

## Gains for “Hard-gainers”

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Gaining muscle mass is the goal of many of us and achieving the body we all dream of is not always as easy as you first think.

For some of us piling on the muscle is as simple as adding a little extra protein to our diet and going to the gym two or three times a week. But for the majority of us this is not the case.

We are the hard-gainers.

Lets look at that definition. Firstly categorising yourself as a hard gainer is not exactly a positive outlook and if we're not too careful we become a self-fulfilling prophecy. So lets start by defining our body types and try and avoid the term 'hard-gainer'.

There are three generally used categories for the human body – Ectomorph, Endomorphs and Mesomorphs.

What is the difference?

Well broadly speaking an ectomorph is skinny, can eat what they like and never put on weight and also find it incredibly difficult to put on muscle however hard they train. Whereas an endomorph is someone who has to watch what they eat or watch the scales shoot up. They generally find it easier to put on muscle than ectomorphs. Lastly are the Mesomorphs. This group is the envied group. Put simply they have a relatively high metabolism and so burn off excess fat but also can increase muscle size rapidly and with relative ease.

So now we have found our category what can we do to increase muscle mass. Well the good news to all ectomorphs is that you can put on muscle mass, just not as easily as the endo or mesomorphs. Look on the bright side, because of the lower body fat any muscle gains are shown in perfect definition!

So what is the Key to Muscle Mass Gains ?

Caloric intake. It's as simple as that. Minimise your caloric output whilst maximising your input. Your metabolism is burning calories at an incredible rate and therefore you must constantly fuel it. If you do not meet the caloric requirement then muscles pay the price.

How many calories should I take daily?

Of course we are all different but as a rough guide for Ectomorphs, try taking on around 20-24 calories per pound of body weight.

And the best way to take that is through 6-7 meals a day rather than the standard 3 meals.



Remember, take on proteins, they can assist muscle repair and growth and will make up a large proportion of your calorific intake.

For example a single serve of N-Large II by Prolab contains 600 calories of which 52grams is protein and 82grams is carbohydrate.



This provides a convenient source of calories that can be taken between your meals and after a gym session to make sure all that hard work is not going to waste.

Remember, a serving of N-Large II counts as one of your meals so it's an easy way to add two extra meals to your day (1 mid morning and 1 mid afternoon)

## Popular Alternatives to N-Large II are:



MAXIMUSCLE CYCLONE



EAS MASS FACTOR



REFLEX INSTANT MASS

If you have any questions and/or would like more help on your nutrition strategy then please do not hesitate to contact us. As a Platinum member all our advice and tools are free.

Advice & Orderline : 0800 652 4750

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