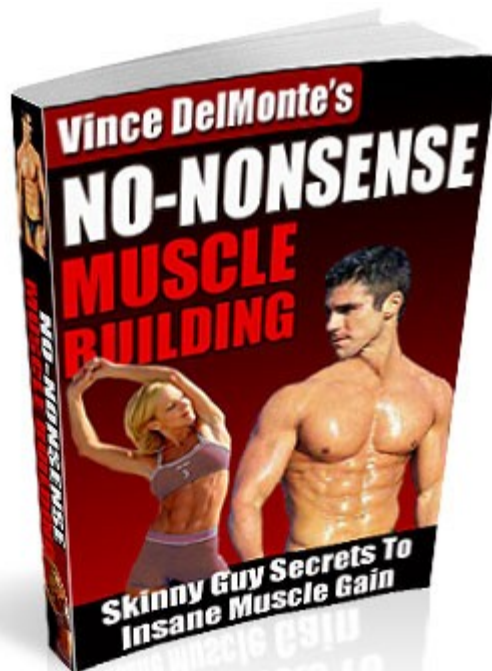


# ***INSANE MUSCLE GAIN FREE E-REPORT!***

**The Top 20 Ways To Screw Up In The Gym –  
Learn How To Side-Step The Suicidal Training  
Errors That All Skinny Guys Make...**

*by Vince DelMonte, author of*



**[No-Nonsense Muscle Building: Skinny Guy Secrets To Insane Muscle Gain](#)** is a 130 page **muscle building** and **weight gain** success manual in e-book format, jam-packed with information that will blow you away. It goes against the hype that is circulating around today. The program contains all the information that will make it possible to build up to 40 and even 50 pounds of muscle over the next year and *finally* discover what your true genetic potential is!

No more gimmicks. No more false promises. *No Nonsense* is all about packing inches onto your frame and making some serious strength gains!

Get the truth and stop following the mooing herd – from someone who has walked in your shoes...heck I used to be nicknamed Skinny Vinny it was so bad!

No more busting your hump in the gym with nothing to show for it. No more training twice as hard as the other guys while they grow like a weed, and you still look like one! No more pills, powders and shakes that promise you the body of your dreams but only deliver a lighter wallet. No more nicknames and no more sympathy from friends and family for how 'thin' you are.

Regardless of what you have been led to believe you *do* have the potential to build sufficient amounts of size and strength. Whether you like it or not skinny guys **MUST** play by a different set of rules – rules that I will make you intimately familiar with to build an impressive physique but rules that will require you to march to your own drumbeat and go against the mainstream.

Conventional workouts printed on bodybuilding websites or magazines are useless because the majority of these writers *do not know* what it's like to have a Lamborghini-like metabolism, limbs like a giraffe and muscle fiber meant for a marathon runner!

You wouldn't keep taking your car to a mechanic if he couldn't fix the problem, right? So why keep taking your training advice from bodybuilding 'experts' and bodybuilding magazines that can not fix your problem?

I hope this report will help you to start thinking outside the box and discover that if you are willing to reprogram your belief system and put in the work, I guarantee you will see significant improvement in your muscle size and strength!

**[Click here to read about real-world testimonials from average people just like you.](#)**

## INTRODUCTION

Can I ask you an honest question? Who in the last 10 years has influenced you the most with regards to how to train? Where have you and where has everyone else learned how to build muscle? Would you agree that bodybuilding magazines and websites have contributed to the bulk of the training information and misinformation today? I don't want to be completely critical but I am sure you would agree that the majority of mainstream bodybuilding literature caters to the genetically gifted or drug user – and that leaves the rest of us wandering...

Today, with a jungle of conflicting and misleading messages I do not want you to make the same titanic mistakes and training errors that are costing thousands of young trainees their dreams of a ripped muscular physique. By taking advice from unqualified 'experts', reading rehashed magazines, trading wads of cash for magical pills and powders, and 'program hopping' they have very little to show for their “hard work.”

Unless you want to continue to be a part of the mooing herd that is being led to the slaughter, you must learn to filter out the *noise* and *nonsense* you are bombarded with each day.

In my e-book, [No-Nonsense Muscle Building: Skinny Guy Secrets To Insane Muscle Gain](#), I share the foundational principles and techniques that **MUST** be executed to gain up to 50 pounds of muscle in 6-12 months. Once you master these principles you will be anchored to a proven set of criteria required to gain muscle and gain weight – stack up any information, concept, hype, or advice against these principles – and you will never be frustrated, confused or disillusioned ever again. You will know exactly what to believe. Isn't that refreshing?

The reality is that there is plenty of free advice dished out in the gym that can really roadblock your gains if taken as gospel. This can cause you to label yourself as a 'hard-gainer,’ and can lead you to train hard but not smart, take out a small loan for the next supplement breakthrough, or even resort to the ‘sauce.’ None of this is true or necessary.

I wrote this report to touch on the most popular and damaging *screw-ups* used when trying to gain size. If you're not seeing the results you want chances are you're screwing up somewhere. Once you read through the Top 20 Ways to Screw Up In The Gym I'm confident you'll find your downfall. So without further ado here is your Top 20 List.

# **Screw Up #1: Training Too Frequently And Too Long**

**Over-training is a result of training *too frequently* and/or *too long*. Don't take a microscope to the definition – over-training is as simple as that – over-training. It is a result of one of the following:**

- **Training too frequently or in excess.**
- **Training too long.**
- **Inadequate recovery.**

**Mainstream bodybuilding literature and science has traditionally focused on the symptoms rather than on the prevention of over-training. You often read articles on '*over-training syndrome*' and '*planned over-training*.' This is unnecessary – if you are in control of the training and recovery process, if you train for predetermined periods, and recover in predetermined ways then you don't need to know anything about over-training 'syndromes!'**

**How to avoid over-training IF you are training WITHOUT drugs:**

- **Never perform more than 4-12 TOTAL work sets per workout. Yes, this is far less than the bodybuilders' suggested 12-24 sets per muscle group, but unless you are in contest to see how many sets are possible per workout, your focus should be to *spark* the muscle into growth and go home.**
- **Never train continuously for longer than 12 weeks. Hard-gainers will actually benefit from taking a half week off every sixth week of hard training to allow your muscular, neural, hormonal and immune system to FULLY recharge. Try this one tip and watch your strength go through the roof!**
- **Never follow a program out of a popular bodybuilding magazine – unless you are on steroids. Chest on Monday, Back on Tuesday, Legs on Wednesday, and so forth. I question any body's workout intensity and recovery ability if they can make weekly gains from this conventional approach - which clearly reflects a blatant acceptance of tradition without any thought applied.**
- **Following 3 sets of 10; 3 sets of 12; 3 sets of 8 – any program that begins with 3 sets of whatever was clearly copied from someone else – and again, clearly reflects the historical mistake of copying tradition without any thought applied. Doing 3 sets of whatever for each exercise in the workout is a**

surefire way to over train.

- Never train more than two days in a row. I question anybody's recovery ability to train more than two days in a row. It typically takes up to 24 hours to fully replenish your glycogen reserves, so by taking a day off every two days you are allowing your energy reserves to be replenished and optimized.

My [program](#) does not talk about 'over-training syndromes.' but teaches advanced recovery methods to take charge of your training and accelerate your ability to recuperate and train again.

## **Screw Up #2: Not Eating Enough Calories**

I know you have heard it before but I will say it again – if you are not eating enough calories, you will NEVER gain weight, no matter what you do. **THERE IS NO WAY AROUND IT!** Even if you have the perfect training routine, you will never grow unless you provide your body with the proper nutrients. It's like saying you want to build a house but you don't have enough bricks, cement or wood. It will be impossible to build that house. It's like trying to buy a \$100,000 house and you only have \$50,000. It's going to be downright impossible.

Long story short – if you are not growing there could be two problems:

1. You have not applied energy balance (energy in versus energy out) properly. It is a lot trickier than simply multiplying your body weight by a factor of 18-22 as most authors suggest. This factor neglects your unique *resting metabolic rate*, your unique *cost of daily activity*, your unique *cost of exercise activity* and the *thermic effect of food*.
2. You combine the wrong foods at the wrong times. Obviously eating 3,000 calories worth of chips and Doritos is not as effective as eating 3,000 calories of high quality carbs, fats and proteins etc. There are also a few *critical windows* in the day that you must time the majority of your nutrients to maximize muscle growth.

If you want to ensure that your muscles have enough fuel to *support* your workouts, train *intensely*, *recover* from workout to workout and *grow* NEW muscle, you have to keep track of what you are eating every day. There is no

way around it. This is the number one reason why skinny guys never gain weight or why anybody for that matter will not make the quality gains that they so desperately strive for.

In my [massive eating chapter](#), I provide a *calculator* that will do all the calculations for you. You will know exactly how many calories your body needs on your workout and your non-workout days. I also include meal plans from 2,000 to 6,000 calories.

For example, let's say your initial intake was around 3,000 calories. Once your gains slow down on 3,000 calories you start to follow the 4,000-calorie meal plan and you start growing again. Your gains slow and you start eating 5,000 calories and so forth. Imagine how muscular you will be when your intake is 6,000 calories! You are in complete control of how big you get! There is no guesswork for you whatsoever.

## **Screw Up #3: Not Sleeping Enough**

So how does sleep relate to the phenomenon of building big muscles? The number one reason getting enough sleep is so important is because Growth Hormone levels rise 30-45 minutes after falling asleep and a higher quality of sleep releases Testosterone. If you are more than a recreational weight lifter whose trips to the gym include more than trying to pick up the cute receptionist, I would suggest the optimal 8-9 hours. However, this is a very individualistic measure and as few as 6 hours can be adequate for some.

Also, it is rumored that every hour of sleep you get before midnight has the equivalent effect of 2 hours of sleep. So if you go to bed at 10pm and wake up 6 am – you will feel as if you have just slept 10 hours (not the actual 8 hours). I have to admit personally that I have experienced a higher quality of sleep going to bed earlier.

Take advantage of power naps – they are not for wimps. Professional bodybuilders take them regularly in the course of a day so there is something to be said about this. Twenty-minute naps in the middle of the day are said to be the equivalent of a 2-hour sleep. Again, try it out and see for yourself. Naps are extremely beneficial if you did not sleep the night before.

Remember that your muscles grow when you rest – this is the time between

weight training sessions. Sleep is the best opportunity to let your muscles rest. Sleep is a powerful tool that costs you nothing! I teach a simple technique that will allow you to determine exactly how much sleep you should be getting each night in my [muscle building manual](#).

## **Screw Up #4: Not Training Above Your Threshold**

The stress must be heavy enough to exceed the normal threshold of your muscles. Training with weights at your 60-80% 1 Rep Max (RM) will not stimulate NEW muscle growth.

In other words, if you simply want to have the ability to lift weights to failure using 60-80% of your one rep max then keep doing this because your muscles will accommodate this specific stress. Your muscles will not grow any larger than they have to to accommodate for that specific stress.

Don't get me wrong – you body will adapt muscularly, neurologically, and structurally to this specific stress – but it will stop and end here. Even if you are increasing reps and sets, the muscle will grow very minimally but there will be NO sufficient reason for your muscle to grow further because you are still within your natural threshold.

So if you want to gain 2-5 pounds of muscle a year keep following conventional training programs because they are not made for extraordinary gains – [my program](#) is designed to double and even triple your CURRENT strength and muscle gains!

## **Screw Up #5 Relying On Supplements To Gain Size**

Supplements will NOT stimulate muscle growth – but exercise does.

Assuming your training, nutrition, lifestyle, and sleep habits are operating on the optimal end of the spectrum, introducing supplements will MAYBE - IF - AT BEST make a 5-10% difference. You will be more successful taking your fitness to

the next level by working on your training, nutrition and sleep first. It will also be easier on your wallet!

Powders are nothing more than crushed up food and are loaded with artificial flavoring, preservatives, and lots of chemicals to preserve their shelf life. Shakes are certainly convenient and may assist you in reaching your goal calories but do not ever kid yourself that they will have the same anabolic effect as food.

Dumping chemicals, artificial colours, flavoring, sugars, sweeteners, and preservatives into your body basically turns it into a *toxic waste dump!* And did you know that this *toxic waste* loves to attach itself to your fat stores, making it even harder to get rid of body fat? You can imagine how much harder it will be to build massive muscle in a *toxic* environment. *What goes in must come out!* Put garbage in and garbage will come out in the form of decreased energy, slow recovery, poor appetite, poor sleep, and poor attitude – all elements critical for muscle building.

When was the last time an athlete won, or a medal was won, or a team won on pills, powders and shakes? Never! Don't get me wrong, there are many time-tested and powerful products that will enhance your recovery, hormonal levels and assist in muscle growth - and I give you an inside look at the supplement industry in my book, but don't mistake powders for proper nutrition.

## **Screw Up #6**

### **Low Testosterone Levels**

If you are pumping MASSIVE amounts of anabolic steroids in your veins to ARTIFICIALLY increase testosterone levels then stop reading. However if you are a drug-free trainee what you do need is use every single secret that will provide the level of support necessary to optimize T-levels safely and naturally!

There are too many tips and tricks to discuss here but I would like to share a few of the most common tricks to keep your T-levels elevated and not dropping to that of the guys in the *'arts and crafts'* club!

Training too long, lacking true intensity, not targeting your legs, high stress levels, not enough monounsaturated fats, and training at the wrong time of day, among many other pitfalls, can lead to T-levels to drop so low that 'Captain Willy' will go on permanent vacation.



## **Screw Up #7**

# **Not Making Consistent Strength Gains**

Let's be honest. When was the last time your strength really went up? Has your strength averaged at least a 5% increase from week to week or even month to month?

If you are like most trainees you got stuck at the same weights after the first few months of being exposed to bodybuilding. If not – congratulations, I applaud you and you are doing something right. I'm also confident to say that you made the majority of your muscular gains in the first few months that you began lifting. Is it safe to say that your muscular gains leveled off at about the same time your strength gains leveled off? Coincidence? Hardly!

Your muscular size is ALMOST (there are many other factors we do not have time to discuss here) a direct correlation to your muscle strength. Have you ever seen someone who can bench press, squat or deadlift a few hundred pounds with a small physique? Very, very rarely!

Muscle size and strength are relative to each other. The stronger your muscles become the bigger they will be become and vice versa. So if you focus on a [program](#) that prioritizes improving your strength consistently – trust that mass will follow!

## **Screw Up #8**

# **Training *Instinctively* And *Listening To Your Body***

Do professional athletes and teams practice *instinctively*? Do competitive long distance athletes train without their stopwatch? Of course not, so why would someone trying to build muscle approve an ineffective and unproven tool that can lead you astray?

Building muscle is based on improving the intensity of the workout progressively each session. So why complicate things by following this 'inner compass' that has never scientifically been proven to work? Do you really think

**your body can decipher between the intensity of 9 reps with 225 lbs in 30 seconds and 13 reps with 185 lbs in 45 seconds?**

**Aside from hearing your muscles yelling at you to stop when the going gets tough, can you really interpret which was more intense? In my [muscle building course](#) I will give you tools of reason and a simple formula to measure your intensity - not poorly defined *instincts*!**

## **Screw Up #9**

### **Focusing On Getting A Pump**

**The 'muscle pump' is described as putting your muscles under an extended period of constant tension. As your muscles stretch and contract they become gorged with blood which makes them feel tighter and fuller.**

**Getting a muscle pump is not necessarily what causes the muscle to grow – doing 100 reps with a light rep will create a huge pump – but does this make a muscle grow? Of course not! Distance runners get a pump in their legs when they sprint uphill. Do they get big muscles? Heck no!**

**Most bodybuilders swear by the 'pump' and preach that you are shuttling more nutrients into the muscle – but is that what is really happening?**

**Sure it feels great, like Arnold says in the unforgettable scene in Pumping Iron, but all that is occurring is a 'back-up' of blood. The blood is 'stuck' inside the muscle, which creates that worshiped *tight* and *full* look.**

**The blood that's backed up into the muscle has hit a dead end and has nowhere to go. If you had fresh new blood that would be great, but unfortunately you just have old, stale blood getting ready for a snooze. That will NOT help you gain weight or build muscle mass!**

**The pump that is built up by the blood in your muscles will usually occur after you repeat set after set, which results in the famous "burning" sensation known as lactic acid. Lactic acid forms in the absence of oxygen. Lactic acid is a WASTE product and does NOTHING to build muscle weight.**

**Now if you are lifting extremely heavy weights and achieving a pump then this is a very good indication that you are making the muscle fibers work fully. I**

would only use the pump as an indicator to reveal how well you are 'targeting' the working muscle. Not as you guide to mark your success.

## **Screw Up #10**

### **Reading Bodybuilding Magazines**

**Do you think professional athletes and professional strength training coaches read bodybuilding magazines? If so, it is probably only for humor and to see what kind of garbage their athletes are being exposed to. Do you think high quality, world-class athletes and coaches follow the advice found in these magazines? If they don't, WHY THE HECK WOULD YOU?**

**Even though these magazines may have inspired millions, they have done a better job at misleading millions. It's unbelievable how many young guys think they need creatine and a whole list of other supplements. They think they need to 'split' up their workouts into 'body parts', and are trying to build muscle in an over-trained and undernourished state...and then they wonder, 'Why can't I gain weight?' They have no idea that these programs don't work without drugs. These are DRUG routines, and drug routines don't work for natural guys. Period.**

**The modern mainstream bodybuilding magazines at the newsstands (and even mainstream male and female fitness magazines are guilty) are really just 'muscle comic books' written at a 6<sup>th</sup> grade level. They glorify drug-using 'bodybuilders' and portray them as the picture of health. They cleverly combine two or three rehashed articles, a lot of pictures, gimmicks, sex and hype to sell this nonsense to millions. And what do porn-like photo sections have to do with a muscle building magazine? The publishers of some of these magazines beat the hell out of this marketing tactic using partially nude women with their asses hanging out in thongs. It would be nice if men could pick up a bodybuilding magazine to learn some quality information, not to simply get an erection.**

**Even though supplement companies have always been a part of fitness publications, (but it was not as blatant in the past) marketers are now the writers and the product is no longer a magazine but rather bottles of pills and protein powders etc. I would say almost 70% of the articles in magazines have a marketing purpose and it's hard to tell these days what is a legitimate article and what is just an ad.**

**Bottom line, there are too many rich supplement companies and too many**

frustrated weight lifters who are not gaining the size and strength they deserve. Another reason I created my [site](#) is to educate natural trainees on how the body works before you start training haphazardly just because you read it in an article or a magazine.

## **Screw Up #11**

### **Not Keeping A Training Diary**

Tracking your progress is mandatory. This is like professional sports teams competing without keeping score. Or like runners and swimmers working out without a stopwatch. How do you expect to get better? In my opinion, if you work out without a logbook you might not be that serious and should reconsider the reasons you work out. Feel free to continue working out - just do not expect any exceptional gains.

Whether or not you buy a formal training log or simply use a mini notebook, here is a list of things you should keep track of:

- **Muscles Trained**
- **Exercises Used**
- **Weight Used**
- **Number of Sets**
- **Time to Complete Workout**
- **Time of Day**
- **Energy Levels**

## **Screw Up #12**

### **Ignoring The Weaknesses**

You're only as strong as your weakest link, correct? Many claim to understand this principle yet these same individuals seem to ignore it in application.

If your biceps can curl 50 lbs but your forearms are constantly failing first, then what is the weaker link? Correct, your forearms. Will your forearms ever get stronger and will you ever make further gains on your biceps if you do not fix the root problem? No!

Here is an example of a conventional bodybuilding routine. Let's take a quick look at what's really happening:

Squats	3 x 10	20% of workout	Quads= 60% Workout
Leg Press	3 x 10	20% of workout	
Leg Extension	3 x 10	20% of workout	
Leg Curls	3 x 10	20% of workout	Hams: 20%
Calve Raises	3 x 10	20% of workout	Calves: 20%

Surprise, surprise that this individual's quads are more developed than his hamstrings and calves. And I would not doubt that his calves and hams are weaker relative to his quads, causing an anterior pelvic tilt (quads are over reactive and hams are under reactive) resulting in the start of lower back pain.

There are two main reasons why trainees never make consistent muscular and strength gains on a program like this – this is a very generic example but I think you will get the point:

- It prioritizes the same muscle *sequence* endlessly – assuming this is what the trainee does every time he performs this workout he will emphasize his quads every workout. Guess what happens to his hamstrings and calves? They began to lag and become limiting factors to making consistent strength gains. How will he ever make his frame bigger if they are always trained last with a sub-max load? In my e-book I share a simple yet powerful strategy to make your weakest link the strongest, and how to prevent plateaus.
- It prioritizes one muscle group by *volume* – this simply means that the muscles receiving a greater percentage of training time and effort will receive the greatest benefit and improvements. Common sense right? It's amazing how many guys wonder why their arms, calves, and abs are non-existent. Think about it. Where do you allocate the volume of your own workout? Don't be surprised if your weaknesses are receiving a lower percentage of volume relative to your stronger and bigger muscles.

# **Screw Up #13**

## **Not Stretching At Least Half The Amount Of Time That You Lift**

Stretching is not popular, nor has it ever been. Most 'current' thinking leads trainees to believe that stretching is 'bad' and results in a fear of the unknown, leaving many to avoid it altogether. I think the 'fear' is more of an excuse for laziness and an uncertainty of what stretching can actually do. And interestingly, most of the anti-stretch advocates change their reasoning every few years and can not even touch their toes!

Many 'believers' in stretching have learned the side effects of not stretching, not stretching enough and not stretching effectively. Before you read any more literature on the *academic* stretch debate I encourage you decide on this one yourself. You can create your own laboratory found in my [training manual](#) and test out my recommendations yourself. I'm confident to say that your participation in this experiment will teach you - by doing - the role of flexibility training.

It does not really matter what kind of stretching you use, provided that the desired range of motion is achieved and sustained to minimize injury and maximize performance.

Studies show that shortened muscles perform weaker, slower and have a higher incidence of injuries. Large muscles require strong, lengthened and healthy tissue. So why would you neglect a component of your fitness that can skyrocket your strength, maintain healthy specific joint relationships, promote greater joint angles and accelerate recovery?

# **Screw Up #14**

## **Training Beyond Failure**

**Training to 'failure' has probably received more debate, misinterpretation, and improper logic resulting in too much wasted effort. Going to failure— going to the point in a set where you are physically incapable of going just one more rep, hence you 'fail' - is preached as the most promised way to make continuous muscle gains. Interestingly, there is no activity outside the gym that demonstrates this 'going to failure' principle is as critical as bodybuilders have employed.**

**Growing up as a long distance runner I often stood by and watched the sprinters compete, and was astonished by their tremendous quadriceps and hamstring muscle. Yet I never remember watching any sprinter on my team train until failure, nor do I recall them ever sprinting through the finish line and collapsing. Yet they demonstrated a greater amount of muscular work in less time each time they practiced and raced.**

**Also, I will never forget the phenomenal muscularity of the construction workers I used to work with when I laid bricks and framed houses. Yet I never recall them carrying timber around the yard until they could not pick up one more 2 x 4. Nor do I remember the bricklayers moving the bricks around until they could not move them anymore. Both of these groups had incredible muscularity and were able to stimulate muscle growth without going to failure. So why do so many command that 'failure' is an absolute law for stimulating muscle growth when much evidence shows otherwise?**

**Improving your body's sensitivity to the cold does not require you to go outside in the middle of winter with no clothes on prior to passing out. If you want to improve your tan, it isn't necessary to subject your skin to the sun prior to the moment of blistering. If you want to improve your ability to hold your breath under water, do you need to go to the point just prior to losing consciousness?**

**Since your body's primary function in life is to survive it will adapt only to the point where your body has sufficient defense to whatever element it is exposed. Similarly, when lifting weights your body will adapt to the intensity you have exposed it to over time while maintaining your recovery resources. As you can see, muscle growth stimulation operates on the same principle and does not require overkilling your muscles' absolute limit. Discover in my course how to apply the concept of failure correctly without it having it backfire on you.**

# **Screw Up #15**

## **You Need To “Shock” Your Muscles And Keep Them “Guessing”**

**This has got to be one of the silliest and most misleading statements ever made (no hard feelings because in theory it can be convincing). Interestingly, the people who used to give me this advice must have been 'shocking' or 'tricking' their muscles the wrong way because they had no muscle mass on their bodies to back up that statement.**

**If you think about this myth long enough you might start to laugh. Do you think you can really change your exercises and training routine to 'surprise' your body and get a different reaction out of them?**

**Your muscles do not have outside eyes that reward you with new muscle growth if you 'confuse' them. Your muscles understand MOVEMENT and that's all – *push, pull, curl, extend, contract or release* – that's it. You can be lifting bags of sand or dead lifting 400 pounds and the action on your back is the same – your knees bend and your trunk flexes. So where is the shock? Why would your back muscles say, “Holy Macaroni Batman, you’re lifting with an Olympic bar and not sand bags anymore. Better pack on some muscle.”**

**Or maybe you can switch up the order of your routine by hitting a weak body part twice in the week. If you only train your arms once in the week and then 'strategically' throw arms in twice one week they will be 'confused' and 'shocked' into growing. Please! Your muscles operate on laws of science, not on laws of trickery.**

**Forget trying to *shock, confuse, trick* or ‘*keep the muscle guessing.*’ The only thing that will be shocked and confused is the person messing around with this theory who has no clue why their body has not changed in a month since they started this *magic show.***

**Your muscles are not shocked by change in exercise. They are designed to tolerate it.**



## **Screw Up #16**

### **Monday is Chest Day, Tuesday Is Leg Day, Wednesday Is Back Day...**

Splitting up a routine is preached like 'gospel' and is rarely on trial or questioned as the way to structure a muscle building routine. If you are a hard gainer then think again!

And sure, splitting up a routine is fine and has some benefits BUT it is also the fastest way to over-train and burn out. Remember that you do not get stronger in the gym – you get stronger and bigger when you go home, rest, sleep, eat and FULLY recover.

To SUPERCOMPENSATE from your previous workout your muscles are not the only things that must experience a full recovery. Do not neglect the fact that you are taxing and depleting your central nervous system, hormonal system, and immune system – systems that, in fact, take longer than your muscles to recover.

Just because your muscles say, “OK we feel fine, let's train again,” you must still experience a FULL recovery prior to attempting to stimulate your muscles again for more muscle growth. Because there are so many variables involved in FULL recovery I lay out an easy recovery blueprint in my book.

## **Screw Up #17**

### **Low Reps Equal *Size* And High Reps Equal *Cutting***

Your muscles do not have much personality – they are either growing, shrinking or staying the same.

If you want your muscle to grow then gradually force your muscles to do more *work* and outperform your last workout's performance. If you are content with the size of your muscles right now then this is easy – just keep doing what you are doing. And to make the muscle smaller, this is even easier – simply do not train it.

You can not pick certain exercises to get a muscle 'cut' or make a muscle 'huge' - this theory holds no water. Muscle 'cuts' are a reflection of two criteria on the body: pure muscle size and low levels of body fat (in the single digits). So if you want to build massive muscles get ready to apply the fundamental principle of *progressive overload*. And if you wish to get 'cut' and 'ripped' be prepared to drop your body fat levels into the single digits. I teach both in my course with a [26-week step-by-step program](#).

Next time you hear someone say, “I just lift light weights to get toned,” then pat them on the back and point them in the direction of the cardio room as a better option. Light weights do not build muscle, period. They will burn calories and that's all. You're better off maximizing your time by burning calories running or doing jumping jacks. And if you see someone with the goal to get bigger and they are a cardio junkie – grab their hand and lead them to the heavy weights.

Now you know that lowering your body fat is for 'cutting' and heavy weights are for building size.

## **Screw Up #18**

### **Alternating Between High Intensity Phases And Low Intensity Phases**

The fact is that your muscles will only get bigger and stronger as a result of applying the most fundamental muscle building principle in the book – progressive overload. How will your muscles grow if you reduce the overload for a 'low intensity' phase? No new muscle can be built because there is no overload. When you train 'light' you are wasting your time and your body's resources.

There is some merit and benefit to training with lower intensities such as *active recovery* and *maintenance* and even improving muscular endurance and fat loss. Muscle growth occurs while you rest after high intensity training phases, so if you're going to rest - then rest!

## **Screw Up #19**

### **Not Lifting Truly Heavy Weights**

Your muscles do not want to work any harder than they must. Think of your muscles as being lazy – like a permanent hibernation. They only *wake up* in an extreme emergency and if something disrupts their sleep.

Your muscles **WILL NOT** work any harder than necessary and will recruit the least amount of muscle fibers responsible to get the job done. If this means the inactive muscle fibers make no effort or contribution to the lift – so be it. They would rather sleep anyway and not come out of hibernation!

From this we discover that we must do exercises that are extremely demanding (yet avoiding injury) and involve the totality of the muscle. So how do you recruit and use every single muscle fiber without your own MRI machine? You lift really **HEAVY WEIGHTS!** So heavy that every single muscle fiber must kick in by using all your muscle's capacity. Forget those wimpy isolation exercises that target only part of the muscle. Learn how heavy you must actually lift to [gain 20-40 lbs of muscle](#) over the next 6-12 months.

## **Screw Up #20**

### **Setting *Outcome* Goals Instead Of *Performance* Goals**

What most people don't know is that effective goals focus on *performance*, not *outcome*. I will use the term performance to also parallel the word *habit*.

Performance or habits are what you control. Outcomes are often controlled by others. An outcome goal would be, “I want to gain 30 pounds on the scale,” or “I'm going to put two inches on my arms,” or “I'm going to bench press 400 pounds next month.” Don't get me wrong, it is OK to set these goals and I actually recommend writing down your outcome goals prior to beginning, however, setting **ONLY** outcome goals is a sure-fire way of failing.

**You see, you do not ultimately have any control when setting outcome goals – how can you possibly control the outcome? Do you know anybody who can control the amount of muscle they build week by week, how much they lift and how to make a muscle grow by making it a *goal*?**

**But you can control the habits that are required to build muscle from week to week, increase size and improve your strength. You can set goals like:**

- **“I'm going to set my timer so that I am reminded to eat every 2.5 hours.”**
- **“I'm going prepare all my food on Sunday evening.”**
- **“I'm going to go the gym in the morning when there are fewer social distractions.”**
- **“I will go to bed before 10:30 p.m. so that I can get enough sleep to improve my recovery.”**
- **“I will not visit the bookstore where I will be tempted to look at bodybuilding magazines.”**

**You see the difference?**

**Goals like the first type focus on a specific *outcome*. Outcomes are out of your control. But you CAN control *habit and performance* goals.**

**Bad habits can be starved and destroyed. New habits can be fed and grown. You have the choice and you have the ability to make the decisions that are required to build more and more muscle on a weekly basis. Watch the difference by simply adjusting your mindset on *performance* goals!**

## About The Author

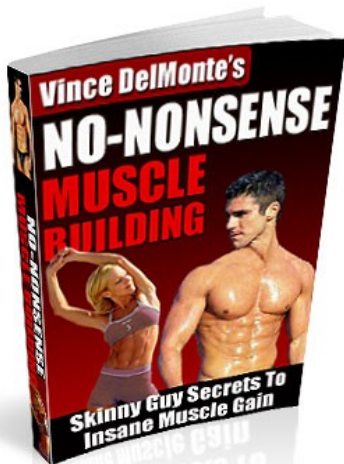
*Vince DelMonte is a natural competing fitness model, personal trainer, freelance writer and fitness consultant who runs a personal training team department in Hamilton Ontario.*

*He holds an Honors Kinesiology Degree, numerous certifications, and has been working in the trenches for the past 5 years helping hundreds of average guys transform their physiques.*

*His transformation story was featured as Transformation of the Month at Bodybuilding.Com and has appeared in Maximum Fitness.*

*He is the founder of [www.VinceDelMonteFitness.com](http://www.VinceDelMonteFitness.com), a fitness site dedicated to building muscle and losing fat, and is the author of “No-Nonsense Muscle Building” - Skinny Guy Secrets To Insane Muscle Gain.*

**Be Sure To Check Out This Powerful E-Book:**



# Discover How Ex-Skinny Guys Finally Gained Weight After They Tried Everything Else...

In defense of the mainstream bodybuilding-style approach to building muscle, it does work for some people. The reality is that you probably know some guys training with the traditional 5 or 6 day 'split' program and making some impressive gains. You see, not every guy has to bust his butt in the gym and some guys can even grow by using wimpy 'isolation' exercises; spending more time picking up the girls than picking up the weights and training less intensely than you. I have learned that these guys are the exception and not the rule. Do not mimic their training habits or copy their methods. It will not work because they probably fall into one of the following categories:

1. They built their bodies a long time ago, perhaps when they were younger or during a period they competed in high levels of athletics.
2. They are genetically gifted and grow muscle even when they laugh.
3. They are on drugs that mask their sloppy training, bird-like feeding, and non-existent recovery methods.

Whatever the situation, they are not in your shoes, nor have they ever walked in your shoes. So, in my opinion, they are not as *qualified* to give you a solution to your problem as someone who has actually conquered the same obstacles as you have.

Would you take money advice from an inherited millionaire? Probably not, right! So why would you take muscle-building advice from someone whose muscle fiber type, limb length and muscle/tendon length relationship allows him to bench press 315 pounds the first day he walks into a gym?

## Be Prepared To Take The Road Less Traveled...

Just because you have to march to a different drum beat and swim against the tide of mainstream bodybuilding literature does not make you inferior.

Most skinny guys come to me desperate for advice after they have *tried everything else* with minimal success. At first they were doubtful and hesitant to train in a manner that is counterintuitive.

**Read about the success stories of ordinary skinny guys with extraordinary results:**

**[www.vincedelmontefitness.com/success.html](http://www.vincedelmontefitness.com/success.html)**

**I truly want you to build a physique that demands respect, turns heads and gets others to approach you for advice. If you are truly committed, determined and persistent then I am confident that my unique step-by-step program will help you build more muscle and gain more weight than ever before!**

**Sincerely,**

**Vince**



**P.S. Feedback is very important to me. Let me know what you like about this book and what you don't like because I would like to make this an extremely valuable resource for you. If you have any questions or comments please do not hesitate to ask. I can personally be contacted at [vincedelmonte@hotmail.com](mailto:vincedelmonte@hotmail.com) and will reply within 48 hours.**

**I answer many commonly asked questions and provide more information about my program at my [frequently asked questions](#)(FAQ) page.**

**P.P.S. This program is the real deal and is finally available in e-book format, which you can download instantly and be reading in less than 5 minutes. You also get 6 FREE bonuses valued at \$943.95 if you decide to order before the introductory promotion ends...**

**...One of these Bonus Items is 6 Months of Email Coaching. This means that I am your personal coach at your beckoning. How often do you buy a book at the local bookstore and are able to call up the author for help? Never!**

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