



Get Stronger

Quick Start guide

Disclaimer



THIS DOCUMENT DOES NOT PROVIDE MEDICAL ADVICE

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Getting Started



Getting Stronger is a process that needs consistency, hard work and commitment. By downloading this guide you have committed to put in the work required to make yourself stronger.

MusclePack™ is a collective of experienced Strength and Conditioning experts who feel that little has been done to address real issues when it comes to helping individuals such as you to understand the technical aspects of getting stronger. This effort is not only about picking up more weight, but also strategizing it such that the efforts and results anticipated are directly proportional to each other.

The role models in the industry have been demonstrating how to do certain exercises, but none of them readily give out the strategy they used to get to their current form.

With MusclePack™ we intend to address the gap and fill it. Our workouts are designed for hypertrophy and will definitely help you if you stay consistent and show up in the gym day on day, month on month.

Designing a Great workout



A great workout is one that you enjoy performing. A great workout is one that you look forward to.

MusclePack™ workouts are designed in a way that will keep you excited. We do not repeat workouts. You will enjoy working out and will feel it the next day as well...if you know what we mean 😊

Our rest days are spread out to get the best out of you.

How do we do it? How will you do it if you were us? We have a simple formula. You can design a great workout if you follow these simple steps :

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Designing a Great workout

- Plan your Muscle Split for the week
- Choose how many days a week you plan to workout
 - You can have anywhere between 3,4,5 or 6 day splits.
 - Plan for at least 1 rest day in a week. You deserve it

Good examples of Muscle Splits can be as follows :

6 Day Split – Day 1 – Chest, Shoulders Core
Day 2 – Legs Triceps,
Day 3 – Back Core
Day 4, 5,6 – Repeat Day 1,2 and 3

5 Day Split – Day 1 – Chest
Day 2 - Back
Day 3 – Shoulders
Day 4 – Legs
Day 5 – Arms / Abs
Day - Rest

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Push / Pull – Day 1 – Upper Body (Push Emphasis)
Day 2 – Lower Body (Hamstring Emphasis)
Day 3 – Active Recovery
Day 4 – Upper Body (Pull Emphasis)
Day 5 – Lower Body (Hinge Pattern Emphasis)
Day 6 & 7 – Rest

These are just some of the examples of good muscle splits. The muscle split can depend on how many days a week you can hit the gym and how long you intend to spend in the gym.

Once you have decided the splits, you can decide the exercises to be performed for those splits. Plan the exercises such that you get excited performing them.

Every workout should have a mix of compound and isolated exercises.

Designing a great workout



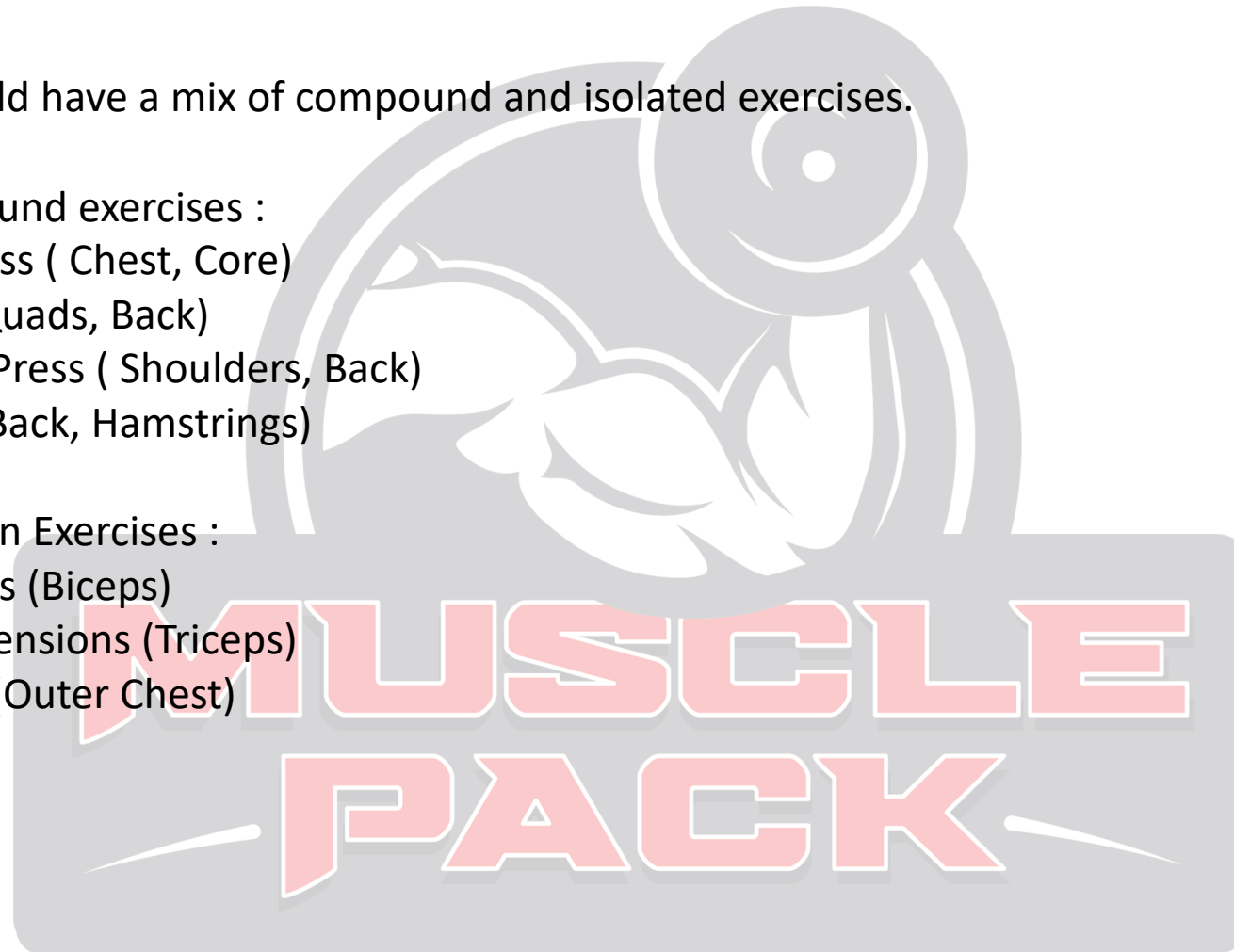
Every workout should have a mix of compound and isolated exercises.

Examples of Compound exercises :

- Bench Press (Chest, Core)
- Squats (Quads, Back)
- Shoulder Press (Shoulders, Back)
- Deadlift (Back, Hamstrings)

Examples of Isolation Exercises :

- Bicep Curls (Biceps)
- Tricep Extensions (Triceps)
- Chest Fly (Outer Chest)



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The shortlisted exercises need to be performed for certain repetitions in sets.

For Example – Bench Press, 4 sets of 10-12 reps

Here the Bench Press needs to be performed for 10-12 repetitions to complete. These repetitions need to be performed 4 times to complete the exercise.

Sets and repetitions can vary based on which part of the progressive overloading phase you are in. Different phases and your body's current state needs different reps to activate muscle hypertrophy.

You may add further elements such as Time under tension (performing the negatives slowly to keep the muscle under tension for better activation), supersets (performing certain exercises in quick succession). These elements do help in hypertrophy and increasing your muscle endurance.

Other Aspects of Getting Stronger



While exercise is an important aspect of getting stronger, it is definitely not the only one.

A great exercise should be accompanied by proportionally good diet, water intake, rest and supplementation. We will cover each of these separately.

DIET

A Good Diet essentially means that you need to make sure you are eating enough calories. Simply put, If you eat more calories than you spend, you will gain, and if you eat lesser calories than what you spend then you will lose. What you gain or lose depends on what you are eating. A good mix of optimum protein and clean carbs is what is required. The exact calories required and an ideal diet can be recommended by our MusclePack coaches. Good athletes even make sure that nutrient timing is designed to help them hit the sweet spot for hypertrophy. This can easily be achieved with the help of a good coach.



Other Aspects of Getting Stronger

WATER

Water intake is essential for proper functioning of all body functions. The body gives you signs to make you understand if you need more water. Its important to read those signs and do the necessary course correction. Water consumption of 3-4 litres over a complete day can help in staying adequately hydrated.

REST

When you put your muscles under stress, they develop micro fractures. Along with the muscles, the bones too develop micro fractures. When you rest, both the muscles and bones get time to repair themselves Hypertrophy too occurs in the same process. However if the muscles and bones do not get the required rest, these fractures may develop into stress fractures ultimately leading to an injury.

If you are well rested, you will feel more confident while picking up weights. If you are planning to increase the weights you lift (PR), best is to make sure those muscles are well rested. Do not ignore the importance of rest.

Other Aspects of Getting Stronger



SUPPLEMENTATION

Most beginners think that it's the supplementation that makes the difference. While supplementation does help you, but you must not rely on it too much. As the name suggests, supplements just supplement what you do and can never be the main character in building your muscles.

Some of the Supplements that stand out and actually help are as follows :

Whey Protein : Whey protein is a good supplement to ensure you cover your daily protein needs. Do not expect Whey protein to help you miraculously build muscles. It provides the necessary protein and that's it. Whey protein products available in the market have various configurations. Anything that provides 25 gms of protein and less than 4 gms of carbs per scoop is a good product. Whey Isolates are a good buy though a bit on the expensive side. Vegan options of whey protein are equally effective. Consumption can be timed to after the workout.

Other Aspects of Getting Stronger



Creatine : Creatine monohydrate is a proven supplement with plenty of research to back it up. Creatine supplementation increases the amount of phosphocreatine within the body which helps production of ATP and in turn helps in both recovery as well as resistance training. Creatine can thus be used with the hope of increasing speed, boosting endurance, reducing recovery time and increasing fat loss.

Caffeine : Caffeine is probably the most commonly used supplement. Caffeine can help you increase speed, improve reaction time and boost total strength. However, its overuse can restrict performance. Caffeine can be consumed 30 mins before a workout session.

In addition to these, basic dietary supplements such as Multivitamins, Omega-3, Vit C, B, D3 etc do help in several ways by avoiding deficiencies in the first place.

In case you need support / further discussion regarding any other supplements that excite you, please feel free to drop us a message and we can get back to you with our point of view regarding that supplement.

Show Up!!!



Now that you're all set to get Stronger you need to do what matters most. Show up!

Keep showing up at the gym every day, without fail.

Do all the right things. Eat clean, avoid alcohol, time your supplements.

Results though might take time, will come and consistency is the key.

MusclePack™ can help you with realizing your goals with our years of experience and science backed programs. All our programs are custom made based on an individual's goals.

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