



5 TIPS TO OPTIMAL MUSCLE GAIN

A BLUEPRINT BY LOGAN HENRY

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I personally want to thank you for downloading this blueprint. It is my duty to share with you all the knowledge that I have learned to help you cut through all the BS and get you the results you've been longing for.

Take these tips to heart, nurture them, expand upon them, and better yet **APPLY THEM!** They say knowledge is power, well my friend I'm about to drop tons upon you and give you the initial tools needed to succeed in achieving the ultimate body.



I'm here to revolutionize the modern man and help each of you find a better path towards greatness. No more love handles, man boobs, or weak training protocols that get you nowhere. Let's unleash that plate of armor you've been hiding for far too long!

TIP #1- GET LEAN FIRST

To me, there's nothing more frustrating than when a male, that is clearly overweight (over 20% body fat), tells me his main goal is to gain mass.

However, I can relate. Who doesn't want to put on large amounts of muscle? We must first annihilate the construction zone and then rebuild our own masterpiece.

When you are in a lean state (sub 10% body fat), your body turns into a dynamic machine that can handle anything you throw at it.

When you're lean the following benefits will take place:

- ➔ Overall better gut health will give your body the ability to break down nutrients much more efficiently.
- ➔ Energy output will be greater and your endurance levels will be through the roof.
- ➔ When in a surplus of calories, your body will drive the excess nutrients to muscle instead of fat.
- ➔ Insulin Sensitivity will increase, giving your body the ability to lose fat & gain muscle more rapidly.
- ➔ Your metabolic rate will be higher, giving you the ability to burn more calories throughout the day.
- ➔ Natural Testosterone levels will increase dramatically, putting your body in the perfect state to grow



(BACK THEN) YES, I WAS YOUR TYPICAL CHUBBY DUDE

(NOW DAYS) NEVER GOING ABOVE 10% BODY FAT AND STILL ADDING LEAN MUSCLE



TIP #2- KEEP DIET IN CHECK

You've heard it a million times. To have an incredible body you must focus 80 percent on nutrition. If you just want sub par results, than sure, focus on only 80 percent nutrition, but to take your body to a place it's truly never gone before than you need take it even further. I can't stress it enough, to everyone wanting ultimate change; you need to give it 100 percent in all key areas.

Those key areas include:

- Training (Work your ass off)
- Nutrition (Track everything you take in)
- Rest (Sweet Dreams=Better Recovery)
- Hydration (Drink Up)

It doesn't come as a shock to me that diet is so hard for people to follow. We're in a society of information overload, so it can be difficult to narrow down what's optimal for your overall goals.

I think people like to overcomplicate things, usually following the masses on what they think is right. Whether you're in the camp of Paleo, IFYM (If It Fits Your Macros), High Carb, Low Carb, or the whole six meals a day concept, you must seek a diet that you can follow consistently.

For the majority of clients that I work with, I like to keep things stupid simple. If you just listen to the typical gym dogma of eating six meals a day, every two hours, and completely depriving yourself to get in extreme shape, than you my friend, don't understand the body at a cellular level. Creating a diet is all based on trial and error and really getting in tune with what will be best for your end state goal.

For the mass majority of clients that come to me, whether they realize it or not, they need to get their body in a lean state first. In that case, my best advice to anyone is to keep things simple and



eat foods that come from the land. No, I'm not saying eat "clean" I hate that terminology. I think it's vastly overused and not understood, so, for my sake, just say you're eating from the land.

Foods from the land:

- Wild Meats (Chicken, Beef, Steak, Bison, Salmon, Fish)
- Nuts (All types of mixed nuts: Almonds, Brazil Nuts, Cashews, and Pistachios)
- Greens (Broccoli, Kale, Spinach, Asparagus, Peppers)

I said greens, not fruit (though fruit seems colorful and pretty, it's pure fructose, and it's not needed for a fat loss phase of a diet)

This is just advice, made stupid simple, for anyone wanting to achieve a maximum lean state.

Timing of Nutrition:

Don't become a slave to food. Your body is an efficient machine and can utilize the food you throw at it. If you prefer smaller meals several times a day that's fine, but for someone with a busy lifestyle, my suggestion is to intake 2-4 meals a day, max. Between solid meals, to keep your body in recovery mode, stick with liquid nutrition. Liquid nutrition coming from things like whey protein and essential amino acid drinks. This will help save your body from all

the stress it goes through when digesting solid fuel, and makes it easier to soak up nutrients.

Tracking:

I, personally, track my nutrition everyday. It might seem like a pain in the ass, but it's not as bad as you'd think. Do something consistently and it becomes second nature. I gave you the simple advice above, but you should really get used to becoming food conscious, know what your fueling body with everyday.



Essential Tools to Help You Track:

Pick a Calorie Counter (Myfitnesspal or Fit Daily are both popular apps, and work really well).

Grab a digital scale. Measure each food so you can consistently track what calories you're in taking.

Regardless of your goals, you need to make sure your body is fueled with right type of macronutrients. You need to hit all the essentials: Proteins, Carbs, and Fats, to know your body is primed for success.

I make sure to provide **The Pro** Level Inner Circle Members with a more customized approach to nutrition by: breaking down overall caloric intake, macronutrients, and a providing a simplified regimen that helps them reach their end state goal faster.

For Full Inner Circle Details Click Here; [LOSTFIT INNER CIRCLE](#)

If it were the last day on earth, and I had to give you just one last piece of advice, it would be to simply abandon your EGO. Not only does this apply in the gym, but in life as well. Your ego will only try to impress those who surround you and will do nothing but hinder your results.

There are 3 simple guidelines that I apply when training:

1. Focus on Form
2. Overall Rep Scheme & Tempo
3. Weight

From the guidelines above, you can see that weight is absolutely last on the list. Progressive overload does play a role in building muscle, but it comes in a non-linear fashion. Meaning, you must plan different phases of periodization before you just start pounding on the heavy iron.

Form: When it comes to form, you want to make sure you master every movement, whether you're doing a simple barbell curl, or a deep back squat. Your goals within each set are to maximize tension and complete a full range of motion.

Maximizing Tension: When you perform each exercise you must have an external force applied towards each direction, to make sure your contracting the muscle efficiently. Next time you perform a pull-up, I want you to create a force by pulling your hands outward on the bar. Your hands won't move, but before you even begin the exercise, you should feel your muscles begin to contract. When this rule is applied to other exercises, it will make tiny weight feel much heavier.

Full Range of Motion: The most common mistake I see in the common gym rat, is the failure to perform a full range of motion within each exercise. If you're only going half way, in any exercise, you could be neglecting the most important part of the range. Stretching the fascia to its full length will give your muscle the ability to awake different fibers, and make sure the each muscle grows to it's best potential. To fully work a muscle, you must first start at a lengthened position and than shorten the muscle completely.

Tempo: When lifting weights, stop going so damn fast. Slow it down a bit. Your muscle goes through the following three phases of contraction: **Eccentric Phase, Concentric Phase, and Isometric Phase.**

Eccentric Phase: This is probably the most important phase out of the three. The eccentric phase is when the muscle begins to elongate, and where most of the trauma occurs within the breakdown of the muscle. This is also known as the negative. You are strongest in this phase, and you must let your body experience the stress, so it can adapt and become even stronger. Try holding a 4 second count in a negative on any exercise, and I promise you will feel a difference.

Concentric Phase: This is when the muscle comes to its shortened position. You first lengthened, in the negative, now it's time to shorten, in the positive. This motion can be explosive, one to two seconds, max, is all you need.

Isometric Phase: This is when you will hold the weight in a static position, and hold it for a certain period of time. This can happen at either the top or the bottom of each phase.

Of course, weight is the absolute last thing you should worry about. I want you to progressively overload throughout each week, but remember, if you can't fully contract or isolate the muscle properly, you're lifting too heavy!



TIP #4-GET UNCOMFORTABLE

I see countless people just going through the motions within the gym, and barely leaving with an ounce of sweat on them.

They do a set here, a set there, and then take a five-minute break to be social.



If you truly want see change within yourself, than you need to step outside your comfort zone.

You need to give your body a reason to change, and just saying you went to the gym that day, won't cut it.

Take your body to a place it's never been before. Once you start feeling the burn, or slight pain, you've just welcomed limitless possibilities to occur within your body.

I'm not saying you have to kill yourself on every set, but if you don't leave the gym with that "holy shit" feeling every time you train, you're not going at it hard enough.

You need to block out any external factors that might stop you from truly challenging yourself. Blast the music, avoid others around you, and put massive focus on the task that lies ahead.



Before beginning any goal in life, you first must visualize the outcome. Whether your looking to pack on ten pounds of muscle, or just get shredded for the beach, you need to have an idea of the goal you want to achieve.

The mind is a very powerful thing. It might sound cliché, or ridiculous, but anything you want to achieve, you truly can. You must first start with a vision, and than work consistently to turn that vision into a reality.

It's not the guy with the most knowledge that succeeds, it's the one that takes that knowledge, applies it, and puts in the sweat equity everyday that will come out on top.



THANK YOU!

THIS BLUEPRINT WAS DESIGNED TO START YOU ON THE RIGHT PATH OF ACHIEVING YOUR DESIRED BODY. I TRULY HOPE YOU ENJOYED IT. TAKE WHAT YOU HAVE LEARNED HERE AND APPLY IT WITHIN YOUR TRAINING AND DAILY LIFE. START REAPING THE BENEFITS OF THE REVOLUTIONIZED MAN.

STAY TUNED FOR PLENTY MORE TO COME.

IF YOU ENJOYED THIS BLUEPRINT, REACH OUT TO ME THROUGH EMAIL OR ANY SOCIAL MEDIA OUTLET AND LET ME KNOW.

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