

# **Secrets to Bulking Up Fast *Without the Fat***

By A Semper



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This is not medical advice, and should not be acted upon without speaking with your physician. Those who decide to implement some or all of the contents within this report do so at their own risk.

That being said, I hope you enjoy *Secrets to Bulking Up Fast – Without the Fat*. I think you'll find this information to be invaluable in your quest to put on some serious muscle mass.

# Let's Get Pumped UP

**Are you sick of being the scrawny one at the gym?** Tired of killing yourself training every day and seeing hardly any increase in your muscle mass?

Did you start out looking like Shaggy (you know, Scooby's friend) but wanted to look more like Johnny Bravo? Joining the gym and trying to be consistent about your strength training program hasn't shown you the results you want, so what do you do?

I have some secrets to bulking up fast – without using hormones or questionable supplements and “magic” pills or potions – but first there is one myth I want to BUST wide open!

More training = more muscle mass? WRONG!

It sounds logical, right? The more you work out, the longer your hours at the gym the greater your results? Well that's just not the way it works, which you may have noticed for yourself. What will happen is your will reach a PLATEAU, which is where your muscles will simply stop growing.

There is nothing more frustrating to a hard-training bodybuilder than hitting a plateau, still training tough and seeing virtually no results.

The solution? Training hard and then allowing your body to rest. This gives your muscles a chance to grow. Weight training essentially opens space for your muscles to grow and the growth takes place in your down time! Really!

(BTW, this is just one of the extremely useful facts I learned while implementing a system that changed my whole outlook on bodybuilding, [The Ideal Fitness System](#) is no joke, a comprehensive system that breaks conventional “wisdom” and delivers serious results. I highly recommend it.)

Now for my secrets to getting muscle mass and bulking up fast. Read on with an open mind and be ready to gain some knowledge that will be invaluable to you in your journey toward the ripped body you've always dreamed of having.

## **Tip # 1 : Don't believe everything you read**

This may seem a strange place to start, but there is just so much marketing put into muscle building products today that it can be overwhelming. It's easy to fall into the trap of a promise of an easy fix for bulking up fast.

Keep in mind that the bodybuilding industry IS an industry. There are plenty of big-wigs marketing supplements, equipment, and even information who don't care about *your* goals at all.

They have goals of their own: to make as much money as possible off of you before you decide to quit the whole business.

I definitely don't mean to call every magazine operator or supplement producer a fraud, I only urge you to be smart about what you decide to take on board as part of your plan. Read unbiased reviews (not just the glowing ones posted on the company's website) and get the facts first.

And speaking of goals...

### **Tip # 2 : Set attainable goals**

If you want to transform your body, you have to have an idea of what you want it to look like. Set goals related to the body fat, BMI, weight and size you want to be.

Part of your goal should be not just physical but also connect with your heart, or your relationships, your spirit, or your sense of self and purpose in the world. Having a balanced approach and outlook on your bodybuilding will make your goals more important and worth working toward.

Create and work a plan to achieve the ideal body you want, which will bring fulfillment in more than just your physical being.

### **Tip # 3 : Don't go easy on yourself**

You may be as consistent in your regimen as the sun is in its rising and falling and still build no bulk. Only pushing yourself to your limit AND BEYOND will build muscle mass fast.

You've heard the saying "No pain, no gain"? Well, rarely is this truer than in bodybuilding. You want to gain muscle mass, well, you're going to have to experience pain. If it doesn't hurt you're not doing it right.

### **Tip # 4 : Think lean**

You could have the most amazingly ripped abs, but if you've got a layer of fat covering them ain't nobody ever gonna see those babies. You want your body fat to be as low as possible, down around 10% or lower (for men) in order to really show off all your hard work.

Another way to think lean is in your diet. Choose fish and lean red meat for protein and omega 3 fatty acids. You don't need to cut fats out of your diet completely, but make them smart fats whenever possible.

### **Tip # 5 : Research your diet**

Obviously, if you want to put on weight you are going to have to eat more. Muscle won't just appear from your hard work, you have to give your body the nourishment it needs.

But exactly what does it need? There are many resources for finding the best natural foods to help you build muscle and some great meal plans that you can use along with your weight training regime to maximize your body's ability to create muscle.

### **Tip # 6 : Supplement smart**

Don't go out and buy every pill, mix or other concoction that promises to help you get ripped instantly. If you want to supplement, look carefully into anything you plan to use before you buy.

There are definitely some supplements that can assist your body in building muscle but you need to be sure you understand what you are taking, when it should be taken and how it interacts with other supplements or aspects of your muscle building plan.

### **Tip # 7 : Take it easy**

You're probably thinking, "Uh, hello? This tip is in direct conflict with tip number 3." No, it's not. Up there I was talking about while you're training. Here I'm talking about what you do afterward.

Your body can only handle so much physical stress at a time, so while you're focusing on building body mass, give your body a break in other areas.

For example, you would never train for a marathon while also intensely working to build muscle. You will completely exhaust yourself, and your body will go on strike, refusing to do well at either task.

This is why you will do best to stick to your program without adding on aerobics or other types of exercise that won't help you meet your muscle mass.

Beyond this, you also need to get plenty of rest. Make sure you are getting

enough sleep at night and eating the right foods so your body can fully regenerate between each workout session. This is how your muscles will build fastest.

### **Tip # 8 : Visualize your success**

I know some people think this is just a superstition but the fact that so many truly successful people have used it makes it worth a try.

Imagine yourself the size you want to be. Your old clothes don't fit you because your arms and legs are simply too massive. You're confident and satisfied because you've met your weight and size goals.

Really, act like you already have it. Keep working your plan and you will get there!

### **Tip # 9 : Go natural with your diet**

I don't mean to advocate a strict hippie diet where you only eat the literal fruits of the earth. I'm only saying that...

You don't need to spend a fortune on supplements and powders to bulk up. Sure, some of these may work, but you can get similar results for less money and without filling your body with a bunch of ingredients that will do you no good.

As any nutritionist will tell you, nature offers everything you need to look the way you want to. You certainly don't need hormones to do the work for you, with all the risks and unpleasant side affects that come with using steroids.

### **Tip # 10 : Team up with your mind**

Your muscles aren't the only things you need to put to work to build mass. Another essential is your mind.

You've probably already noticed that the minute your mind isn't in your workout any more, your body quickly follows and refuses to do the task at hand.

Use positive thinking and focus on your goal. Keep telling yourself that you CAN do it. And you will.

**NOW...**

You have my ten secret tips for bulking up fast and steering clear of mistakes that hold back even the more sincere of muscle mass seekers.

Use these secrets and evaluate your current training plan and diet. Where do you need to make improvements? Do you really know where exactly it is that you want to go with your training? Are your goals realistic?

To help you reach your goals and follow a strength training plan that will seriously give you fast and safe results, I recommend **[The Ideal Fitness System](#)** as mentioned before. It takes a fresh approach and has proven successful time and again.

To find out more and get tons of free tips and valuable secrets, [click here to visit the official website.](#)

To your success!

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