BULKING UP COMMONLY ASKED QUESTIONS & ANSWERS

Do I need <u>extra</u> protein to gain muscle mass, strength, and power?



No! Extra protein <u>does not</u> build muscle bulk; heavy weight training does.

- To fuel this type of training, your body needs adequate calories and plenty of carbohydrates.
- Only carbohydrates can be stored in your muscles and used for energy during high intensity, anaerobic exercise.

While extra protein is not helpful, adequate protein is essential.

- To build muscle, you need 0.8 g of protein per pound of body weight (compared to 0.4 g per pound for sedentary individuals).
- This amount of protein can easily be consumed with a normal mixed diet (15-20% of your total calories from protein).

Excessive protein (>1 g/lb.) cannot be used or stored in your body, and it can be detrimental to your health!

If I eat high fat foods, will I gain fat instead of muscle?

No! Eating fat does not make you fat.

- Fat can be burned for energy just like carbohydrates and protein.
- You only store body fat when you eat more calories than you need (it doesn't matter if the calories come from fat, carbs, or protein).
- Since you're burning a lot of calories with your training program, you can be sure that those extra fat calories are fueling your performance, not adding to your waist line.

About 20-35% of your calories can come from fat.

Does heavy weight training increase my vitamin needs?

No! Exercise burns calories, not vitamins.

- Vitamin supplements will only boost your performance if you have a vitamin deficiency to begin with.
- > Since you eat more than the average person, you automatically take in extra vitamins with the larger amount of food you eat.

Are andro and other prohormone supplements safe alternatives to anabolic steroids?

Absolutely not!

- We still don't know whether or not androstendione increases levels of testosterone in the body.
- It may increase levels of other hormones instead, causing undesirable side effects (such as breast and prostate enlargement, fat deposition, acne, and hair loss).
- If it <u>does</u> increase testosterone levels, then you can expect to see the same negative effects as taking anabolic steroids.

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\$hould I be taking creatine supplements?

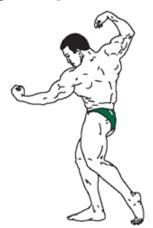
Maybe. If you have low muscle creatine stores, your performance may improve with a supplement.

- Creatine is a naturally occurring compound produced by your body and found in beef, poultry, and fish.
- If you don't consume these foods, your muscle creatine stores may be low.
- Maximal muscle creatine stores allow you to complete repeated sets of hard weight training at a higher intensity. More intense training sessions lead to more muscle gains.

Caution! Short term studies show that creatine is safe, but we don't know the long term health effects.

If you decide to try it, don't take more than the recommended dose, increase fluid intake, and monitor your individual side effects.

How much weight can I expect to gain over time?



In theory, you will gain 1 pound per week by eating 3500 extra calories per week (or 500 extra calories per day).

In practice, weight gain is not that simple.

- At the start of your weight training program, you'll have greater gains (up to 3 lb. of muscle per month).
- > After 3 months, the gains will be smaller.
- If you keep up with a high intensity weight training program and a high calorie diet, you may produce gains of 20 pounds in a year.

Keep in mind, once you reach your genetic size potential, you cannot get any bigger.

There is an upper limit to how much pure muscle your body can acquire (naturally) without further gains in fat mass too.

So what's the bottom line?

- The key to building muscle is heavy resistance training (high weight, low reps).
- Make sure you consume adequate calories and carbohydrate to fuel your training program.
- Be sure to consume adequate (but not excessive) protein from a variety of <u>healthy</u> sources (lean meats, skinless poultry, fish, egg whites, fat free milk, yogurt, and cottage cheese, beans, nuts, and tofu).
- If you're on the go and don't have time to eat protein-rich foods, a high protein beverage or bar can come in quite handy. Just be sure that it is low in saturated fat and hydrogenated oils (should be trans-fat free).
- If you feel strongly about adding a protein supplement to your diet, save your money and buy nonfat dried milk powder at the grocery store. Add the powder to beverages, soups, sauces, and hot cereals for a good boost of calories and high quality protein.