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Steve Hall is not a dietician or medical practitioner, all information is intended only to help with the cooperation of your doctor, in your efforts toward desirable weight levels and health. The information provided should not be used above that suggested by your doctor, it is not presented with any guarantees of any kind.

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PREFACE

I have written this book because too many people are either spinning their wheels in an attempt to stay lean while getting bigger, or they're adding needless fat to their physique. Neither of these situations are any good and to be honest I find it frustrating to see, as I have been there myself. I did the traditional 'Eat Big to Get Big' protocol and I have stagnated for far too long in an attempt to stay lean. I wrote this book to help prevent either situation arising, and allowing people to Get Big and Stay Lean.

I am very jealous. Jealous of you because you have access to information I wish I had seen before I touched a weight or protein shake. The book is as it says comprehensive; I am going to go over nutrition, training, mindset, sleep, supplementation and much more. Leaving no stone unturned, providing a complete plan, allowing those who want to put on size without adding layers of fat to do so. All my prescriptions are evidence based, using the insights from some of the greatest minds in the fitness industry, including but not limited to; Alan Aragon, Brad Schoenfeld and Eric Helms.

Alan is a nutrition researcher, with his research review he delves deep into the science and spits out the information to the lay public. Brad Schoenfeld 'the hypertrophy expert' is arguably the top researcher when it comes to gaining muscle mass, and he has used this to his advantage winning multiple titles as a natural bodybuilder. Finally, Eric Helms is also a natural bodybuilder who has coached hundreds to win titles on the natural stage, furthermore he is a researcher in the nutrition and training field. So we have nutrition, training and the aspect of coaching very well covered.

The purpose of this book is to not only allow people to Get Big and Stay Lean, but also to educate and empower. Giving the reader the programme but also the knowledge to why what they

are doing works. Personally, I think this is extremely important. By the end of the book you will know; how much protein, fat, carbohydrates and calories to consume and why, how to get big and strong plus the core principles behind building muscle and finally touching on mindset, sleep and how to track progress. By combining all this you cannot fail to Get Big & Stay Lean.

When writing the book I wanted to get all geeky, but remembered that the purpose is to guide the reader to build size, not to learn about the human metabolism. I have done my best to balance the science and the nerd inside me with the important information, providing both education but also the necessary application to provide results. Using what I have learnt from the seminars I have been to, the research papers and books I have read and the results I have gotten not only for myself but also my clients, to give you the complete guide to building lean muscle.

I would like to thank personally everyone who has contributed to the book and encouraged me along my personal journey as a coach, natural bodybuilder and powerlifter.

INTRODUCTION

Who Am I?

I am Steve Hall, first and foremost I am a brother, son and a friend, secondly I am an Online Coach and Personal Trainer, finally I am a Natural Bodybuilder and Powerlifter. My love for weight training developed at the age of 15, first out of curiosity and then I got addicted to seeing my body change and progress. Unfortunately the progress stalled, I came to the limit of my 'newbie' gains, for years I lifted weights, took protein shakes and yet nothing.



The moment it all changed was when I unfortunately had a run in with a van. The injuries I suffered had me bed ridden and unwell for enough time for my weight to drop by more than 30lbs. Any 'newbie' gains I had made were gone. That along with my ill health left me unhappy and depressed. It was here I really

developed my knowledge of how to train productively and how to feed my body correctly for my goals. What I did in the past didn't really work, so I knew that there must be a better way.

I educated myself thoroughly, using a combination of books, seminars, and coaching qualifications. I used my newly acquired knowledge to quickly develop past my old physique. So much so that in 2011 I decided I wanted to compete as a natural bodybuilder one day, and in 2014 I began my contest prep. I placed in the top 5 in both the NPA and UKDFBA novice classes.

With this knowledge and experience I help people across the globe reach their health, fitness and physique goals. Fitness and Health is my passion and to help others to achieve their goals is my mission, Revive Stronger together.

Find out more about me:

- Website: www.revivestronger.com
- Facebook: www.facebook.com/revivestephenhall
- YouTube: www.youtube.com/user/steveFitnessHub
- Instagram: www.instagram.com/revivestronger

Who is this book for?

“I have been training for a few years, seen good results, making great initial gains. However, I am now stuck, I am not seeing the steady progress I saw in the past”. Does that sound familiar? If so this book is for you. It is inevitable, the longer you train, the nearer you edge towards your genetic potential. Once you have got to this point you’ll have built a decent amount of muscle and strength.

You’ve become more efficient and that means to progress you need to do more to tax your body enough to cause it to adapt. That in turn means you need to get a little cleverer with your training, one single session isn’t enough to spur gains. You’re no longer a newbie.

Plus you’re stronger, so you can deal with heavier loads, and these are very taxing. So, you cannot go heavy all the time. You need to train in a fashion that will produce enough stress to overload your body but also with enough time to recover to allow the adaption to take place. Inside this book you will get a periodised training programme that is designed specifically for you, organised in a fashion that’ll allow you to continue gaining muscle. It will balance stress and recovery to spur gains.

However, even with the right training programme you will not get the results you desire without correct nutrition. Yeah, yeah we all know to get big, you need to eat big, but this only gets us so far. This book is for those who want to gain all the muscle and none of the fat. Eating big will get you big, big and chubby. Inside this book you will get a personalised nutrition plan that is designed to get you big while keeping you lean.

Nutrition and training are key when it comes to gaining muscle mass. However, often missed are areas such as mindset, sleep and tracking your progress. Do you know how long you should sleep for? Do you get frustrated with your results and wish you

had a way round this? Do you wonder whether you should stop gaining and cut back some fat? All of these questions and more are covered inside this book.

My mission is to provide results and educate, this is a comprehensive guide to gaining muscle, so you will get big, stay lean and know why.

Chapter 11: Tracking Progress

Tracking Tools

When it comes to making gains the most important thing is to be consistent with your nutrition, training and sleep. The phrase consistency is key must be so overused by me that if you were to collect pizza boxes each time I referenced it, well you'd have a massive bloody mountain of pizza boxes. Nailing your diet, training and sleep every single day without fail is going to see you become a beastly lean jacked machine in no time. There are some tools we can use to stay on track, and while they're important to keep us consistent, they can also identify areas we can improve, allowing us to manipulate things when and as needed.

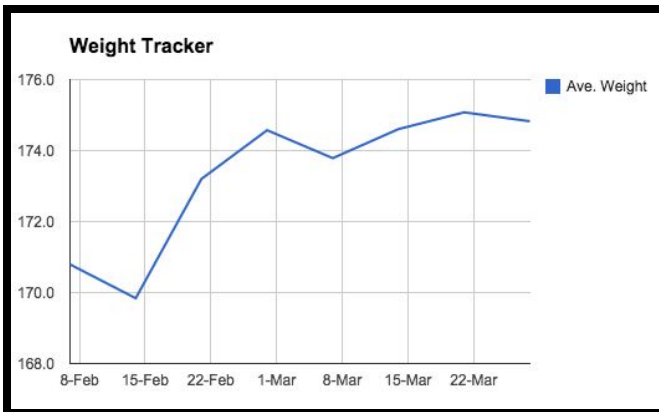
Keep A Training Diary

A training diary will allow you to not on track your weights, reps and sets but it'll keep you focussed on the process. It is a massively important tool that far too many discount. The training diary keeps you accountable, you can see what weight you hit in the past and therefore know where you need to move. Furthermore, you can note down mood, energy levels or anything that might have contributed to the quality of the workout. These notes can help you continually progress and move forward. Remember, that which is tracked, improves. Whether it be a notepad, an excel spreadsheet or on your phone, make sure you record your training.

Weighing Yourself

It should come as a no brainer that you're going to have to step on the scale at some point. As said before, you pick the amount of weight you want to gain at (for example 1-2lbs a month as an intermediate) and then adjust your nutrition to ensure you hit that.

However, a lot of people seem to screw this process up, maybe they weigh themselves in the morning one week, then two weeks later at night, maybe that night they had a massive meal just before, they're going to be heavy right? Stepping on the scale and see they're 6lbs up on two weeks prior. They stress out, 'oh man, I have put on so much fat' they decide they must therefore stop trying to gain and go on a cut. This is just one example of how you could completely throw yourself under the bus and ruin your progress.



Weight fluctuates day to day, I won't bore you with the reasons why just now, but know that today if you weigh in at 170lbs, tomorrow it would not be unusual to be up or down on this number by up to 5lbs. Furthermore, that is assuming you weigh yourself in the morning, under the same conditions. If you were to weigh yourself the same day, at morning and night, your weight will differ. So you need to consistently weigh yourself under the same conditions multiple times through the week. Plus because our weight fluctuates day to day, it makes good sense to take a weekly average, and compare that to the week before.

Weigh yourself, first thing in the morning, before consuming food or liquid, after going to the bathroom, naked. Do this a minimum of 4 times a week and take an average for that week. For example, Monday you weigh in at 161.2lbs, Wednesday 163.4lbs,

Thursday 160.8lbs, Saturday 160.6lbs, you add these all up and divide by the number of days; $161.2+163.4+160.8+160.6 / 4 = 161.5$, therefore your reference for that week is 161.5. You can then use that to compare to other weeks to make sure you're where you want to be. So never panic over short term changes in the scale, the trend overtime is much more revealing. Keep your eye on the big picture.

Take Progress Photos

By taking pictures you have another tool to assess progress. They are important for many reasons; they can act as a massive motivator 'wow look how skinny I was 2 months ago'. Furthermore, they can allow you or your coach to assess your weak and strong points. Maybe you have really large arms but small quads, you could then set up your training to prioritise your quads and focus less on your direct arm work. Not only can they identify weak and strong points of your physique, they can act as a check for posture imbalances. Maybe your shoulders cave in and therefore you need to stretch out your chest and strengthen your back. Small changes in posture can make massive differences to how our body looks and functions, so don't discount having good posture.

When To Stop?

We're after lean muscle right? There will come a time when your lean gaining will have to come to an end, because it is pretty much impossible to add only muscle to your physique. Using the above protocols you will have done everything in your power to reduce fat gain to a minimum, but over time it might add up. You will therefore want to end your mission to get big and look to trim down. Don't get me wrong, there isn't a time you stop gaining muscle, you can and will continue to gain muscle regardless of body fat levels. However, there is an optimal way to do it, and

plus this book is about getting big and staying lean, so...without further ado let's get into why and where the cut off point is.

There is something called the partitioning ratio (P-ratio) this represents the proportion of lean body mass (LBM) you gain relative to the total weight gained. This ratio is governed by; hormones, genetics, diet, training and more. However, starting body fat percentage has the largest influence. The lower body fat you begin the mission of getting big the more LBM and less fat you put on. Therefore, overtime as we gain weight our body fat percentage may creep up, which in turn impacts our P-ratio, and means we may start gaining LBM less favourably. So the leaner you are the more LBM you will gain in comparison to fat.



This is however assuming you have been lean for a period of time, don't expect the P-ratio to act so in your favour if you've dieted down for prolonged periods of time. Without going into too much detail, when you restrict calories your body doesn't like it, and its metabolism adapts, hormones adjust, and quite simply it isn't ready to pack on a load of muscle. However, it is primed for gaining fat rapidly, this is why reverse dieting to some extent after a diet is a good idea, but that's a massive separate topic for

another time. This was seen in the Minnesota semi-starvation study, where men restricted calories for 6 months until reaching sub 5% body fat. When refed their bodies were primed to replenish fat stores, not gain LBM, and this was exactly what happened.

It seems that when body fat gets to 15% for men and 25% for women the amount of fat we gain in comparison to LBM accelerates. Therefore keeping body fat levels below this is a good idea, the sweet spot for gaining LBM looks to be 10-12% for men and 20-22% for women. The picture of me above is at the peak of my offseason in 2013, I was up at over 190lbs, I actually was probably nearer 16% in this picture, but this is where I ended eating in a calorie surplus.

Right so you're at 15% (25% for women) and you want to cut down to get back into the sweet spot for getting big and staying lean. However, you know that when you've dieted down you don't want to jump straight back into the mass gaining diet, because you're body will pack on fat. Therefore, to get round this I suggest you maintain your weight post diet for at least 2 weeks before starting to pack on size again. This is to allow your body to normalise itself, and put you in a better position to gain muscle and not fat.

So if you want to get big and stay lean ensure you only gain weight up until you reach the body fat cut off point, then diet down till you are at the lower end of the sweet spot, maintain for a couple of weeks and then enter your get big protocols again. If you continue to cycle like this you will be a lean, mean, jacked, hulk like machine in no time.

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