

MUSCLE GAIN BLUEPRINT

COMPLETE GUIDE TO BUILDING LEAN MUSCLE



TRAIN HARD | TRAIN SMART

CONTENTS

- 1 Introduction
- 2 Nutrition
- 3 Training
- 4 Supplementation
- 5 FAQ

ABOUT DAIRE CURLEY FITNESS

Daire is a fitness entrepreneur from Galway, Ireland providing the highest standard of personal training and nutrition on the market. He has worked with hundreds of clients helping them to achieve and succeed their goals.

Coming from a sporting back-ground where he played GAA, rugby and ran athletics, Daire proves to be a suitable choice coach for athletes and individuals from all walks of life.

As a Body Transformation specialist, Daire understands both the physical and psychological strain on clients aiming to lose weight. He has made it his duty to allow the process of losing bodyfat to be as easy as possible for his clients.

Daire places a big emphasis on educating his clients on all things associated with training, nutrition and supplements throughout the duration of his clients programs. Due to this, his clients get amazing transformations but also take- away valuable knowledge on how to keep these results for life!



INTRODUCTION

To-Do List - Before you start your journey

1

Equipment - You may need to purchase some of the following items if you don't already have them:

- Electronic Kitchen Scales
- Tailor's Measuring Tape
- Bathroom Scales

2

Measurements - using your tailor's measuring tape, take the measurement from the following body parts. These will be your starting measurements to compare your progress:

- Bicep
- Waist
- Hips
- Thigh

3

Weight - record your morning bodyweight on an empty stomach

4

Photos - take some starting photos from the front, back and side. These photographs are really important to compare your starting point to your weekly progress.

5

Gym - ensure you have access to a fully equipped gym for your chosen amount of workouts per week.

NUTRITION

The Basics - Calories & Macronutrients

Calories - A calorie is simply how much energy your body will gain from food. Calories are made up from the energy contained in the macronutrients of foods.

Macronutrients - Foods have macronutrients and micronutrients. Macronutrients are the large molecules of food that make up their caloric content and include **protein, fats and carbohydrates**.

Protein = 4kcal

Carbohydrates = 4kcal

Fats = 9kcal

Micronutrients - Are vitamins, minerals and enzymes - they're extremely important but do not need to be tracked.

Tracking Your Macronutrient Intake

Logging Them - Watching your diet can be difficult and time consuming in the beginning, so I want to make this as easy as possible for you. To track your food's calories and macronutrient content, we highly recommend downloading the app 'MyFitnessPal' on your smart phone or tablet device, which is free. To set up the app, complete the following steps:

1. Create an account
2. Select 'Goals'
3. Enter the total calories (found in your tailored nutrition program)
4. Enter the carbohydrate, protein and fat goals as a percentage (found on your nutrition program)
5. Enter foods by either searching or scanning the food in the 'diary' section. You'll need to measure foods without a barcode by weighing them with food scales, or by using some other means such as a measuring cup, tablespoon, etc. Try to be as accurate as practically possible.
6. Track your total macronutrient/calorie intake in the 'nutrition' tab. This should resemble the program as close as possible.

Planning what you will be eating in advance takes a lot of stress out of logging every food, everyday. You can do this by creating your own meal plan based on the calories and macronutrient targets which I have assigned for you.

NUTRITION

How To Create Balanced Meals

Protein - This is arguably the most important macronutrient in your plan. Protein is vital for repair, recovery and growth of the body. It is not just important for muscles but also essential for healthy skin, hair and nails.

Chicken Breast	Turkey Breast	Tuna	Salmon	White Fish	Lean Beef	Protein Powder	Eggs	Nuts
----------------	---------------	------	--------	------------	-----------	----------------	------	------

Carbohydrates - These are often demonised when it comes to dieting, however carbohydrates, from the correct sources and when timed correctly, are vital for both fat-loss and muscle building.

Sweet Potato	White Potato	Rice	Oats	Pasta	Breads	Quinoa	Cereals	Rice Cakes
--------------	--------------	------	------	-------	--------	--------	---------	------------

Fats - you can get some fats from the protein sources listed already. However, here are some additional healthy fats to add to your meals. Fats are essential for the absorption of vitamins by the body as well as enzyme function!

Avocado	Coconut/Olive Oil	Almonds	Cashews	Walnuts	Nut Butters	Flax/Chia Seeds	Cheese	Yoghurt
---------	-------------------	---------	---------	---------	-------------	-----------------	--------	---------

Vegetables - An extremely important component of any meal plan. Essential for building muscle, burning fat and maintaining a healthy body. Vegetables will provide micronutrients and fibre required and as they are so low calorie, you can add in as many as you wish! Vegetables should make up 50% of your food volume - so try include them in every meal!

Broccoli	Brussell Sprouts	Peas	Onions	Peppers	Mushroom	Lettuce	Kale	Spinach
----------	------------------	------	--------	---------	----------	---------	------	---------

NUTRITION

How Much Do I Need To Eat?

Everyone's calorie requirements will vary for adding muscle. Firstly, you will need to figure out your maintenance calories. Maintenance calories are the calories your body requires to neither add/lose weight, but in fact stay the same. Your aim will be to eat between 300-500 calories above maintenance.

300 calories above maintenance will enable you to stay a little leaner whilst adding muscle, however it does slow down the progress and results will be slower.

500 calories above maintenance will enable you to add muscle a little quicker, about 1 pound per week. However each pound you add to the scales will not be 100% lean muscle.

Calculating Maintenance Calories

There are many factors to consider when deciding on your maintenance calories. These factors are:

- Gender
- Height
- Weight
- Age
- Activity level

This table below factors in an *average height* male who *trains 5 times per week*. You can choose your lifestyle's activity level and then find your average maintenance calories based on weight.

Activity Level 1: Sedentary - Little to no daily walking, sitting for most of the day eg. desk job

Activity Level 2: Lightly Active - Some of the day standing or walking

Activity Level 3: Moderately Active - On feet/walking most of the day eg. waiter

Activity Level 4: Very Active - Physical daily activity eg. working on building site

Weight (kg)	Level 1	Level 2	Level 3	Level 4
50kg	1560kcal	1800kcal	2040kcal	2290kcal
55kg	1710kcal	1980kcal	2250kcal	2510kcal
60kg	1870kcal	2160kcal	2450kcal	2740kcal
65kg	2020kcal	2340kcal	2650kcal	2970kcal
70kg	2180kcal	2520kcal	2850kcal	3200kcal
75kg	2340kcal	2700kcal	3050kcal	3430kcal
80kg	2500kcal	2880kcal	3250kcal	3660kcal
85kg	2660kcal	3060kcal	3450kcal	3890kcal
90kg	2820kcal	3240kcal	3650kcal	4120kcal
95kg	2980kcal	3420kcal	3850kcal	4350kcal
100kg	3140kcal	3600kcal	4050kcal	4580kcal
105kg	3300kcal	3780kcal	4250kcal	4810kcal
110kg	3460kcal	3960kcal	4450kcal	5040kcal
115kg	3620kcal	4140kcal	4650kcal	5270kcal
120kg	3780kcal	4320kcal	4850kcal	5500kcal

NUTRITION

What Ratio of Macro Nutrients?

Protein	2.5g - 2.8g per kilogram of bodyweight
Fat	0.5g - 1.5g per kilogram of bodyweight - varies depending on food preference
Carbohydrates	Make up the remainder of your calorie goal

Example of 80kg Lightly Active - calorie goal 2880kcal

Moderate Protein	High Carbohydrate	Low Fat
200g	430g	40g
800kcal	1720kcal	360kcal

High Protein	Moderate Carbohydrates	High Fat
224g	226g	120g
896kcal	904kcal	1080kcal

Both examples equate to the same calories, however the different macro nutrient ratios can favour your different preferences whilst choosing foods. Example 1 may be difficult for some people to eat in one day due to the high carbohydrate content containing fibre which makes us feel full, so example 2 containing higher fats and lower carbohydrates may be good if you have a poor appetite.

Eating on Training vs Non Training Days

It is advisable for some people to reduce your calorie intake on rest days from the gym. A reduction of 300-500kcal taken away from either carbohydrates or fats, depending on your preference.

If you are struggling to add muscle, I would not reduce calories on rest days, however, this method is particularly useful for someone who is gaining muscle quickly but may want to keep fat gain to a minimum also, so pulling back calories on rest days is an excellent way to achieve this.

Cheat Meals

I would always advise you to stay on plan 99% of the time, however I also understand that sometimes we need to attend events or nights out. You can compensate for this by lowering calories the day or two before/after the event to compensate. This will allow you to average your daily calories accurately whilst still enjoying a social life.

TRAINING

What Training Program?

Beginner - recommended for people who are consistently weight training 18 months or less
Advanced - recommended for people who have 18 months+ weight training experience

What Training Periodization?

These programs are designed to be followed over an 8 week period, alternating between low volume strength training and high volume hypertrophy workouts.

Week 1 & 2	Hypertrophy - High Volume
Week 3 & 4	Strength - Low Volume
Week 5 & 6	Hypertrophy - High Volume
Week 7 & 8	Strength - Low Volume

This training method is employed as it offers the best of both worlds - strength & power as well as muscle size and shape.

Cardio While Muscle Building?

Cardiovascular exercise is often over-looked whilst in a muscle gaining phase. I however recommend that individuals do some light cardio for a number of reasons.

Health - cardiovascular exercise will help look after your body's bones and vital organs
 Body-fat - regular cardio while in a calorie surplus will help keep any fat gain to a minimum
 Metabolism - the more calories we burn the more efficient our body is at muscle building

I would advise 3x 15-20 minute cardio sessions post-workout each week.

TRAINING

Beginner Strength Training Plan

4x Training Days per week

Day 1 - Legs
Day 2 - Arms & Shoulders
Day 3 - Back
Day 4 - Chest

Day 1 - Legs

Warm-Up - 5 minutes cross-trainer
10 minutes resistance band pre-activation

1. Squats - 5 sets x 5 reps - 2 minutes rest

2. Leg Press - 4 sets x 6-8 reps - 1.5 minutes rest

3. RDL - 4 sets x 6-8 reps - 1.5 minutes rest

4. DB Lunges - 3 sets x 10 reps (each leg) - 2 minutes rest

5. Hamstring Curl - 4 sets x 6-8 reps - 1.5 minutes rest

TRAINING

Advanced Hypertrophy Training Plan

6x Training Days per week

Day 1	Chest & Back
Day 2	Arms & Shoulders
Day 3	Legs
Day 4	Chest & Back
Day 5	Arms & Shoulders
Day 6	Legs

Day 1 - Chest & Back

Warm-Up - 5 minutes rowing machine
10 minutes resistance band pre-activation

1. DB Chest Press - 4 sets x 10-12 reps - 1 minute rest

2. BB Row - 4 sets x 10-12 reps - 1 minute rest

3a. Incline DB Fly - 4 sets x 10-12 reps

3b. Lat Pulldown - 4 sets x 10-12 reps - 1.5 minutes rest

4a. Cable Crossover - 4 sets x 8-10 reps

4b. Low Seated Row - 4 sets x 8-10 reps - 1.5 minutes rest

SUPPLEMENTATION

Whey Protein

Whey is derived from milk; a fast digesting protein source with an excellent amino acid profile that initiates protein synthesis (muscle growth) quickly, making it ideal for breakfast or post-workout nutrition. There are two main forms of whey – CONCENTRATES and ISOLATES. Whey isolates have a more advanced filtration method so the powder is often more 'pure' – contains less sugars and fats – and is more bioavailable (more of the protein is converted into muscle tissue) so you may be getting more protein for your pound! If you are lactose intolerant, stick to whey isolates to avoid lactose.

When to take it?

To make up protein in your meal macros and towards/at the end of a workout. You only need 20-30g of actual protein from whey to achieve maximum protein synthesis, so don't waste your money by necking a triple scoop shake.

Creatine Monohydrate

Creatine has been the most studied supplement in sports science. Creatine DOES NOT build muscle, but provides your muscles with the capacity to derive more energy in short bursts. This will allow you to work out at a higher intensity for longer, giving you the potential to stimulate more protein synthesis. Doses of 3-5g a day will achieve 100% saturation of your muscles; so there is no need to perform a loading phase or buy a more expensive form such as kre-alkalyn.

When to take it?

5-8g pre workout on training days or at breakfast on non-training days.

NB: While creatine is not dangerous and has been shown to have no long term health risks, do not use it if you are allergic to creatine or have kidney weakness/disease.

Cyclic Dextrin

Cyclic dextrin a fast absorbing, simple sugar, ideal for around your workout window. Consuming cyclic dextrin causes insulin levels to spike – driving glucose and other nutrients into cells and influencing their amino acid utilisation, amongst other things. There are a few specialist carbohydrates that are faster absorbing, but are much more expensive, and in our case we are not worried about the difference of a few minutes in absorption.

SUPPLEMENTATION

Cyclic Dextrin

When to take it?

30-75g intra workout depending on carbohydrate intake requirements

Casein Protein

Casein is also derived from milk, but is a much slower digesting source of protein. This makes it ideal to consume as a meal replacement (whole animal proteins are preferable to meal replacement shakes); although I suggest mixing 50% casein with 50% whey, due to the very slow liberation of amino acids from casein.

When to take it?

At night time if short on protein requirements for the day

Multivitamin

It is easy to not consume enough vitamins and minerals – especially if you are training hard – which can lead to fatigue/illness. A good quality multivitamin will help to ensure you are getting an adequate supply while training hard.

When to take it?

Once a day at breakfast - follow manufacturer's instructions

ZMA

Zinc is important for almost all metabolic processes especially to protein synthesis and maintenance of a healthy immune system. Magnesium helps regulate electrolyte balance, energy production and neuro-muscular function. ZMA is shown to increase growth compounds production and many users note sensations of deeper sleep when supplementing with it.

When to take it?

Before bed - follow manufacturer's instructions

FAQs

Rest and Recovery

Without the right recovery and enough sleep, your body won't be able to maximise protein synthesis. Lack of sleep, not recovering properly between sessions and being stressed from personal life or work all contribute to your body releasing stress hormones, which inhibit protein synthesis. Try to maximise your sleep and recovery and reduce the amount of stress you are under.

Gaining Fat Too Fast?

If you are gaining weight faster than 0.5kg per week, remove 20g of carbohydrates from your diet. This should slow the rate of weight gain.

I'm Too Full To Eat?

If you find it difficult to consume all the calorie requirements for your body type, try blending some high calorie foods together to make a liquid shake - peanut butter, full fat milk, banana and your choice of whey protein can make a tasty and delicious quick high calorie meal. Also snacking on nuts during the day, adding honey to your oats/coffee or using butters or oils on your meals will help increase calorie intake without filling you up too much.

What Next?

If you enjoyed this free e-book please take a look at my website for further information on Online Coaching, Personal Training and Training Programs

Website - www.dairecurleyfitness.com

Email - dcfitcoaching@gmail.com

Facebook - Daire Curley Fitness

Instagram - @dairecurley

Twitter - @daire_curley

Snapchat - @dairec13