

A close-up, high-angle shot of a very muscular Black man. He is shirtless, wearing a red tank top, and is pulling a thick, dark rope. His muscles are highly defined and glistening with sweat. He has a focused, intense expression, looking slightly to the left. The background is a bright, out-of-focus outdoor setting, possibly a field or park. The text 'MUSCLE GAIN GUIDE' is overlaid in the center of the image.

**MUSCLE**  
***GAIN***  
**GUIDE**

**MYPROTEIN**

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## Welcome to our fat-loss guide

Whether you're looking to bulk up your back or get in better shape all round with lean muscle gain — we're on hand to help.

Let's get started...



# NUTRITION GUIDE

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# YOUR GUIDE TO MACRONUTRIENTS

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When you're trying to put on muscle, it's super-important to stay fuelled with the right nutrition. That means working out exactly what your body needs.

Use our [online guide](#) to work out your:

- Basal metabolic rate (BMR)
- Total daily energy expenditure (TDEE)
- Physical activity level (PAL)

Once you have these, we'll tell you the amount of calories you need to shift fat.

It's important to understand how many calories and how much protein, carbohydrates, and fat your body needs every day in order to add size.

To get access to our guide — check our [Zone article](#).

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# FOOD LIST

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Here's an example of foods you can use when building your macro plan.

## HIGH PROTEIN FOODS

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- Chicken
- Beef steak
- Turkey fillet
- Lamb fillet
- Pork loin
- Game meat
- Salmon fillet
- Tuna
- Cod
- Hake
- Tilapia
- Sea Bass
- Mackerel
- Prawns
- Cottage cheese
- Greek yoghurt
- Eggs
- Whey protein
- Tofu
- Soy
- Grains
- Pulses



# CARBOHYDRATE SOURCES

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## *High carbohydrates*

- Rice
- Quinoa
- Millet
- Oats

## *Moderate Carbohydrates*

- White potato
- Parsnips
- Sweet potato
- Swede

## *Low Carbohydrates*

- Butternut squash
- Pumpkin
- Courgette

## FRUIT

- Mango
- Banana
- Pineapple
- Grapes
- Blueberries
- Raspberries

## FAT SOURCES

- Nuts
- Coconut oil
- Flax seeds
- Avocado
- Olives
- Hemp seeds



# TOP TIPS

1

Try to be within 10g of your protein target — aim for 100% but don't let it throw you completely if you fail to hit the exact number.

2

All foods should be weighed uncooked and using uncooked nutritional information.

3

Look to maintain your energy expenditure on a day-to-day basis — if you aren't training, try to get up and move more.

4

Put reminders in your phone about when to take supplements, eat your food, and when to drink water. Also put your training sessions into a diary.

5

If you miss a meal for any reason whatsoever, don't stress, get it in when you can. If not, move on to your next meal and you might even have some calories remaining for the end of the day.

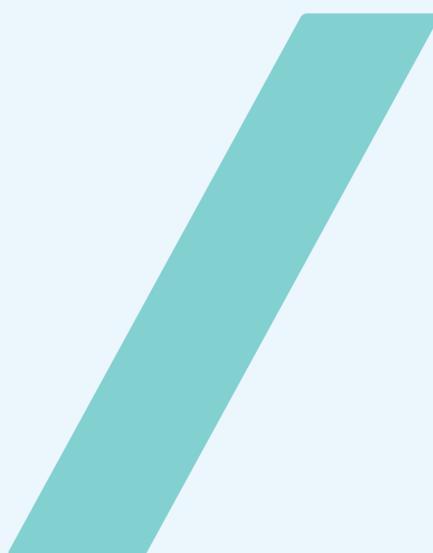
**6** Include a protein source in every meal.

**7** Include vegetables at every meal.

**8** Ensure you have a daily mix of fats, with an emphasis on monounsaturated and polyunsaturated fats.

**9** Add herbs and spices to your meals to keep it interesting — don't just eat plain food all the time — it gets monotonous and can lead to you falling off the wagon.

**10** Finally, make sure you weigh your food accurately.



A muscular Black man is shown in a bodybuilding pose on a beach. He is shirtless, wearing black shorts, and has his arms flexed to show his muscles. The background is a bright, sandy beach with a body of water in the distance. The lighting is warm, suggesting a sunset or sunrise. The text "SUPPLEMENTS FOR MUSCLE GAIN" is overlaid in large, white, bold, sans-serif font across the center of the image.

# **SUPPLEMENTS FOR MUSCLE GAIN**

# When you're on a muscle-gain mission, it's important to get the right fuel.

Supplements are a great way to get the extra nutrients you need to achieve your goals, alongside a balanced diet. That's where our product range comes into play.



In this section we'll show you exactly what you need to fuel your ambition.

# DAILY SUPPLEMENTS

These are your everyday essentials to keep you feeling sharp and on top of your game.

## Daily Multivitamin

Take 1 serving with your first meal to get the vitamins your body needs.



## Vitamin D3 & Vegan Vitamin D3

Take 1 serving with your first meal to get your fix of the sunshine vitamin.



## Essential Omega-3 & Vegan Omega

Fish oils can be hard to get from your diet, so take 1 serving with 2 of your meals.



## Zinc & Magnesium

Popular with people looking to add strength and size, take post-workout with a whey shake.



# EXTRAS

## Creatine Monohydrate

Popular with people looking to lose weight. Take 1 serving before working out.



# WORKOUT SUPPLEMENTS

To get the fat loss you're looking for, these are our recommendations.

## PRE-WORKOUT

A boost when you need it. Take 1 serving 30 minutes before working out.

### Pre-Workout Blend

Stay alert and focussed on your upcoming session.



### Vegan Pre-Workout

A plant-based kick exactly when you need it.



### THE Pre-Workout

Powerful formula designed to have you firing on all cylinders.



# INTRA-WORKOUT

To keep pushing for peak performance, it's important to stay fuelled and hydrated. Add 1 serving to your workout water for a refreshing boost.

## Essential BCAA 2:1:1

BCAAs are the building blocks of protein, important for any goal.



## Vegan BCAA

The green way to get your amino acids during a workout.



## THE Amino+

Fuel your body and mind with our premium amino and caffeine blend.

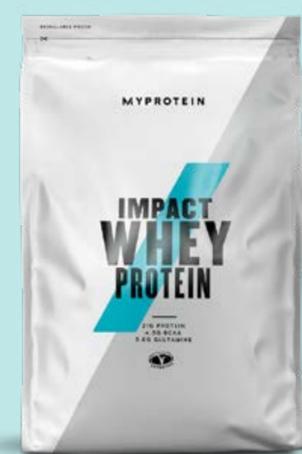


# POST-WORKOUT

This is the fuel you need to achieve your goals. It's important to get a scoop protein within 1 hour of working out.

## Impact Whey Protein

An everyday fitness essential, it's ideal for all goals.



## Vegan Protein Blend

Packed with green goodness, it's perfect for a plant-based diet.



## THE Whey

An optimal blend of three kinds of whey, engineered for performance.



A full-page photograph of a muscular Black man in a maroon tank top and shorts, performing a medicine ball exercise. He is holding a grey medicine ball with a red circular logo that says "9kg". The background is a bright, outdoor setting with green grass and a clear sky. The text "MUSCLE GAIN WORKOUTS" is overlaid in large, white, bold, sans-serif font across the center of the image.

# MUSCLE GAIN WORKOUTS

**Over the next three months you'll complete a range of resistance workouts that target your entire body — gradually ramping up the workload to help you achieve muscle-building goals.**



# KEY

## Order

This is the way that the order of exercises are set out in the programme. If you see A1 and A2, that would mean they're done as a superset (alternating sets of two different exercises with no rest inbetween).

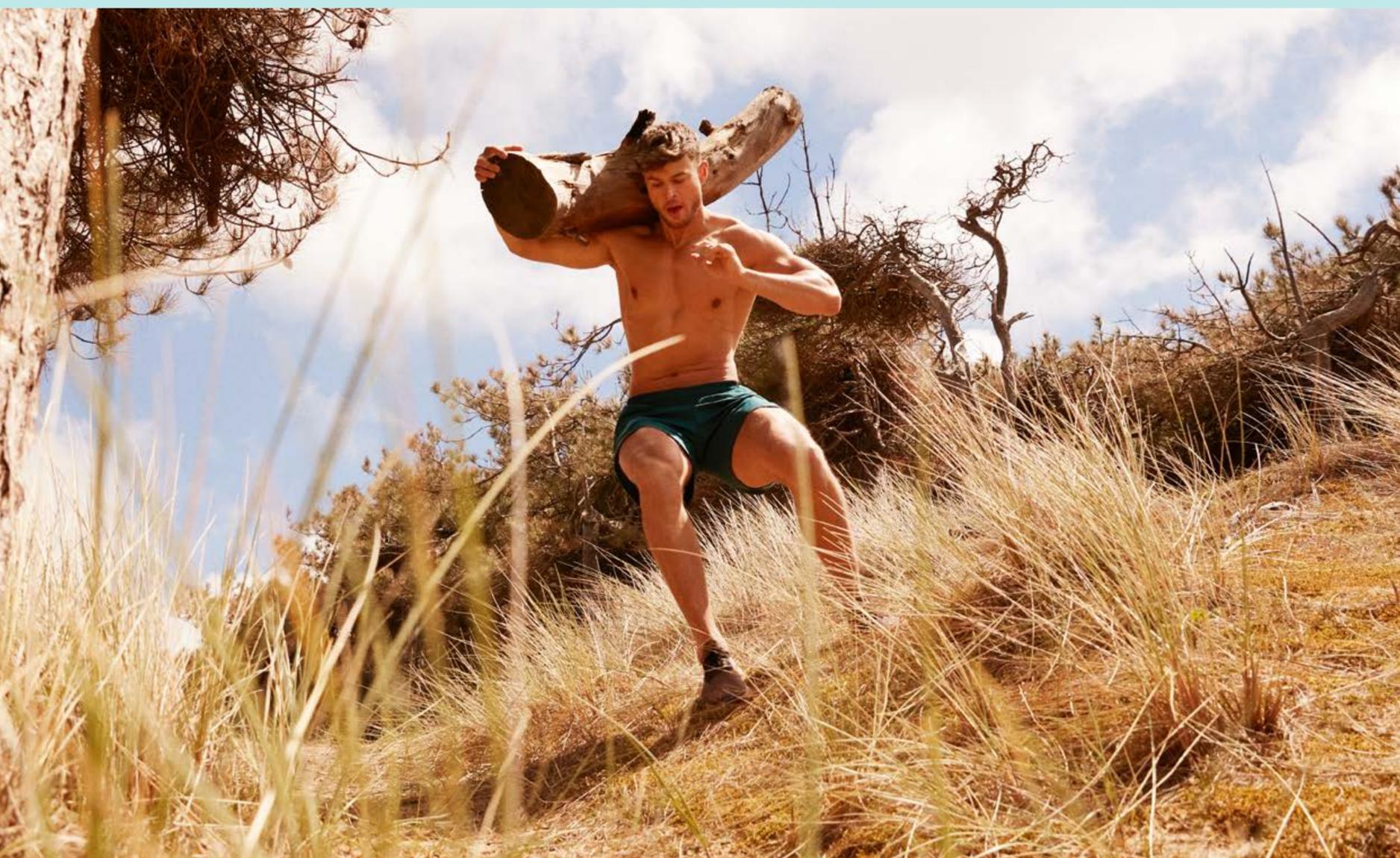
If you see A1, B1, for example — they're single sets.

## Exercise

This is simply the movement prescribed.

## Sets

Sets are the amount of times you'll perform a certain amount of repetitions (reps).



## Reps

Reps are the amount of repetitions you'll perform of each exercise.

## Tempo

The first number is the time spent throughout the eccentric (lengthening) phase of the exercise.

The second is a pause/hold.

The third is time spent in the concentric (shortening) phase.

Fourth is a pause/hold.

## Rest

The time spent resting in between sets of exercises.



# **MONTH ONE**

**This is where it all begins.**

**Remember to recalculate your macros every 1–2 weeks to make sure you're optimising your diet for fat loss.**

## Frequency

### Days

### Training

**Monday**

**Legs**

**Tuesday**

**Upper body**

**Wednesday**

**Rest**

**Thursday**

**Legs**

**Friday**

**Upper body**

**Saturday**

**Rest**

**Sunday**

**Rest**



# WORKOUT 1

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## LEGS

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Squats</u>	5	5	3010	2m
A2	<u>Lying Leg Curl</u>	5	5	3010	2m
B1	<u>Leg Press</u>	4	8	4110	30s
B2	<u>Romanian Deadlift</u>	4	8	4110	1m 30s
C1	<u>Dumbbell Walking Lunges</u>	4	10	2010	10s
C2	<u>Leg Extension</u>	4	10	3110	1m
D1	<u>Front Squat</u>	3	12	2010	10s
D2	<u>Standing Calf Raise</u>	3	12	2010	30s

# WORKOUT 2

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## UPPER BODY

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Flat Bench Press</u>	4	5	3010	2m
A2	<u>Wide Grip Pull Up</u>	4	5	3010	2m
B1	<u>Incline Dumbbell Chest Press</u>	4	8	4110	30s
B2	<u>Lat Pull Down</u>	4	8	4110	1m 30s
C1	<u>Flat Dumbbell Flies</u>	4	10	3110	10s
C2	<u>Dumbbell Upright Row</u>	4	10	3110	1m
D1	<u>Preacher Curl</u>	3	12	2010	10s
D2	<u>Rope Tricep Pushdown</u>	3	12	2010	30s

# MONTH TWO

Now you're making steady progress so we're going to step it up — and introduce some steady-state cardio.

Remember to keep recalculating those macros!

## Frequency

### Days

### Training

Monday

Legs

Tuesday

Upper body

Wednesday

Arms

Thursday

Rest

Friday

Legs

Saturday

Upper body

Sunday

Arms



# WORKOUT 1

---

## LEGS

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Front Squat</u>	4	10	4110	10s
A2	<u>Seated Leg Curl</u>	4	10	4110	1m
B1	<u>V Stance Leg Press</u>	4	12	3110	10s
B2	<u>Trap Bar Deadlift</u>	4	12	3110	1m
C1	<u>Barbell Walking Lunges</u>	4	12	3110	10s
C2	<u>Lying Leg Curl</u>	4	12	3110	1m
D1	<u>Hack Squat</u>	4	15	2010	10s
D2	<u>Standing Calf Raise</u>	4	15	2010	1m

# WORKOUT 2

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## UPPER BODY

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Flat Dumbbell Chest Press</u>	4	10	3010	10s
A2	<u>Lat Pull Down</u>	4	10	3010	1m
B1	<u>Incline Bench Press</u>	4	12	4110	10s
C1	<u>Incline Cable Flies</u>	4	12	3110	10s
C2	<u>Flat Bench Press</u>	4	12	3110	1m
D1	<u>Dumbbell Upright Row</u>	4	15	2010	10s
D2	<u>Seated Lateral Raises</u>	4	15	2010	1m

# WORKOUT 3

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## ARMS

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Flat Bench Press</u>	4	10	4110	10s
A2	<u>Preacher Curl</u>	4	10	4110	1m
B1	<u>Tricep Dips</u>	4	12	3110	10s
B2	<u>Dumbbell Hammer Curl</u>	4	12	3110	1m
C1	<u>Rope Tricep Pushdown</u>	4	12	3110	10s
C2	<u>Preacher Curl</u>	4	12	3110	1m
D1	<u>Dumbbell Hammer Curl</u>	4	15	2010	1m



# MONTH THREE

Into the final phase now, we're stepping up the work with added cardio to really blast the fat.

As always, keep on top of those macros!

## Frequency

### Days

### Training

Monday

Upper body

Tuesday

Legs

Wednesday

Arms

Thursday

Rest

Friday

Upper body

Saturday

Legs

Sunday

Arms



# WORKOUT 1

## UPPER BODY

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Incline Dumbbell Chest Press</u>	4	10	3010	10s
A2	<u>Lat Pull Down</u>	4	10	3010	1m
B1	<u>Flat Dumbbell Flies</u>	4	12	3110	10s
B2	<u>Dumbbell Upright Row</u>	4	12	3110	1m
C1	<u>Incline Cable Flies</u>	4	15	2110	10s
C2	<u>Barbell Bent Over Row</u>	4	15	2110	1m
D1	<u>Seated Arnold Press</u>	3 Set / Drop Set	20	2010	10s
D2	<u>Standing Lateral Raises</u>	3 Set / Drop Set	20	2010	1m

# WORKOUT 2

## LEGS

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Hack Squat</u>	4	10	3010	10s
A2	<u>Romanian Deadlift</u>	4	10	3010	1m
B1	<u>Leg Press</u>	4	12	3110	10s
B2	<u>Bulgarian Split Squat</u>	4	12	3110	1m
C1	<u>Dumbbell Walking Lunges</u>	4	15	2110	10s
C2	<u>Leg Extension</u>	4	15	2110	1m
D1	<u>Hack Squat</u>	3 Set / Drop Set	20	2010	10s
D2	<u>Standing Calf Raise</u>	3 Set / Drop Set	20	2010	1m

# WORKOUT 1

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## ARMS

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Tricep Dips</u>	4	10	3010	10s
A2	<u>Dumbbell Hammer Curl</u>	4	10	3010	1m
B1	<u>Rope Tricep Pushdown</u>	4	12	3110	10s
B2	<u>Dumbbell Hammer Curl</u>	4	12	3110	1m
D1	<u>Rope Tricep Pushdown</u>	3 Set / Drop Set	20	2010	10s
D2	<u>Preacher Curl</u>	3 Set / Drop Set	20	2010	1m



A woman with her hair in a bun, wearing a red athletic top and leggings, is running on a sandy beach. She is carrying a black jacket over her right shoulder. The background is a blurred natural setting with trees and a sandy path.

# LOCKER-ROOM LOWDOWN

# You've made it!

Be sure to check out our other guides for muscle building, advanced bodybuilding, toning up, and healthy living.

## Remember to:

- Recalculate your macros
- Put reminders in your phone
- Experiment with recipes to make sure your diet isn't bland and boring
- If you miss a session, not to worry



Share your progress on Instagram and tag [@myproteinUK](https://www.instagram.com/myproteinUK) and check [The Zone](#) for workout and recipe tips.

# THE MAXIMUM GAINS BUNDLE



[SHOP NOW](#)