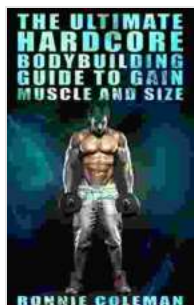


The Ultimate Hardcore Bodybuilding Guide To Gain Muscle And Size



If you're serious about gaining muscle and size, then you need to follow a hardcore bodybuilding program. This type of program will push you to your

limits and help you achieve your goals faster than any other type of training.



The Ultimate Hardcore Bodybuilding Guide To Gain Muscle And Size by Fotis Thimodeas

★★★★☆ 4.2 out of 5

Language : English
File size : 1705 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 16 pages
Lending : Enabled



Training

The foundation of any bodybuilding program is training. You need to train hard and heavy in order to stimulate muscle growth. This means lifting weights that are challenging and doing exercises that target all of your muscle groups.

Here is a sample hardcore bodybuilding training program:

- **Monday:** Chest and triceps
- **Tuesday:** Back and biceps
- **Wednesday:** Rest
- **Thursday:** Legs
- **Friday:** Shoulders and traps

- **Saturday:** Rest
- **Sunday:** Rest

Each workout should last for about 60-90 minutes. Be sure to warm up before each workout and cool down afterwards.

Nutrition

Nutrition is just as important as training when it comes to building muscle and size. You need to eat a diet that is high in protein and calories. This will provide your body with the nutrients it needs to repair and rebuild muscle tissue.

Here are some tips for eating a hardcore bodybuilding diet:

- Eat 6-8 meals per day.
- Make sure each meal contains a source of protein, carbohydrates, and fat.
- Get plenty of fruits and vegetables.
- Drink plenty of water.

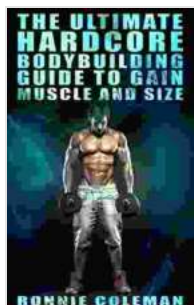
Supplementation

Supplements can be a helpful way to boost your muscle growth. However, it is important to choose supplements that are safe and effective.

Here are some of the most popular and effective bodybuilding supplements:

- **Creatine:** Creatine is a natural substance that helps to increase muscle strength and power.
- **Protein powder:** Protein powder is a convenient way to get the protein you need to build muscle.
- **BCAAs:** BCAAs are essential amino acids that help to promote muscle growth and recovery.
- **Glutamine:** Glutamine is an amino acid that helps to reduce muscle soreness and improve recovery.

If you follow the tips in this guide, you will be well on your way to gaining muscle and size. Remember, building muscle takes time and effort. Don't get discouraged if you don't see results immediately. Just keep training hard, eating right, and taking your supplements, and you will eventually reach your goals.

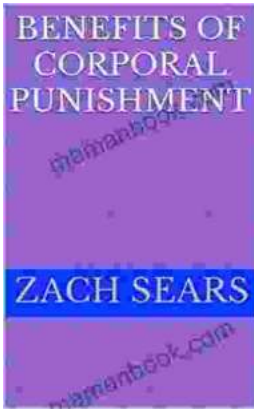


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