

How to Gain Muscle Mass



Eat More

- 30% protein | 50% carbs | 20% fats
- Slight caloric surplus
Add healthy fats
- Eat more fruits and vegetables



Lift Heavy

- Add weight each week to exercises
- Focus on compound lifts
- 5-8 exercises per workout
- Slow and fast reps
- 1 set to failure



Recover

- Sleep 8 hours
- Drink 3-5 liters of water
- Rest 1-2 days per week
- Massage on rest days



GastroDoxs
defenders of the digestive system