes and back.

Glutes

Bench Step-ups:

Dumbbells may be held down at your sides or up on your shoulders, whichever is steadier and more comfortable for you. Stand facing the bench or tall aerobic step and place one foot squarely on the bench. Lift up so that both feet are on the bench and return to the start position. Do the reps for each leg. This is tough, but it will give you huge, solid glutes in a hurry!

Leg Lifts:

Get on your hands and knees on the floor. Keep your head facing forward, straighten your left leg and lift from the floor to just slightly above hip level. May be done with ankle weights. Repeat for both sides.

Abs

Crunches:

These are the regular garden variety crunches. Lay on your back with your knees bent, feet flat on the floor and hands behind your head (but not clasped). Lift your upper body towards the ceiling, feeling your abs contract and exhaling on the way up. Focusing on this move makes it far more effective. Be sure to pull the abs in as you lift up and relax on the way down.

Bent Knee Crunches:

In this version you will lift the knees over the hips and crunch forward reaching your elbows to the knees. Keep in mind the same breathing and contracting of the ab muscles as the garden variety.

Workout 4			
Body Part	Exercise	Reps	Weight % 1RM
Calves	Standing Calf Raises	12	60
		8	80
		6	90
		10	60
	Seated Calf Raises	12	60
		8	80
		6	90
		10	60

Glutes	Bench Step-ups	12	60
		8	80
		6	90
		10	60
	Leg Lifts	12	60
		8	80
		6	90
		10	60
Abs	Crunches	12	n/a
		8	n/a
		6	n/a
		10	n/a
	Crunches with bent knees	12	n/a
		8	n/a
		6	n/a
		10	n/a

Chapter 9 – Why your Rest Days are Vital

Remember that it is the repairing process after the muscles have been “damaged” by lifting weights that actually creates new muscle tissue, so the muscles are actually built during your rest days. It takes at least one day and sometimes two or three days for a muscle to fully repair itself and build new muscle tissue. If you have pain and soreness after your workout you should wait until the pain is gone to work that muscle again, because this will indicate that the muscle is completely recovered.

Working out before a muscle is fully recovered is counterproductive because it would mean breaking down the muscle again and any gains that would have been made during recovery are completely wasted. This is why some people work out all the time and do not make the same gains in size and strength as someone who works out less often. This kind of goes back to the “workout smarter, not harder” mantra we’ve been working on.

By resting a muscle until it is fully recovered, you will ensure that the workout nets you the greatest gain in muscle tissue possible and maximize your results. One workout done properly and followed by adequate nutrition and rest is worth 10 workouts done incorrectly without proper rest.

Another very important reason that a hardgainer needs his rest is that his metabolism is so high. Working out too often or too long increases the metabolism and burns more calories. Reducing the duration and frequency of workouts means burning less calories and since the less calories you burn, the more weight you can gain that means more weight gain in less time.

Chapter 10 – Do you need Supplements?

This is a topic that is widely debated in the health and fitness arenas. The anti-supplement camp says that a person can get all of the nutrients they need by eating a variety of healthy foods in the right proportions. They suggest eating at least 5 servings of fruits and vegetables per day along with enough dairy products, lean protein and whole grains. In their minds the supplement manufacturers are just out to get your money.

The pro-supplement camp, however, says that the produce that is available today is being grown in soil that is increasingly depleted due to over-cultivation and lack of proper rotation techniques and contains far less vitamins and nutrients than it did back in the old days. They claim that you would have to eat way too much food and consume far too many calories to meet your nutrient requirements. I tend to agree and would suggest a good multi-vitamin to most people.

You should seek a vitamin without iron, however, because the ferrous sulfate they use as an iron supplement is difficult to assimilate in the body (especially when taken at the same time as calcium) and adequate iron can be consumed through small portions of lean red meat and green leafy vegetables.

When it comes to all the supplements for weight lifters, there is just as much debate. While some of these supplements have been proven to improve gains slightly, I am not sure the benefits outweigh the costs for most of these types of supplements. Other than maybe taking an amino-acid supplement post workout (a good whey protein shake will have all the amino-acids you need for proper recovery), I would suggest saving your hard earned money for more important things.

What about caffeine? Studies have shown an increase in performance and endurance when taking a caffeine supplement (cola, coffee, green tea or “energy drinks”) before a cardio workout. Another touted “benefit” of caffeine is that it boosts the metabolism. Since your program does not include a cardio workout and you do not want to increase your metabolism (you are burning calories too quickly already), I would strongly advise avoiding caffeine altogether.

Chapter 11 – The Eating Plan: Phase One—Bulk Up

For many skinny guys this is the most difficult part both physically and mentally. You are going to have to eat a lot more than you are used to eating. It may be uncomfortable to do this at first. You will have to eat a meal every 2 to 4 hours in order to consume 5 to 6 sizeable meals per day. Keep in mind that to create change there is always some level of discomfort. To be comfortable is to stay the same.

The mental discomfort comes from the fact that you will need to gain some extra fat during this phase. It is not only likely, it is actually necessary. You see, your body can use both muscle and fat for energy when no food is readily available to burn as fuel. Fat is your long term fuel storage and muscle is used for more short term storage. Your body will resist storing muscle if there is not an adequate supply of fat on the body.

Often a skinny guy will begin a weight gain program, find that he is developing a little bit of a gut and revert back to the “better skinny than fat” mentality and quit his program or at least cut back so much on food that no gains are made. Don’t let this happen to you. Be prepared for this and determine to keep moving forward. This extra fat will be easy to remove once you have built up enough muscle. Bodybuilders do this all the time, they are not “competition ready” all year long. Buy some baggy shirts and realize that it will all be worth it in the end.

Use the following food lists as a guide to planning your meals. Each meal will consist of protein and a carbohydrate. You should plan on having two servings of either flax seed oil, olive oil or nuts (watch the serving size) per day. The oils may be used in your salad or the olive oil in preparing your food if desired, but everything should be broiled, grilled, baked or boiled to minimize the fat content. Be sure to include at **least** 3 serving of vegetables per day as well.

The serving size will depend on your specific calorie needs, but a basic guideline is given.

Proteins

Chicken breast 3 to 6 ounces

Turkey breast 3 to 6 ounces

Lean ground turkey 3 to 6 ounces

Turkey bacon or Sausage

Lean ground beef 3 to 6 ounces

Lean sirloin or NY Strip 3 to 6 ounces (one steak can be spread over two meals)

Salmon 3 to 6 ounces (although this has more fat, it is good fat and should be eaten a couple of times per week)

Canned tuna 12 ounces (2 cans)

Egg whites 1 dozen
Fat-free cottage cheese 1 to 1 ½ cups
Lean white fish 6 to 12 ounces
Whey Protein Powder 1 or 2 scoops depending on brand

Carbohydrates

Pasta 2 to 4 cups cooked (one of your best sources, great for energy and weight gain)
Brown Rice 1 cup
White Rice 1 cup
Whole Grain Bread 2 – 4 slices (depends on the type of bread and your calorie needs)
Bagel 1 whole
English Muffins 1 or 2 depending on size and calorie requirements
Potato (baked, boiled or mashed with skim milk)
Sweet Potato 1 whole
Squash 2 cups
Fruit—any type (bananas and oranges are particularly good for weight gain) one or two pieces
Oatmeal (always a staple in any bodybuilder's diet) ¾ to 1 cup (uncooked measurement)
Air-popped popcorn 3 – 6 cups can use butter flavored cooking spray sparingly
Legumes 1 cup
Corn 2 cups
Cornmeal 1/3 cup
Grits or Hominy 2 cups
Any whole grains including spelt, barley, buckwheat, rye, etc.
Honey (an excellent choice for sweetening and adding extra calories—opt for raw if available) 1 to 2 tbsp.

Remember that your calorie intake depends on your weight, but most hardgainers need to take in between 2500 and 3500 calories per day which means 400 to 700 calories per meal. Let's go with the average skinny guy as an example. If he weighs 165 pounds he would go with the 2500 calories a day.

Let's say he decides that 5 meals a day is best for his lifestyle. He would then be eating 5 meals of 500 calories each day so with a 40/50/10 ratio he would want each meal to have 50 grams of protein, about 63 grams of carbohydrate and just less than 6 grams of fat. The following sample one week menu would meet these requirements, but feel free to use whatever you have on hand, as long as you have the appropriate amounts of protein, carbs, fat and calories with each meal.

Sample meal plan day one:

Meal 1:

Egg White omlette with spinach (cooked with cooking spray)

$\frac{3}{4}$ cup oatmeal with 1 tbsp honey

Meal 2:

2 scoops Whey Protein Shake blended with one large orange

2 slices whole grain toast w/ 1 tsp. light non-hydrogenated spread

Meal 3:

1 $\frac{1}{2}$ tuna sandwiches made with:

3 slices whole grain bread

2 cans of tuna

2 tbsp fat-free mayo + 1 tsp mustard (salt + pepper to taste)

2 tbsp chopped onion and 2 stalks chopped celery

Meal 4:

1 $\frac{1}{2}$ cups fat-free cottage cheese

1 large banana

$\frac{1}{2}$ bagel with fat-free cream cheese

Meal 5:

1 or 2 boneless, skinless chicken breasts

1 cup brown rice

1 cup steamed broccoli

1 cup salad greens with fat free salad dressing

Sample meal plan day two:

Meal 1:

2 Nutri-Grain Waffles
1 Cup Natural Applesauce sprinkled with cinnamon (for topping)
1 tsp. Smart Balance Light spread (or other non-hydrogenated spread)
2 Scoops Whey Protein blended with water

Meal 2:

1 ½ Cups Cottage Cheese
2 Lrg. Oranges

Meal 3:

Turkey sandwich made with:

4 Slices Roasted Fat-free Turkey Breast
2 Slices Whole Grain Bread
2 tbsp fat-free mayo
Romaine Lettuce
Tomato Slices

Meal 4:

Grilled Chicken Salad made with
5 oz. Grilled Chicken Breast
2 Cups Romaine Lettuce
Tomatoes
Cucumber Slices
Fat-free dressing
1 Large or 2 Small Whole Wheat Pitas (salad may be stuffed inside, makes it easier on the go)

Meal 5:

1 ½ Cups Fat-free Cottage Cheese
1 Large Banana Sliced
1 Tbsp. Honey + Cinnamon
(mix the above for a tasty desert—this meal is great after a workout)

Sample meal plan day three:

Meal 1:

Egg White omelette with broccoli and ½ fat-free cheese (cooked with cooking spray)
1 Cup High Fiber Cereal
½ Cup Skim Milk

Meal 2:

2 scoops Whey Protein Shake
2 Large Apples

Meal 3:

Turkey Burger made with:
4 or 5 ounces low-fat or fat-free ground turkey
Whole Grain Bun
Served with:
Large Mixed Green Salad with Fat-free Salad Dressing

Meal 4:

Grilled Chicken Soup made with:
2 Cup Fat-free Chicken Broth
5 ounces Grilled Chicken chopped
1 Cup Mixed Vegetables
1 Cup Cooked Pasta

Toss all ingredients into a small saucepan and heat until vegetables are warm.

Meal 5:

5 ounces Grilled Salmon
1 Large Baked Potato with Fat-free Sour Cream
2 Cups Steamed Broccoli

Sample meal plan day four:

Meal 1:

Breakfast Burritos made with:

2 whole wheat Tortillas
9 egg-whites + one whole egg scrambled with fat-free cooking spray
½ Cup Fat-free Cheese
Salsa to taste

Divide ingredients evenly over 2 warmed whole wheat tortillas, roll up and enjoy.

Meal 2:

2 scoops Whey Protein Shake blended with one large orange
2 slices whole grain toast w/ 1 tsp. light non-hydrogenated spread

Meal 3:

1 ½ tuna sandwiches made with:
3 slices whole grain bread
2 cans of tuna
2 tbsp fat-free mayo + 1 tsp mustard (salt + pepper to taste)
2 tbsp chopped onion and 2 stalks chopped celery

Meal 4:

1 ½ cups fat-free cottage cheese
1 Large Pita Stuffed with:
Romaine Lettuce
Tomatoes
Cucumbers
1 oz. Fat-Free Cheese
2 tbsp. Fat-Free Salad Dressing

Meal 5:

Southwestern Steak Wraps made with:

5 oz. lean steak marinated in salsa, cut into strips and “pan-fried” using cooking spray
w/ 1 Cup Thinly Sliced Onions and Red Peppers

Wrap in 2 Large whole wheat tortillas (not low-carb) and serve with fat-free sour cream

Sample meal plan day five:

Meal 1:

Egg White omlette with zucchini (cooked with cooking spray)

1 Cup Cheerios

½ Cup Skim Milk

Meal 2:

2 scoops Whey Protein Shake blended with one large orange

1 English Muffin with non-hydrogenated spread

Meal 3:

1 ½ tuna sandwiches made with:

3 slices whole grain bread

2 cans of tuna

2 tbsp fat-free mayo + 1 tsp mustard (salt + pepper to taste)

2 tbsp chopped onion and 2 stalks chopped celery

Meal 4:

1 ½ cups fat-free cottage cheese

1 large banana

½ bagel with fat-free cream cheese

Meal 5:

Chicken Stir Fry made with:

5 ounces lean boneless Chicken breast Cubed

2 cups diced vegetables which may include: Cabbage, Onions, Broccoli, Green or Red Peppers

1 tbsp. Soy Sauce

Use 2 tsp. olive oil in large frying pan or wok, heat oil thoroughly and then add chicken stirring constantly until no longer pink, then add vegetables and Soy Sauce. Continue Stirring until vegetables are heated and just slightly crisp.

Serve with 1 cup brown rice

Sample meal plan day six:

Meal 1:

Protein Oatmeal made with:

$\frac{3}{4}$ Cups Old-Fashioned Oats w/
2 Scoops Protein Powder mixed in
Sweeten with 1 Tbsp. Brown Sugar

Meal 2:

2 scoops Whey Protein Shake blended with one large orange
2 slices whole grain toast w/ 1 tsp. light non-hydrogenated spread

Meal 3:

1 $\frac{1}{2}$ Cups Fat-free Cottage Cheese
2 Large Oranges

Meal 4:

Turkey sandwich made with:

4 Slices Roasted Fat-free Turkey Breast
2 Slices Whole Grain Bread
2 tbsp fat-free mayo
Romaine Lettuce
Tomato Slices

Meal 5:

Egg White Frittata made with broccoli, Red Peppers, Onion and Fat-free Cheddar
Cheese
2 Slices Whole Grain Toast w/ non-hydrogenated spread

Sample meal plan day seven:

Meal 1:

Egg White omlette with spinach (cooked with cooking spray)

$\frac{3}{4}$ cup oatmeal with 1 tbsp honey

Meal 2:

1 $\frac{1}{2}$ Cups Fat-Free Cottage Cheese

1 Large Whole Grain Bagel w/

2 Tbsp. Fat-free Cream Cheese and

2 tsp. Low Sugar Fruit Spread

Meal 3:

1 $\frac{1}{2}$ tuna sandwiches made with:

3 slices whole grain bread

2 cans of tuna

2 tbsp fat-free mayo + 1 tsp mustard (salt + pepper to taste)

2 tbsp chopped onion and 2 stalks chopped celery

Meal 4:

2 Scoops Whey Protein Powder mixed with Skim Milk and Cinnamon

2 Large Apples

Meal 5:

8 ounces Steamed Orange Roughy

2 cups Whole Wheat Pasta

1 cup Sautéed Zucchini

1 cup salad greens with fat free salad dressing

Chapter 12 – The Eating Plan: Phase Two—Final Cut Phase

Once you have built all the muscle you desire to have you will find that you have a little extra fat around the middle. Remember this is to be expected and that you can't gain all the muscle you want without this happening. So you will change your program up to maintain your muscle and lose the extra fat. Adding three 30 minute cardio sessions (running, biking, elliptical trainer, etc) per week is permissible at this stage.

You will need to slightly increase your fat intake to 20% of your total calories and decrease your carb intake to 40% of your total calories, while decreasing your total calorie count by 500 calories per day (that extra pound per week you were gaining). Use the same foods, just a slightly smaller serving of carbs and a little splash of olive oil or butter here or there.

Track your food intake for a couple of weeks again, until you get the new food servings down pat. This will be the diet that will help you maintain your new physique. If you find yourself losing too much weight (you should just be shifting it by losing a little fat and gaining a little muscle) you should add some calories back in until your weight remains steady and your fat level is where you would like it to be.

Chapter 13 – The Mindset—Thoughts Determine Results

The theory behind this chapter is as old as time itself. As far back as recorded history takes us, the old testament of the bible, successful men have understood and used this principle. James Allen quoted King Solomon who said, “As a man thinketh in his heart, so is he” in his book whose title is derived from that quote “As a Man Thinketh”. That book has been quoted by hundreds of other authors in an effort to teach them the principles of success. No matter what area of life a person desires to achieve success in, the “secret” is the same.

The mind is a powerful thing. What you think about becomes your reality. If you continue to think that you are skinny or weak, you will continue to be skinny and weak. On the other hand, if you think thoughts like, “I am getting stronger everyday” this will become your reality. You must whole-heartedly believe that you are going to achieve a huge, strong, sexy, muscular physique before you can achieve it. Truly, anything is possible to he who believes it. If you can't wrap your brain around this concept there is almost no point to even attempting the program. Your mind must grow before your body will follow.

There are exercises you can do to improve your mindset and help you achieve the growth you desire in your body. These should be done every day. One exercise is visualization. Cut out several pictures from fitness magazines of the body type you would like to have and paste your head on them. Next, place these photos where you will see them each and every day. Take the time to really study the photos. Imagine that the image you see is your current reality. Imagine what that body feels like and the confidence you have in that body. It is important to imagine everything as if it is true right now. You should find yourself thinking and acting more confidently even before the physical changes manifest themselves.

Once you have begun to think and feel like a huge guy, the body will naturally follow. When you look in the mirror, see yourself as the big muscular guy you would like to be. One of the natural consequences of this type of mindset training is that you will begin to treat yourself like a big muscular guy and doing the things that big muscular guys do (lifting weights and eating a lot) will become more natural to you.

Remember that your brain is the most important muscle to train. New habits take time to form and without changing your mindset it is easy to give in to frustration and give up. If your mindset is correct you will make adjustments where needed and persist in following the program, even when the results are not coming as quickly as you had hoped for or when the pain is greater than you had imagined or when finding time in your schedule for your workouts is not as convenient as you would like it to be. Without the right mindset, minor setbacks can cause a person to give up, but with the right mindset, NOTHING will stop you from achieving your goals.

Chapter 14 – Conclusion

Well, there you have it; a simple but effective diet and exercise program that is guaranteed to get you huge now (well, give or take 12 weeks). Like anything worthwhile in life, it takes dedication and commitment, but it is well worth the time and effort. You can spend the next 12 weeks making the positive changes to your mindset, your eating habits and your exercise routine and develop huge, hard, strong muscles while your dramatically improve your confidence and self-esteem OR you can keep doing what you are doing now and end up in worse shape 12 weeks from now (if you aren't improving you are deteriorating).

Doesn't require a whole lot of thought to make the right decision now, does it? In life you are either getting better or wasting away, there is no standing still. Each day that passes by is one you will never get back again. So make the decision and get started on the path of moving forward.

Imagine yourself 12 weeks from now with bulging biceps, killer triceps, strapping chest and those six pack abs that make the women drool (come on, you've seen those Diet Pepsi commercials!) That really can be you...it is you, if you will make the commitment to yourself and take the first step. Working out smarter and not harder, makes it easy. Just give up a half an hour of TV four days a week. Let's face it, those old Seinfeld reruns never did a thing to improve your self-esteem, get you more dates or improve your health.

"The journey of a thousand miles begins with the first step" so mark your workouts on your calendar and pick up some fat-free cottage cheese from the grocery store today. You have absolutely nothing to lose and everything to gain. A healthy, strong, sexy body is worth more than any earthly possession you could ever had and should be treated better than you would treat your car whether it is a classic or the latest sports car.

You wouldn't put cheap oil in it and leave it sitting in the garage, so don't treat your body that way either. Feed yourself well and give yourself the proper exercise and sleep you need to be the strongest, healthiest and sexiest man you can possibly be. Not only is the sexy body attractive to women, the person you become on the inside is even more attractive as you learn to value yourself and treat yourself well, you will surely learn to value others and treat them well, too.