

The huge out-of-the-gym requirement for great progress

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Although this report was written primarily for bodybuilders, the recommendations apply to other trainees, too.

If you're like most trainees, what concerns you the most is **YOUR** physique and **YOUR** progress. **YOUR** reflection in the mirror is the big deal. The **BIG** question is "Are **YOU** really making progress?" This really **IS** the big question because the most exciting aspect of training, and body transformation, is **YOUR OWN** progress at it.

You didn't get into training to stagnate for months or even years, or merely to admire the achievements of others. But stagnation is the reality for most people.

Look around any gym and keep an eye on the regular trainees. In six months time, most of the same regulars -- regardless of their level of training experience -- will still be working out but **STILL** won't have changed one iota. And there probably won't be any change after a further six months.

Be honest with yourself. Have you really made noticeable progress over the last few months?

If you haven't made any noticeable progress over the last few months, you're not going to make any over the next few months UNLESS you implement MAJOR changes.

Please face facts: That which hasn't worked **FOR YOU** over recent months isn't going to work for you over the next few months. Don't cling to an approach that doesn't work for you. Have the courage to make changes, and never mind if you're out of step with how other people train.

If you haven't made any progress recently, you have nothing to lose by making some major changes. Making progress is light years

more important than flowing with the tide in the gym where most people are making minimal if any progress.

Bodybuilders typically spend inordinate time and attention trying to find the “best” set-rep scheme, “best” rest period between sets, “best” supplements, and “best” whatever else. Although each of these factors can play a role, each is of minor importance relative to the issues of **SUBSTANCE**.

No tinkering with relatively minor factors will make much if any difference if your **OVERALL APPROACH** is out of order. If you’ve not made any progress for a few months, it’s time for an **OVERHAUL** of what you’re doing, not mere tinkering.

Life isn’t indefinite; and your best training years won’t last forever. If you’re to have a chance of realizing your physical potential, you’ve got to stop treading water and get into consistent progress.

As critical as training is, most trainees give it exaggerated importance **RELATIVE** to the significance they give to **R-E-C-U-P-E-R-A-T-I-O-N**. **THIS is the HUGE out-of-the-gym requirement for great progress.** And it’s a requirement that’s totally within your control to meet.

It’s all well and good to train hard on good exercises, and with excellent technique, but if you aren’t recuperating properly, all that good work in the gym will be to little or no avail.

Hard training is only any good if it produces steady increases in strength and development. But you can’t keep getting stronger if you’re not recuperating properly.

Before you go training hard in the gym, you’ve got to get your recuperation machinery in 100% perfect order. Although this should be obvious, how many times do you hear people in the gym talk about how to improve the quality of their sleep? And how many times do you hear people boast of how much sleep they get?

Sleep may be boring and unexciting relative to all the razzmatazz of training’s mainstream hoopla, but it’s **PIVOTAL** for your success. Nothing can compensate for not getting enough sleep -- no training technique, no food, no nutritional supplement, no mental strategy. **NOTHING!**

Without a generous quantity of sleep, of good quality, on a CONSISTENT basis, you'll NEVER recover well. If you don't recover well, how can you respond well to training, and how can you grow at a steady pace?

For hard-training bodybuilders, sleeping well means AT LEAST eight hours of quality sleep each night. How many QUALITY, undisturbed hours of sleep did you get last night, the night before, and the night before that? If you didn't get eight or more EACH night, and if you needed to be woken by an alarm clock, you didn't get enough sleep. This isn't my rule. It's Nature's rule.

Cut corners on the sleep front, as most trainees do, and you'll cut serious corners on your progress in the gym, and with your physique.

Although you may prefer the extra waking hours you get from not sleeping generously -- to use for work, fun or other purposes -- you wouldn't be happy to trade lost gains in size and strength for those extra waking hours. But that's EXACTLY the trade most bodybuilders make, although they are unaware of it.

The harder and better you train, the MORE important lots of good quality sleep is. Make sleep your #1 "supplement." And make discovering how to improve the QUALITY of your sleep a big priority.

While just going to bed an hour or two earlier is enough to fix the sleeping problems of many people, many other people need to take more action than that.

Even if you give sleep a BIG priority, if you run yourself ragged out of the gym, that will kill your bodybuilding progress. An hour of aerobics each day, a few games of basketball each week, or other sapping exercise, will compete for precious recuperation resources, and kill gains in strength and size for most people.

Even super-human elite professional athletes are careful not to exceed their recuperation abilities. The rest of us have to be far more careful.

So, are you really providing the rest and sleep your body needs?

Are you really getting eight or more QUALITY, undisturbed hours of sleep each night?

Are you really waking naturally each morning without having to be woken by an alarm clock?

If you're not, how can your body recover optimally between workouts?

Unless you're recovering optimally, how can you make good progress in strength and mass?

Although sleep in itself won't create any excitement, the RESULTS that sleeping well can bring WILL create excitement.

If you're like most bodybuilders, who don't sleep well for at least eight hours each night, give the achievement of that goal HUGE focus if you want to maximize your rate of progress. See BUILD MUSCLE, LOSE FAT, LOOK GREAT for 26 sleep-improving tips.

The other major requirement for maximizing your recuperation ability, is nutrition. Nutrition is primarily about FOOD, not supplements. Yet when gym discussions touch on nutrition, supplements usually hog the attention.

Knife-and-fork food, and perhaps blender drinks, are the SUBSTANCE of nutrition -- namely, supplying a quality feed every three hours that, over the course of each day, takes you into a caloric and nutritional SURPLUS (if you want to gain size). Supplements are the trimmings. Deal with substance first, trimmings last.

If you can't make good gains without supplements, something is seriously wrong with your whole approach to bodybuilding. Test some supplements if you wish, to try to accelerate ALREADY existing good gains; but supplements won't make a failing training program into a successful one.

Are you really feeding on quality food every three waking hours, without fail EVERY day?

Are you really consuming enough calories and protein FOR YOU to make gains on?

If you're not, how can your muscles grow?

If you're cutting corners with your diet, your body will cut corners with its recuperation and building processes.

Once you really have your recuperation machinery in perfect order EVERY DAY, you may find your training starts producing good results.

Remember, without good recuperation ability you'll never gain well. And without great sleeping habits and great nutrition you'll never have good recuperation ability. I know this is basic, and simple, but it's at the very heart of bodybuilding and **yet not taken seriously enough by most bodybuilders.**

Once you've TRULY got your recuperation machinery in good order, THEN comes the moment of truth for your training. If gains in strength and size happen, and after a few months you truly are bigger and stronger, you're on track. But if you're still stagnating even after having fixed up your recuperation machinery, you need to overhaul your training.

Most bodybuilders have major deficiencies in AND out of the gym. That's why the majority of them stagnate for long periods -- they don't deliver on ALL the requirements for bodybuilding success.

Be ruthlessly analytical and critical, find what's not in perfect order, put everything 100% right, AND THEN YOU CAN LOOK FORWARD TO CONSISTENT PROGRESS.

Don't procrastinate change. Remember, if you're not making progress, you must make changes in order to start making progress.

The components of successful bodybuilding are simple enough. And YOU have FULL control over putting them into practice.

Focus on the best exercises.

Use correct exercise technique.

Push through the tough reps.

Don't overtrain.

Feed every three hours or so.

Consume quality food only.

Rest well between workouts.

Go to bed early enough so that you get your required eight or more hours of quality sleep each night.

Do all of that and THEN you'll be able to add a small increment of weight to each of your exercises on a regular basis.

Ask yourself the BIG question -- "Am I really making progress?" -- and be honest with your answer. Then search deep into your in-the-gym and out-of-the-gym activities, to see where you're cutting corners.

Immediately put the components of recuperation in 100% PERFECT order every day, starting from TODAY.

Go to bed an hour earlier tonight, and consume some high-quality protein-rich food every three waking hours for the rest of the day. Then do it again tomorrow, the day after, the day after that, and every day thereafter. This alone will help you a GREAT DEAL, assuming your training isn't a shambles.

Make recuperation a DEVOTION. Make it so for as long as you want to make great progress with your training and body transformation.

FURTHER HELP . . .

See BUILD MUSCLE, LOSE FAT, LOOK GREAT for all the details on how to train, and a treasure trove of everything related to training. At over 600 pages, and with nearly 400 photographs, this is the most complete book on body transformation. *But if you don't agree, you may return it for a refund.*

For further information, visit

www.hardgainer.com

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