

NaturalMuscleMass.net

Presents...



**** Consult your physician before starting any new fitness or nutritional program ****

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WHO IS MARIO FANZOLATO?

I'm an expert in natural muscle-building, founder of NaturalMuscleMass.net, and author of NATURAL MUSCLE MASS (THE COMPLETE GUIDE).

At age 19, weighing 120 pounds and standing at over 5 feet 10 inches tall, I saw myself as being incredibly skinny and felt physically weak. I made it my mission to gain as much lean muscle mass as I could, and so I joined a gym for the first time. A friend introduced me to weight training and today, ten years later, I'm a lean 200 pounds.

On average you could say I've gained about 8 pounds per year... however, I haven't been that consistent. I could recall four periods of less than two months when I gained about 25 pounds each time. I've never taken any physique-enhancing drugs (like steroids or growth hormones) and never will. I've been training myself for ten years but only recently began to look back at what I did during those four periods that drastically changed my appearance for the better.

Amazingly, the formula was almost identical each time. My discovery taught me how to gain tons of mass consistently as well as quickly, easily, and safely. I'd like to pass on this knowledge to others who, like me, train natural because it is the healthiest choice and train to get big naturally because it is a challenge. (The before/after picture below is of myself)



INTRODUCTION

These muscle building tips were written for hard-gainers by a former hard-gainer. My experience is the driving force behind these tips that will help skyrocket your gains in lean muscle mass. I'm confident that you can experience gains similar to mine and in a much shorter time frame, if you follow my advice. The tips that follow offer information ranging from the basics of weight training to the correct mindset for achieving a goal. Here are the free muscle-building tips I promised you... separated in six parts.

HOW TO GAIN MASS

How to gain muscle mass quickly... but naturally? This article explains the basics a beginner needs to know to get huge the natural way. If you're experienced in the gym but haven't been showing much improvement lately, you could definitely benefit from this article.

It's really easy to gain lean muscle mass, and it's even easier to gain weight in general. If you are a 'hard-gainer', you might think it's impossible to add 10 pounds to your frame... let alone be huge. Well, that's all going to change soon. It's important above all to know what you want. Figure out what your goal is. If you want to just be massive in general... start imagining what you will look like in 6 months. Then, all you have to do is start working towards your goal.

One of the first steps you need to take is to join a gym (or build a home gym - NOTE: You can get a complete home gym for roughly \$2000 from my Amazon Store: <http://astore.amazon.com/nmmnetwork-20>). If you are going to be joining a gym, then there are usually floor instructors willing to help anyone motivated to learn how to gain muscle mass. You won't even have to spend any money on personal training this way... not that I think it's a bad idea. I just understand that budget is tight for most people. Still, with all the information that's available to you via the internet, nothing really compares to one-on-one guidance. So like I said, find someone who's going to show you the ropes at least when it comes to weight training. You might need the personal motivation and guidance those first few months to get past the learning barrier.

In terms of nutrition, it's very simple. Take in plenty of protein (like egg whites, meat, fish, nuts, protein powder, etc). You

have to take in a lot of carbohydrates throughout the day as well. Some examples of carbohydrates are bread, pasta, pizza, potatoes, rice, oatmeal, vegetables, fruits, etc. The meal before a workout ideally has some protein in it, but is especially carbohydrate-concentrated. A plate of whole wheat pasta with meat sauce 1½ to 1 hour before your workout is a good example. After your workout you especially need a protein-concentrated meal, something along the lines of chicken breast with vegetables and rice (or a potato).

Rest is a key factor in building size and strength. Maybe the guys that are un-natural don't have to rest very much to put on size, but the organic way demands that you do. Make sure you get in 8-10 hours per day of 'good' sleep. Rest is like food. It helps you to recuperate and to grow. If all you're doing is training, then you're basically destroying your body. Eat a lot of the right foods, and rest adequate amounts.

Every achievement demands some effort. If you've been training for a while, and are frustrated because you are not where you want to be in terms of muscular development... it's because one or more elements are not present or being fulfilled. The 'natural muscle mass' puzzle is very simple, but if one piece is missing, for example if you don't sleep 'well' at night... then you'll never accomplish your goal. Trying to be perfect all the time is, of course, easier said than done. I understand this and have provided a solution to end whatever it is that's slowing down your progress. Always look to improve your lifestyle so as to reach your goal. It will take some work, but if you do this... in time all obstacles will be overcome. One good habit leads to another, and another, until finally there is nothing stopping you from achieving your goal.

SUPER-CHARGE YOUR MUSCLE MASS WORKOUT

Here are some tips on supercharging your muscle mass workouts. From now on you'll be leaving the gym with a huge pump.

Give yourself some time before a workout to digest, in order to maximize your efforts in the gym. Training on a full stomach will limit you from performing certain exercises... mainly when working the abs or doing cardio. Another reason why you might want to wait for at least one hour after your meal is that more of your natural growth hormones are released when training on a semi-empty stomach. You'll notice that you get bigger pumps this way.

Drink water throughout your workout. There is no rule in my book as to how much water you should drink and how often during weight training workouts. I tell people to drink whenever they're thirsty. But if you'd prefer following a specific guideline, I would suggest drinking a few sips of water after every 3rd set or so.

If you're going to be using crazy heavy weights (and this is by the way something I DON'T suggest) give yourself a good 3 minutes rest in between sets. You don't want to wait much longer than that because you'll lose momentum. Three minutes gives you enough time to recuperate your strength without losing that natural flow of training heavy. Also, if you wait too long your pumps will not be as big by the end of the workout. Conversely, if you lift heavy but wait only 30 seconds, for example, you're risking burning out the muscles being worked which at best will limit their growth. I say "at best" because you can actually get smaller by not allowing

your muscles adequate recuperation time. You shouldn't feel tired when working out. If you often do, that's probably a sign that you're not waiting long enough in between sets. You may even want to try decreasing the weight a little. I can't stress enough how important it is to feel strong throughout your entire weight training workout. If you feel weak, then that means you're not in control... and if you're not in control, you're not training to your maximum potential as well as increasing your chances of getting hurt.

If you'll be using light-to-moderately-heavy weights, then you want to wait about 30-90 seconds in between sets. There are many factors to take into account when it comes to training, and you're looking to have perfect harmony between all of them. Of course, you can choose to change one factor, but then most likely every other factor will have to change as well. The simplest solution is to always listen to your body. Only you know when the best time to start your next set will be. The second you feel re-energized and anxious to start the next set, you're ready.

Have a training partner there to spot you. I suggest this mostly for beginners. Get someone with at least a few years experience to spot you for your heaviest sets and especially for free-weight press exercises. Two examples are flat barbell bench press (for chest) and overhead dumbbell press (for shoulders). This will allow you to push yourself to the max... which is something I live by when it comes to weight training. Personally, I hardly ever use a spot anymore because I don't go heavy relative to other guys my size. Still, I always push my muscles to the point of near exhaustion. This could be dangerous when using excessively heavy weights, but like I said... I go light. It's my little trick. I get a better pump than most trainees this way. You can get a

great pump by lifting moderately heavy weights, as long as someone is there to help you through the sticking points.

ADDING MASS WITH EGG WHITES

Adding muscle mass is easy when you eat the right foods. Egg whites are definitely high on a bodybuilder's protein priority list. They are one of the best, if not the best, source of protein for anyone looking to build muscle. As important as it is to take in a large amount of protein throughout the day, it's maybe just as important to take in quality protein at the right times.

As much as whole eggs are packed with protein and nutrients not found in other foods, eating too many yolks (meaning the yellow part in the middle of the egg) could potentially be bad for you... both health-wise as well as for developing a great physique. Unwanted cholesterol and fat could easily be avoided by eating only the white part of the egg. I still suggest you eat one yolk per day because there are certain nutrients found inside that are not present in the white part. Egg whites on the other hand could be consumed in large amounts.

I often suggest to anyone who wants to build muscle to, at the least, eat 4-6 egg whites in the morning for breakfast. I won't push someone to eat them more often than that for two reasons: (1) It takes time to separate the egg whites from the yolk, and (2) Eggs are quite expensive. A competitive natural bodybuilder looking to get to the top of the sport may need to take in close to two dozen egg whites per day. With all the time spent preparing meals, training, and resting it's difficult to earn enough money to pay for that kind of nutrition. Still, they find a way to do it because it pays off in the end.

When to eat (or drink) the egg whites is also very important. For breakfast in the morning, directly after training, and right before bed are the best times. I understand that some of you

may not want to use any supplements whatsoever to help with adding muscle mass, not even protein powder. For these people, egg whites are the healthiest and most effective alternative. Also, egg whites are probably the best source of natural, slow-release protein... perfect for sustaining your lean muscle mass throughout the night.

BEST PROTEIN SUPPLEMENT FOR MASS

In this article I explain how to choose a quality product to get more of what you want, MUSCLE! There are basically 3 types of whey protein powders that immediately come to mind when it comes to gaining muscle mass:

1. 100% WHEY PROTEIN ISOLATE
2. 100% WHEY PROTEIN CONCENTRATE
3. WEIGHT GAINER (which usually includes a blend of isolate & concentrate protein powders)

THERE ARE A FEW WAYS TO JUDGE THE OVERALL QUALITY OF A PRODUCT...

How a particular protein supplement tastes seems to be the first thing people think about when choosing which brand to go with. Personally, I think that the taste is not very important and should be last on the priority list when selecting a product. Of course, in a situation where you repeatedly are unable to drink a protein shake because of its awful taste, then you should dismiss that brand and try others.

How easily it mixes with water is a clear sign of the quality of the protein powder. Just keep in mind that it's perfectly normal for 100% whey protein isolate & concentrate to dilute into water better than weight gainer. In sum, if the protein powder you recently bought is of poor quality, one of the ways you'll know this is if it forms into clumps when mixed with water. By the way, mixing your protein powders with water isn't your only option. I only used water for the sake of this example. You can mix your protein supplement with milk or pineapple juice (or any other kind of fruit juice) if you prefer.

How well it can be digested is very important. If your protein shakes don't sit well in your stomach this is a clear sign that the particular brand is not for you. I sometimes suggest weight gainer to extreme hard-gainers. However, if their stomach keeps turning upside down after a weight gainer shake, I recommend using 100% whey protein isolate or concentrate because I know that these types of protein supplements rarely makes a person feel bloated or physically uncomfortable in any way. The carbohydrates that are normally found in weight gainer and that are essential for hard-gainers to gain significant muscle mass, are not found in 100% whey protein isolate or concentrate. Therefore, any hard-gainers switching to one of these types of whey protein powders will have to eat a bit more high-carbohydrate foods than they were previously.

Your best protein supplement will be the one that ultimately brings you results. Results are what everyone wants. Results are what people hope to get when purchasing anything for themselves. Some companies offer protein powders that contain very little protein per scoop compared to their competitors, or use a low-quality protein to make up their supplement. They cover up their stinginess for the key (and most expensive) ingredient by marketing their product as the one that tastes great. Remember what I said earlier in this article? Taste isn't very important. Results are what you want. Take my word for it. Go with the brand that brings you results, while lightly taking into account the other points I've made in this article.

WHAT'S THE BEST PROTEIN SUPPLEMENT FOR A HARD-GAINER?

Hard-gainers should use weight gainer if their goal is to gain weight... meaning they want to put on a lot of muscle and

don't mind gaining some fat as well. They could move on to protein concentrate or isolate if they cannot comfortably digest the weight gainer, but must then adjust their food intake... as I mentioned earlier in this article. Likewise, if they've reached the point where they're looking to lean down while wanting to maintain their muscle size (or still put on a little more muscle), they can again benefit from whey protein concentrate or isolate.

If after reading this article you're still not sure as to which type or brand of protein supplement is for you, I recommend IsaPro by Isagenix. IsaPro is whey protein power of the highest grade... pure, quality protein with no added flavoring. Visit <http://NaturalBodybuilding.Isagenix.com> for more information.

IMPORTANT NOTE

Protein powders are only meant to supplement your daily nutritional regimen. Don't rely solely (or even mostly) on protein supplements for your regular daily protein intake.

THE TRUTH ABOUT BODYBUILDING SUPPLEMENTS

In this article I explain the truth about muscle mass supplements, the way I see it. Which ones really work and why I don't use most of them. There seem to be new types of bodybuilding supplements being put out on the market every day now. I remember when I started training back in 1999 the only ones we ever heard of were protein powders, creatine and glutamine.

Today you've got pre-workouts, post-workouts, testosterone boosters, nitro this, nitro that, pump this, and pump that. Honestly speaking, I don't know what half of these are and I don't care to ever learn about them either... because I know that they will actually limit my muscular development. You may be asking yourself how something that's supposed to help you build muscle (and may have been scientifically proven to do so) could actually slow down your progression. The answer in my mind is simple. Anything that is 'performance-enhancing', whether it's natural or not, affects you negatively by weakening your ability to listen to your body.

If you get results, are you going to attribute your success to the 'product' you took or the hard work and dedication you put into the training. I truly believe that most of the muscle mass supplements that are out there have very little positive physical effects on a person's body, in the short-term and especially in the long-term. I know guys who have been using all kinds of supplements for years and have had little or no results in the gym. Instead of focusing on how the changes they make in their weight training, nutrition, and lifestyle affects their body... they attribute the good 'pump'

they got to all the supplements their on. If you want to reach your muscle mass potential you've got to learn to listen to your body... period. You'll have a hard time doing this if your mind is clouded with the 'false promises' that these muscle mass supplements offer.

If you prefer to use science as the basis for why you think all of the bodybuilding supplements will actually work for you, let me just say this... I'll bet that any of the natural bodybuilding supplements you take in will not work as well as the first time you used them. In fact, you've probably already tried many of them and noticed that they were less efficient at increasing 'whatever' with each consecutive cycle. The natural creatine levels that are already inside of us, for example, begin to decrease once you start taking creatine supplements. The body will produce less because you're taking excessively high dosages in from an outside source. Unfortunately for those that use creatine regularly, this means that their body will continue to be less able to build muscle.

Will I ever endorse creatine or other performance-enhancing supplements if a supplement company offers me a financially lucrative contract? I'll take the contract, but only if I can openly endorse the nutritional supplements I'm currently okay with using... like protein powders, for example. I'll continue to do my best to stay true to what I know and believe. One thing is for sure, I'll never use steroids (not even the legal ones) or growth hormones.

Why am I okay with protein powders? I don't consider them to be "performance-enhancing". They are what they're said to be... a supplement to your muscle mass diet. A meal replacement in my mind could never really replace a healthy, protein-packed meal, but it's a good alternative to eating in a

'fast-food restaurant' or skipping a meal altogether. Similarly, protein shakes are great before bed, especially if mixed only with water, because they're lean and provide the body with enough protein to sustain your muscles during the night.

In sum, don't waste your money on useless 'performance-enhancing' bodybuilding supplements. Save it for buying quality foods like chicken breast, lean ground beef, tuna, ground horse meat, whole eggs, egg whites, almonds, plain yogurt, cottage cheese, broccoli, spinach, carrots, bananas, apples, oatmeal, brown rice, potatoes, etc. Invest in a home gym if that's what will help you get huge, but don't get sucked into the whole supplement craze that's going on. Good marketing doesn't mean a product is good. Don't just go with what's popular or what most people are using. Most people can't make consistent improvements for the life of them. Learn to ask yourself questions. Listen to your body because the answers are there. Reaching your potential takes trial and error, an understanding of what 'works' for you, patience, perseverance, and belief in yourself & your ability to achieve your ultimate fitness-related goal.

MUSCLE-BUILDING

VISUALIZATION TECHNIQUES

Your muscle-building goals will become a reality only if you can first imagine yourself in shape. In this article, I'll explain to you the visualization techniques I used to gain over 80 lean pounds. Although different types of meditation techniques have been commonly used by many professional bodybuilders for decades (and probably offer some of the best methods for attracting your desired physique), I'll discuss a few other methods of visualization to help you reach your muscle-building objectives.

While working out, show your body as much as possible. I'm not implying you strip down to your underwear and start flexing in front of everyone when I say this. Wearing a cut-off t-shirt and shorts at the gym while training will do. If you're a little on the skinny side, I understand how you might think that this will discourage you. Well, it won't, and I'll tell you why. When you see yourself in a full length mirror and especially in a place where there are other people training, you become grounded. This means that you begin to accept the reality of your current situation... And if you accept the reality of what you currently look like, then you will take the necessary actions to build up your muscles.

Many people live in a type of fantasy world. This doesn't mean that they have big dreams that will never come true. It just means that they believe that their dream goal will somehow manifest itself magically. It's true that meditating and visualizing what you want to look like for a few minutes each day will spark some excitement in you to achieve your desired physique... but it's not enough. You still have to eat, sleep, and train consistently for weeks, months, or maybe

years before you will get to your goal. There will be plenty of trial & error during that time and that's great because you're doing what you love and you know where you're ultimately headed.

I remember starting out at the gym at 19 years of age, just before my 20th birthday. I weighed about 120 pounds and stood at close to 5 feet 11 inches tall. I went to the gym wearing shorts and a tank-top six days per week. In my first week of training, I noticed that there were a couple of guys that would laugh at me whenever I was watching myself in the mirror as I trained my biceps. I can't remember what they said because that wasn't what I was focused on. I just looked in the mirror making sure that my form was perfect. I also liked seeing myself getting pumped throughout the workout. I felt like I was getting a glimpse of my potential. I imagined what I would look like 2, 3, 6, 12 months into the future. I knew that by then those same guys would be asking me for muscle-building tips, or if they were haters, would say that I was on steroids. Wearing those tank-tops was one of the contributing factors to my gaining 40 lean pounds of muscle in my first 6 months of training.

Another visualization technique you could use to speed up the muscle-building process is to surround yourself with images of what you would like to look like. Post pictures on your refrigerator door, make a screen-saver out of your favorite bodybuilder, and keep images of what you want to look like in your briefcase or schoolbag. The basic idea behind this is to bombard your subconscious mind with images of what you want to look like. And when you send an image to your subconscious mind... it returns ways of turning it into a physical reality. You'll know your body better and therefore know how much & when to rest, what & when to eat, and what type of weekly workout plan & training

program works best for you. If you want to be huge, I'm talking massive... don't limit yourself to using pictures of natural bodybuilders as your inspiration. Go with the Mr.Olympias because this is what you're striving for.

Meditation, whether at home alone, in your car while driving to work, or during weight training workouts at the gym, is crucial. When you intentionally think about what you want (and imagine already having it) on a regular basis... you develop a sense of certainty that you will achieve your goal. You have to then trust that instinct and begin doing the things you need to do to get there. If you believe in yourself but are confused as to how exactly you'll reach your desired destination... Just keep meditating for at least a few minutes each day and continually take what, in your mind, seem to be the most appropriate actions to reach your goal. I promise that if you persevere long enough, the right path will eventually be presented to you.

CONCLUSION

I hope these free *Muscle-Building Tips (for the Hard-Gainer)* give you a better understanding of what it takes to build lean muscle mass naturally. To speed up your results, and to help you gain all the muscle you want, consider reading my e-book NATURAL MUSCLE MASS (THE COMPLETE GUIDE). It's in Adobe PDF format, perfectly viewed on a Mac or PC. **If you're not already a member of www.NaturalMuscleMass.net, join now for free and we'll give you a copy of it at no cost. Once signed up, you'll notice a new tab at the top of the site entitled "FREE TOOLS". That's where you'll find the e-book.**

You'll learn all the natural muscle-building techniques I've developed, that are based on my experience with gaining over 80 lean pounds, and that I continue to live by. The e-book contains only easy-to-apply practical information. It's a quick read, with each guide concentrated on a different aspect of natural muscle-building. I designed the e-book with the intention to help you save time & money... but more importantly to help you reach your muscle mass potential.

You'll be able to use what you've learnt and start gaining mass within days. Although the techniques work incredibly fast, they will continue to provide long-lasting results. I honestly believe that NATURAL MUSCLE MASS (THE COMPLETE GUIDE) is the only resource you will ever need on how to gain muscle mass naturally as well as quickly, easily, and safely.

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