

2 Simple Rules

To
DOUBLE
Your
Muscle-
Building
Results

By Nick Nilsson



So...DOUBLE Your Muscle-Building Results? Is That Even Possible?

Absolutely...and I'm going to tell you HOW.

You see, in my 24+ years in the gym and working as a trainer and coach, I've read a LOT of books and studies on muscle growth, fat-loss and exercise and yes, even muscle magazines.

I've also spent literally THOUSANDS of hours creating and innovating new exercises and training techniques with some pretty incredible results (that's where my nickname as the "Mad Scientist of Muscle" came about!).

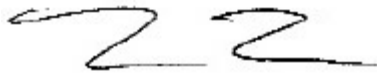
I KNOW what it takes to build muscle, even on the scrawniest of frames. And I know what it takes to truly DOUBLE the rate of muscle growth (which is what I'm going to share with you here).

The two pictures below are of me...the purpose of which is to show you that [I practice what I preach](#). I love to train for MASS and I love training with heavy weight.



Bottom line, if you put these two rules (that I'm going to share with you right now) together, you will get EXPLOSIVE results. This stuff flat-out WORKS.

Your body is naturally programmed to respond to training like this and it simply has no choice but to get bigger and stronger.



Nick Nilsson
The Mad Scientist of Muscle

Please note: The information found in this program does not constitute medical advice and should not be taken as such. Consult your physician before taking part in any exercise program. The dietary modifications found in this program are extreme and assume a healthy body. If you have medical considerations that require special nutritional practices, please review this program with your nutritionist and physician before starting.

Double Your Muscle Growth Rule #1

To Build Muscle You Must PURPOSEFULLY Overtrain Yourself

Overtraining is NOT evil. Overtraining can be exactly what you need to achieve continuous and rapid results in your training.

What is overtraining?

Overtraining is, most simply, training too much. Your body is unable to recover from the volume or frequency of training and begins to break down. You not only lose motivation to train, you become more susceptible to injury and illness, and you may even start to go backwards in your training, getting smaller and weaker on almost a daily basis.

So how can overtraining possibly be good for you?

I'll tell you.

It all begins with the incredible adaptive power of your body. As you become more advanced in weight training, you will generally notice that you cannot make consistent gains for a long period of time on one training system. Your body quickly adapts to whatever training system you're using and hits a plateau. To get around this, it's usually recommended that you change your program every three to six weeks.



The question now is how to use this adaptive ability to your advantage.

It's really quite simple. You gradually build up to a state of temporary overtraining, then, when you're overtrained and your adaptive processes are working to their fullest capacity for recovery, you back off. This backing off results in what is called overcompensation.

Overcompensation is where the REAL results are.

On a normal program, you work a bodypart, it becomes temporarily weaker, then becomes stronger as it overcompensates so you can lift more next time. What a normal program does on a small, local basis, this targeted overtraining does on a full body, systemic basis.

Sound good? We're not done. Now we're going to harness the power of overtraining by using what I call "Controlled Overtraining." This idea goes by many other names but the core concept remains the same...

Accumulation and Intensification

The core program structuring principle you'll be putting to work is known by many names..."Accumulation and Intensification" and "Dual Factor Theory" are two of the most common.

As far as this base concept goes, I definitely won't pretend that I created it...it's been around for a LONG time in various forms and has been used and talked about by many top coaches and trainers such as Charles Poliquin, Charlie Francis, and many Eastern Bloc coaches.

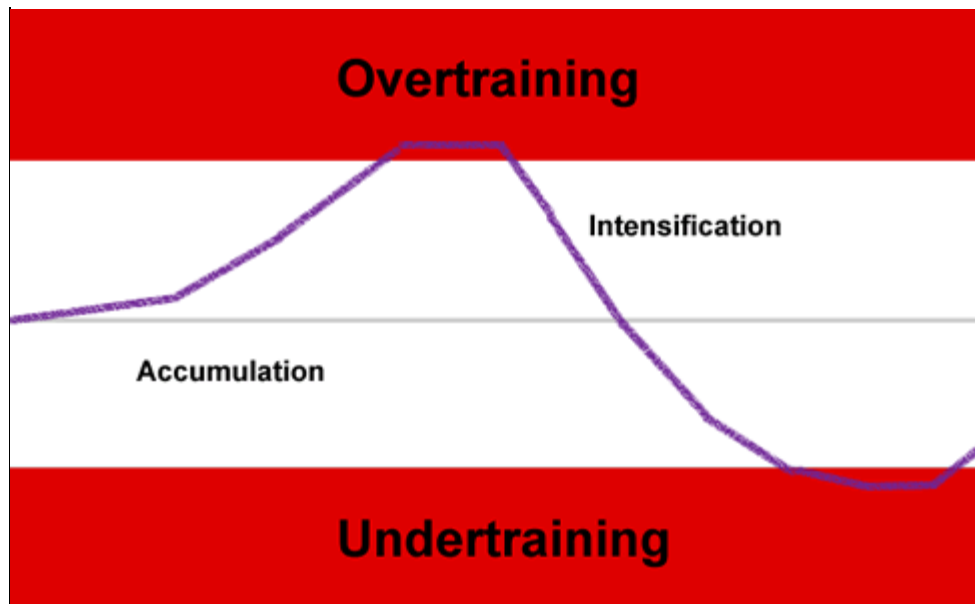
There is a tremendous amount of research on the subject and I could give you a HUGELY detailed physiological explanation of how it all works but I have a feeling you'd rather just know how it's going to build muscle on you :)

So here goes...

Basically, for a period of a few weeks, you will increase workload by increasing training volume (number of sets for each bodypart) and decreasing rest periods between sets until you get to the point at or near overtraining. This is "accumulation" as you're accumulating workload and fatigue on the body and demanding more of it than that is currently able to recovery fully from.

When you REACH that point, you then back off and dramatically reduce the training volume, doing fewer sets, while also increasing rest periods between sets and increasing the amount of weight you're lifting (i.e. intensity). This is the "intensification" part of things and it's where the REAL growth happens.

Here's what it looks like graphical form...the white area in the in middle is the "optimal" zone for muscle growth. As you can see, you're spending a LOT of time there with this program!



When you begin the program, you gradually accumulate workload and training volume, moving more and more towards overtraining. This training "on the edge" is where the REAL results are - you won't get anywhere if you stay too far away from it!

At the end of the "accumulation" phase, you've hit Overtraining. THAT is when we back off and reduce the training volume, increase rest periods and start using heavier weights. This "intensification" will gradually move you towards "undertraining" as your body adapts to the reduced workload.

This is followed by a deloading phase where you pull WAY back on your training and allow your body to more fully recover before you start ramping back up in the next training cycle.

Think of a car going up a hill with the gas pedal down. As you come to the top, you've got the pedal floored but you're not going very fast...you're overtraining the engine, to borrow a term you might be familiar with.

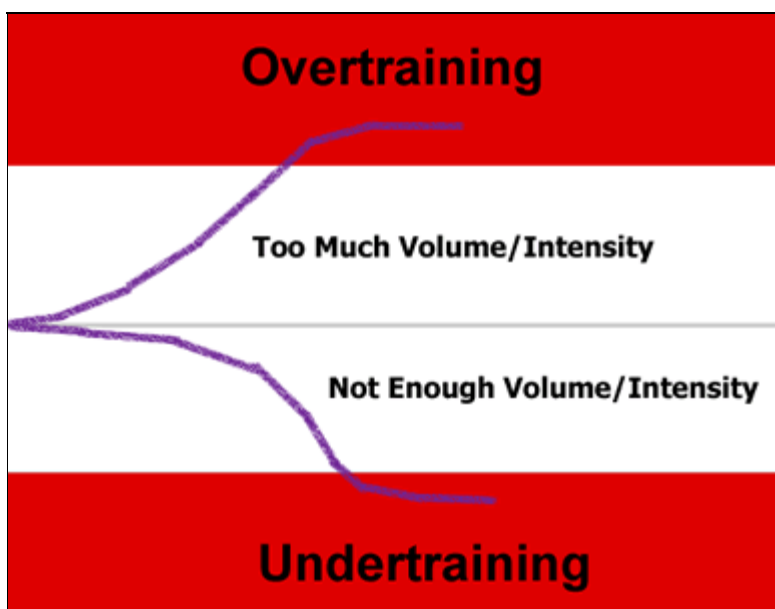
Now you go over the top and start heading down the other side. If you keep that pedal floored, you're going to start going VERY fast! Your body/engine is no longer overtrained by the steep grade but it's still pushing just as hard.

THAT is the power of this type of training. You're going to systematically push your body's gas pedal to the point where you have it floored and aren't really going anywhere, then you're going to pull back and let it ROAR forward. The results you get from this type of overtraining and rebounding can be HUGE and THAT is what each of these four programs will do for you.

Now here's an eye-opener for you...most programs have plateaus built right in...

With "normal" training programs that don't take your body's response to workload into account, you can get into either of two outcomes, neither of which is completely desirable in the long run. They'll work in the short term because they DO spend some time in the optimal training zone, but then something happens...

In the graph below, you'll see two lines. The top graph line is "Too Much Volume/Intensity." The bottom graph line is "Not Enough Volume/Intensity." Both hypothetical training programs spend time in the optimal training zone and both will get you results for awhile...



In the top line, the problem happens when the program DOESN'T PULL BACK. You hit overtraining and your body stops getting results. The usual response? Add even MORE volume and/or intensity. This can result in chronic overtraining and hitting a MAJOR plateau in your training. The only cure is backing off.

In the bottom line, the problem happens when your body adapts and you DON'T INCREASE volume or intensity...i.e. you keep doing what you're doing. This is chronic UNDER-training and it'll put a stop to your results, too.

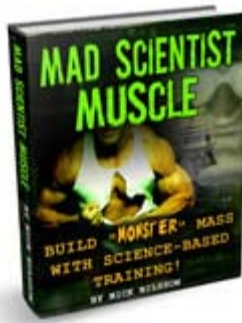
"Accumulation and Intensification" is the Cure...

What I've done is taken this core framework of "planned overtraining and rebound" and created a number of training cycles using THE most effective muscle-and-strength-building techniques and training session structures I've read about or come up with myself in my 24+ "mad scientist" years in the gym.

Each program is packed with very powerful training techniques designed to build MASSIVE muscle all structured on this type of volume/intensity-driven format.

And each program offers a varying degree of difficulty...the three that are included in this book are more appropriate for intermediate to advanced trainers (beginners generally don't need programs this complex) while the other program (available separately), which I call "Frankenstein," is definitely for ADVANCED trainers only. It is a monster!

All of these programs attack muscle growth on a SYSTEMIC level...you're going to be using the adaptive power of your entire body as a system rather than trying to grow bodyparts in isolation.



Double Your Muscle Growth Rule #2

Use Your Training to Change Your Physiology to Better Support Muscle Growth

When it comes right down to it, there are real physiological reasons why some people don't gain muscle quickly and some do. There are some factors you can't do anything about (e.g. genetics, predominant muscle-fiber types, and basic hormonal make-up) but there are MANY factors you can focus on in your training that can actually change your base physiology to make it more favorable for muscle growth.

I like to compare it to building a house...

You're going to be able to build a bigger, better house (i.e. muscle mass) when the walls and beams are thicker and stronger (bones and connective tissue), you have more room to build (fascia), the plumbing is better (your circulatory system) and your electrical system is more efficient (your nervous system).

These are 4 main physiological factors that you can work with in your training to set the stage for faster growth. While there are other factors that can be changed, these are by the far the most important and the most "changeable" through training, so we'll focus on them.



MASS FACTOR #1 - Build a STRONGER Frame

How much additional muscle mass do you think you could hang on your frame if your frame was a whole lot thicker and a whole lot stronger? A LOT.

If you want to build the biggest, strongest house possible, you have to look at the foundation and frame of your house. In the case of your body, the foundation and frame is your bones and connective tissue (tendons, ligaments and fascia).

Bones and connective tissue are what provide the structure and support for everything that happens to your house.

Most training programs, while potentially being effective at adding muscle mass, usually do nothing to specifically address your bones and connective tissue. To make your frame as tough as battleship steel, you **MUST** use specific techniques and exercises that work **DIRECTLY** on strengthening your bones and connective tissue as a major goal.

After all, how well do you think your house will stand up to the toughest conditions if your foundation is gravel and your frame is made of broomsticks? Not so good. You need a frame and foundation that is as thick as concrete and tough as airplane cable.

And yet for something that is SO basic to your overall strength and muscle mass, have you ever asked somebody in the gym what they're working today and have them tell you "I'm strengthening my tendons and ligaments?"



You can add tremendous muscle mass with a stronger frame and foundation.

And that's without even without even mentioning the potential muscle growth you'll get when you immediately start handling more weight in ALL your exercises because your connective tissue is so much stronger!

Plus, just USING that much weight and putting that much tension on the muscles is excellent to spur additional growth.

How Do You Build a Stronger Frame?

The absolute best way to build up your connective tissue and bone density is through lifting BIG weights in a very short range of motion, i.e. partial training.

Partials get a bad rap sometimes as a lot of people consider it cheating or using more weight just for show.

Nothing could be further from the truth!

When used properly, partial training is one of the real secrets for building connective tissue strength and, in turn, busting plateaus in muscle mass and strength. Muscle tissue by itself can develop strength up to a certain point...when the connective strength isn't also addressed, you can hit a plateau because that connective strength gives out before the muscle.

It's the reason steroid users tend to get tendon injuries more than natural trainers...their muscle tissue develops strength much faster than their connective tissue, which leads to ruptures when they overload the connective tissue!

To give you an example of how connective tissue can cause a plateau (and just to clarify, I'm 100% natural - never used ANY steroids in my life), early in my training career, I was stuck at a 300 lb bench press. Nothing I did got me past that number.

I was stuck there for more than a YEAR...until I discovered lockout partial training. Within 3 months of working partials, I had benched 350 lbs.

So yes, it's true that it is fun to slap a LOT of plates on the bar when doing partials, but it's not just for show. Our goal is to work the connective tissue and build it in order to really develop the frame of our "muscle house."

This exercise below is the Lockout Partial Squat...you'll notice I'm just working the top few inches of the range of motion, which allows for MASSIVE amounts of weight - 950 lbs in this case! - to be piled on to really strengthen connective tissue effectively.

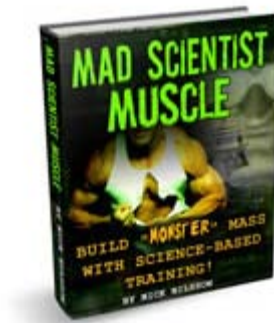


The blue thing I have on my back is called a Manta Ray. For lockout partial squats, this is THE most useful tool I've ever found. It more evenly distributes the pressure of the bar over more surface area, making it relatively comfortable, even with almost half a ton on my back. HIGHLY recommended piece of equipment!

Here's a shot of lockout partial bench press in action. You'll see how I'm only doing the very top few inches of the range of motion. This allows for VERY heavy loading of the entire shoulder girdle (I have 7 plates on either side for this one, which is 675 lbs).



In each of the program cycles in "[Mad Scientist Muscle](#)," I've included several training days dedicated to heavy partial training for every bodypart. These training days are going to load your connective tissue and develop the base "frame" strength and thickness you need to BLAST past your strength and muscle-building plateaus.



MASS FACTOR #2 - Bump Out Your Walls

Now it's time to look at what's holding your muscles IN and keeping them from growing to their true potential...and that is fascia.

Fascia is essentially strong sheets of connective tissue that enclose your muscles (it's in a lot of other places, too, but we're going to focus only on the stuff around your muscles). I like to describe it as a pillowcase of connective tissue that surrounds your muscles and keeps them in position while assisting in transferring force.

So how does fascia fit in with our house?

Well, imagine that this fascia is actually the outside walls of your house. The outside walls are stronger than the interior walls because they have to help support the structure of the house.

Unfortunately for muscle growth, fascia pretty much has the tensile strength of steel. That means anything you do WITHIN a workout is most likely not going to have much of an effect on fascia. Stretching the fascia is not going to



give your muscles "room to grow."

There is a practice known as "Fascial Stretching," the premise of which is to fill the muscle with blood (via training) then stretch that muscle HARD in attempt to loosen up the fascia and give the muscles room to grow.

And I'll be honest with you, I USED to think that was possible but I've since changed my mind.

Essentially, I think that fascial stretching has it backwards...I don't think the stretch necessarily gives the muscle more room to grow. I think the muscle grows FIRST, which then puts constant pressure on the fascia to expand.

Fascia is such tough tissue that I don't think a short duration stretch can have that much of an impact on it (maybe a little, but you really have to be comfortable with discomfort in order to endure the stretching necessary to do it).

I believe it's more the continuous long-term stretch placed by a growing muscle inside of it that causes the adaptation and expansion.

Fascia does expand...over time, but it's not like stretching a muscle.

It's more like trying to stretch a tough sheet of canvas. If you pull on the canvas for a few minutes really hard, it won't stretch. But if you string up the canvas tightly then put a big rock in the middle of it, the weight of that rock will slowly cause the canvas to stretch where the rock is.

This makes the case for using training and eating techniques that flood the muscles with nutrients and water over and above what they normally store. The carb loading, calorie cycling, creatine use, along with the very high-volume training we're doing in the program puts a lot of blood in a muscle then keeps it there.

Glycogen supercompensation resulting from that high-volume training and carb loading can cause storage of 120% or more of glycogen beyond normal 100% capacity). This puts continuous long-term expansion pressure on the fascia and THIS, I believe, is the best way to achieve fascial expansion.

Essentially, it's a change in perspective...instead of thinking of fascial stretching as an "acute" technique that you do for short periods, you think of fascial stretching more systemically...using food, training and supplements to stretch the fascia over a period of days and weeks.

THAT, I believe, is the most effective way to stretch the fascia.

Now, going to back to WHY you'd want the fascia to stretch, if you want bigger muscles, fascia DOES need to expand. Fascia is like a tight pair of jeans around your muscles. And the best way to stretch out a tight pair of jeans is not to squat down once or twice and call it a day

but to WEAR them regularly so you achieve the long-term expansion you're looking for.

We will accomplish this in the "[Mad Scientist Muscle](#)" program using high-volume training and carb cycling techniques to force massive amounts of blood into the muscles for long periods.

You'll fill up those muscles, create a powerful stimulus for muscle growth, then FORCE the fascia to expand because of the continuous pressure of the growing muscles inside the fascia.



MASS FACTOR #3 - Improve Your Plumbing

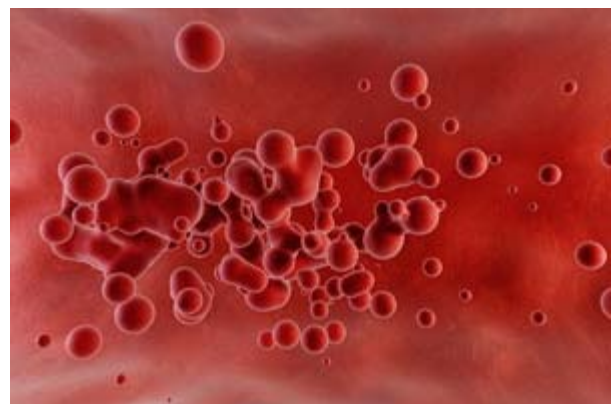
So we've strengthened your foundation and frame and made room to expand your house...we've already added a whole lot of muscle-building potential right there...what's next?

Do you start putting up the walls and installing cabinets? In a standard program, this is like going directly to training for muscle mass. You start putting up the walls without a second thought about the plumbing!

If you've ever lived in a house or have ever been indoors, you know that plumbing is kind of important...

So plumbing...what does that mean for changing your body's physiology?

Well, think of plumbing as your circulatory system....your blood supply...your blood supply that carries oxygen and vital muscle-building nutrients TO your muscle cells and waste products and carbon dioxide AWAY from your muscle cells.



Obviously, everybody has a circulatory system. I'm not going to argue on that one. But here's the difference...how many people have EFFICIENT circulatory systems that MAXIMIZE the amount of nutrients and oxygen that can get to your muscle cells (and quickly!)?

Have any muscle groups that pump up more easily than others? Everybody does. Do those muscles tend to grow faster than the ones that don't? All signs point to yes. What's the

deciding factor here?

Blood supply.

The muscles that have a BETTER blood supply pump up more easily and grow faster because they're able to get MORE NUTRIENTS AND OXYGEN to fuel and repair them.

So your NEXT training goal, if you want to force SLABS of extra muscle mass onto your body, is to improve the blood supply to your muscles, getting them more nutrients and oxygen.

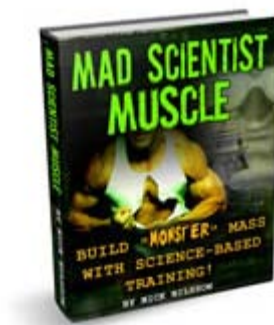
Imagine if, with the right training, you could alter the physiology of your "hard-to-pump" muscles and make them EASY to pump? Greater blood supply equals greater potential MUSCLE GROWTH NOW.

How Do You Improve Your Plumbing?

This is done with high-rep training...and I'm talking 30 to 50 to even 100 rep sets. This style of training forces a lot of blood into the muscles for long periods of time. Your body reacts to this by increasing capillary density, which increases the number of tiny blood vessels where nutrient and oxygen exchange takes place.

It is essentially giving your muscles more opportunity to collect nutrients and remove waste, which leads to more efficient muscle growth.

But you have to watch out as long-term high-rep training does not load the muscles nearly enough to cause direct muscle growth (even though it does target the slow-twitch muscle fibers). You must be judicious in how often you do this type of training and how many sets of it you perform.



MASS FACTOR #4 - Improve Your Electrical System

Your electrical system...that's your nervous system.

And here's the cool thing...

Some of the same training that gets the job done on improving the blood supply is also going to teach



your nervous system how to fire the muscle fibers FASTER and more efficiently.

Elite powerlifters have training days where they use sub-maximal weight and lift as fast as possible in order to train for explosiveness. This training is going to wire your nervous system to fire and fire FAST, helping you build power.

One of the things that holds back strength levels is that your motor units (groups of muscle fibers connected by the same nerves) don't always fire in the most efficient order. If you've ever seen a beginner train and shake like crazy when doing even light weight, THAT is what I'm talking about.

Just because you're intermediate or advanced doesn't mean you're immune to it, though. By teaching your body how to activate more motor units all at once and activate them more efficiently, you'll immediately gain strength.

How Do You Improve Your Electrical System?

One of the best ways I've found to train the nervous system is to take a moderate weight...something you'd normally try and get about 12 to 15 controlled reps with...and hammer out 20 to 30 reps or more with it. You're going to do these reps as FAST as you can, with little to no negative, focusing on exploding the weight out of the bottom and cranking out the reps.

I've found this kind of training to be absolutely AMAZING for developing strength quickly.

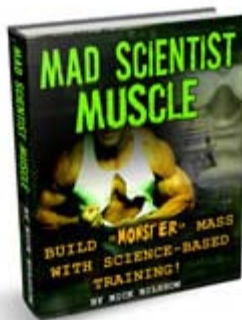
To give you an idea, I used this type of training for deadlifts...the first time I did it, I managed 20 reps with 225 lbs. Not too bad.

The next time I used this technique, I went up to 275 lbs and did 25 reps. Pretty darn good improvement considering it was only about 10 days later!

The THIRD time I used this technique I deadlifted 315 lbs for THIRTY reps. You can actually view the video of it on YouTube, if you're interested in proof!



This style of training is built right into every cycle of the "[Mad Scientist Muscle](#)" program and it's going to get your nervous system juiced up and ready for ACTION. You'll be teaching your nervous system how to fire more efficiently, building strength fast.



The Bottom Line

When you combine these two "Mad Scientist" training principles you really do have the potential to **DOUBLE** your current rate of muscle growth and shatter any plateaus you might currently be experiencing.

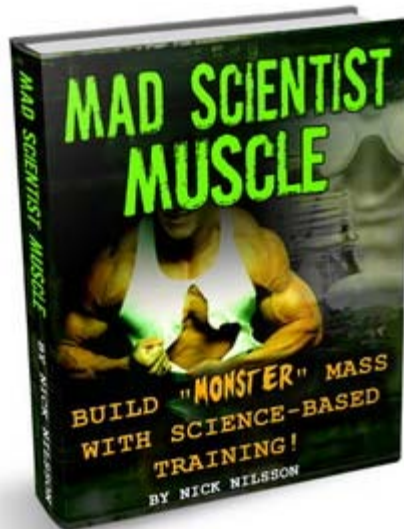
The human body is capable of much faster results than most people give it credit for.

When everything is firing on all cylinders, using a program that supercharges your whole system for muscle growth, the results can be downright shocking!

And **THAT** is where "Mad Scientist Muscle" comes into play. This book contains the "best of the best" training information, exercises and techniques that I've accumulated over my 24+

years in the gym.

It uses "controlled overtraining," deloading, structural training and all of the most effective training methodologies I've come across and come up with myself. This is extremely powerful muscle-building information that has the potential to dramatically increase your muscle mass and strength...and all without any more effort than you're currently putting in right now!



[Click here to learn more about Mad Scientist Muscle now!](#)

One-Week Sample Program

Now...I know how powerful these two rules are. Following them has gotten me and my clients and athletes tremendous results over the years...but I don't expect you to take my word for it...and I'm not going to leave you hanging!

I've got a short sample training program here for you that basically compresses the entire 8 week cycle of my full Mad Scientist Muscle training program framework into ONE week. You can try it out short-term and you can (if you like) then repeat it for 4 to 6 weeks (or until you stop seeing results).

This three day per week (M/W/F) program is based on the three main phases of the program....

1. Structural Training: designed to alter the physiology of

your body through very high-reps (to increase the capillarization of the muscle tissue) and very heavy partial-range training (to strengthen the connective tissue and nervous system).

2. Accumulation: a strategic increase in training volume to overload the body and force adaptation. This is where you'll see an increase in muscle mass.

3. Intensification: a pullback on training volume and an increase in intensity to allow the body to rebound from the previous training. This is where you'll see the increase in your strength.

In this 3 day program, the first day is Structural Training, which will prepare your body to be better able to build muscle tissue and support it. The second day is volume...lots of sets with moderate weight and very little rest. The third is intensity... heavy weight and longer rest.

Each workout will be a total-body session, focusing only on the big muscles and big exercises to stimulate maximum gains. The smaller muscles will get ample stimulation and do not need to be worked directly.

Perform this program for 4 to 6 weeks, mixing up the exercises you're using regularly and purposefully increasing the weights you're using whenever you can do so while keeping good form.

The Workouts

Day 1 (Monday) - Structural Training

For the sets of 100 reps, choose a very light weight and get as many reps as you can. If you don't hit 100 reps, stop then take 10 seconds rest and get as many reps as you can. Repeat until you get to 100 total reps. Follow this pattern on the second set as well. Take 2 minutes rest between sets.

Back - 2 sets of 100 reps - seated cable rows or pulldowns

Chest - 2 sets of 100 reps - barbell or dumbbell bench press

Thighs - 2 sets of 100 reps - leg press, barbell squats or dumbbell squats

For the partial-range sets, work only the top few inches of the range of motion and hold the lockout position for at least 5 seconds on each rep to load the connective tissue. You can use weights 20 to 50% higher than your 1 RM for these sets. Take 2 minutes rest between sets.

Back - 3 sets of 6 to 8 reps - rack pulls or top-range chin-ups or rows

Chest - 3 sets of 6 to 8 reps - [top-range barbell bench press](#)

Thighs - 3 sets of 6 to 8 reps - [top-range squats](#) or leg press

Day 2 (Wednesday) - Accumulation Training

This will be Time-Volume Training, which is my version of density training. Take a weight you can get 10 reps with and do sets of 3 reps with it (you will stay with that same weight through the entire work period). Take 10 seconds rest between sets. When you can no longer get 3 reps on a set, start taking 20 seconds rest. Then 30 seconds, then 40, etc. You will be working one exercise for a specific block of time, doing as many sets of that exercise within that time block as you can, increasing your rest periods instead of changing weights.

[For more detailed information on Time-Volume Training, click here.](#)

This training is designed to hit your body with massive workload without going near failure and taxing the nervous system.

Back - 15 minutes - chin-ups, pulldowns, rows, or deadlifts

Chest - 15 minutes - barbell or dumbbell bench press

Thighs - 15 minutes - barbell squats, front squats, split squats or leg press

Day 3 (Friday) - Intensification Training

This day of training is all about strength. You'll be doing low-rep sets with longer rest periods to maximize power and recovery. You'll be using a 5-3-1 rep scheme where your first set will be done for 5 reps, your second set for 3 reps and your final set for 1 rep, increasing the weight you use on each set. Your final set should NOT be a true 1 rep max...aim for around 95 to 98% 1RM.

In addition to pulling back on volume and allowing for recovery, you're teaching your nervous system how to handle near-limit weights with good form. Take 2 to 3 minutes rest in between sets.

Back - 3 sets (5-3-1-) - deadlifts, weighted-chin-ups or rows

Chest - 3 sets (5-3-1-) - barbell or dumbbell bench press

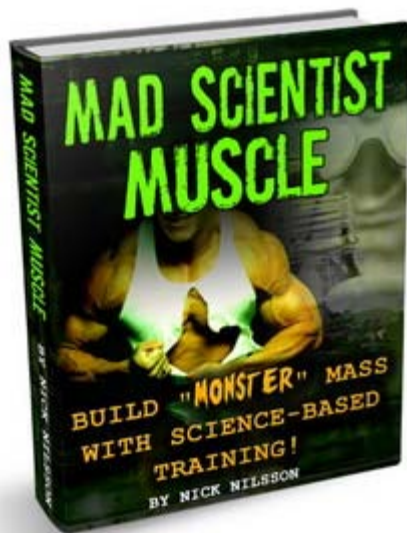
Thighs - 3 sets (5-3-1) - barbell squats, front squats or leg press



This "single-week-cycle" style of program is what is known as "microperiodization" where rather than doing longer, weeks-long cycles of each, you do very short cycles compressed into a much smaller timeframe.

This short program is a great way to "test drive" the [Mad Scientist Muscle program](#).

In the full version, this one-week cycle is expanded into an 8 week cycle...it also includes 3 different versions of the program, giving you a total of 6 months of muscle-building programming all laid out for you every step of the way.



[Learn more about Mad Scientist Muscle and get your copy now!](#)