

The Physique Revolution Guide

What we have done here is compiled the best tips to change your physique from some of the industry's top experts, researchers, and coaches. You will see tips on building muscle while losing fat, nutrition, debunking nutrition myths, and the best cardio methods. Enjoy!

Alan Aragon

A) To build muscle, training has to be sensible & progressive. This means that over time, you have to be progressing in the amount of reps &/or weight you're moving. It's really just that simple. Books have been written on the details of training programs and such, but if I were to put it all into a nutshell, that's what I would say. If you're continually getting stronger in the 6-12 rep range, it's inevitable that muscle growth will occur progressively as well. In addition to training, you gotta make sure your nutrition is supporting muscle growth. To maximize the rate of growth, you have to be at a caloric surplus (300-600 kcals above maintenance, some may need to push the surplus higher if gains are really stubborn), and protein needs to be sufficient as well (right around a gram per pound of goal weight). It's better to overdo protein a little then underdo it at all.

B) To lose fat, first and foremost, you have to sustain a net caloric deficit. Fat loss can't occur if you're eating more than you're burning. This deficit does not have to linear day-to-day, but your calories burned by the end of the week need to exceed your calories ingested. Personal preference should decide whether you to maintain a daily regular deficit, or whether you include days of maintenance or surplus (while still coming out at a net deficit by the end of the week). When dieting, it helps to keep protein high, at least a gram per pound of goal weight. When cutting, the tendency for a lot of people is to do as much cardio as they can stand. On the contrary, they should be doing as little as necessary to keep progress humming along. It can always be incrementally increased as needed to get past plateaus.

C) I don't think that supplement recommendations can be made without individual assessment of the diet. Everyone will differ in their goals and dietary habits, so it's impossible to issue a universal set of supplements for everyone. With that said, a cheap multi is likely to help most training populations and phases.



Brad Schoenfeld-

It's difficult to single out a "biggest" nutritional myth; so many to choose from. One myth that I've recently been involved in debunking is the claim of a narrow "anabolic window of opportunity" whereby protein must be consumed within an hour post-workout; waiting any longer impairs gains. Some have even asserted that if you wait 3 hours then you basically lose out on any benefit of the resistance training session. To evaluate whether such an "anabolic window" does in fact exist, I recently collaborated with my colleagues Alan Aragon and James Krieger to carry out a meta-analysis of existing data on the topic. We included any study that compared a protein intake (minimum 6 g EAAs) given 1 hour pre- and/or post-exercise versus protein consumption at least 2 hour or more outside of the bout. A total of 23 studies encompassing over 500 subjects met inclusion criteria for muscle hypertrophy. Results showed no significant differences regardless of the timing of protein intake. What was shown to be supremely important was the amount of protein consumed: those who consumed higher intakes (~1.7 g/kg) showed significantly greater muscle growth than those who consumed lower amounts (~1.3 g/kg). Here's the take home message. The timing of protein intake in and around a resistance training has at best a small impact on muscular gains. It certainly is not going to make or break your results. For those who are recreational lifters, it really shouldn't matter when you take in protein, at least within fairly wide limits. Rather, the focus should be on meeting your daily protein requirements (i.e. at least 1.6 g/kg/day). On the other hand, those who are competitive bodybuilders or strength athletes would be best advised to consume protein relatively quickly following training. In this case, it's best to err on the side of caution as even a small effect can be the difference between winning or losing a competition.

References:

Schoenfeld BJ, Aragon AA, Krieger JW. The effect of protein timing on muscle strength and hypertrophy: a meta-analysis. *J Int Soc Sports Nutr.* 2013 Dec 3;10(1):53. doi: 10.1186/1550-2783-10-53.

