

## MAX MUSCLE GAINS

Exciting areas to look into when training clients

1. Effect of age, gender, body type – genetics on muscle growth - Maximum muscle tissue levels.
2. When people are losing body fat do we need to accept that will lose muscle mass as well?
3. Effect of hormones and the extent we can use and change this effect to maximise growth.
4. Growth in those who are new to training versus someone who does a lot of training.
5. Muscle memory – fact or fallacy.
6. Awesome warm ups increase performance – knowing what this looks like – the physical and the mental.
- 7. Training to fatigue – the real gig and cost benefit of hitting the line.**
- 8. Exercise order – the issues when secondary muscles have been pre-fatigued.**
- 9. Muscles to train for maximum muscle gain for people who want weight loss.**
- 10. How often do we want to train them? – benefits of raising metabolism regularly without injuring muscles.**
11. Muscles to train for high performers/well trained athletes.
12. Recovery – immediate nurturing – first 48hrs – following 7 days.
13. Injuries – can we train around them?
14. Periodization principles – the benefit of using these principles for all clients.
15. Nutrition - for short term growth versus long term - the basics - ergogenic aids.
16. Performance coaching the mind – before, during and after tactics.

### Some recent *examples* of results obtained over 20 weeks.

- **Male A** – start at 99 = loses 9 kg body fat– same muscle mass. Regular weight training at beginner level – regular cardio
- **Male B** – start at 98.5 = loses 7.4 kg body fat and loses 2.4 muscle - 1 a month session with PT in gym.
- **Male D** – start at 72.3 (13.5% bodyfat) gains 400g body fat and gains 3.5 kg muscle – weekly advanced weight training.  
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- **Female A** - 98.2 loses 5.1 kg over 3.1 kg of that loss was muscle mass.
- **Female B** - 110.8 loses 13.4 kg of which only 500g is muscle – weekly weight training beginner
- **Female C** - 57.5 loses 4.4 kg - 3.8 kg of which is body fat and only 600 grams fat free mass lost. 3 x week strength, weekly PT session, Zone training etc.

## YOUR NOTES