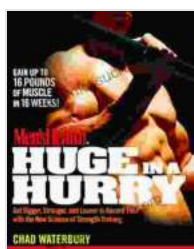


# Get Bigger, Stronger, and Leaner in Record Time with the New Science of Strength

Are you ready to unlock your fitness potential and achieve the body of your dreams? With the latest advancements in strength training science, it's now possible to get bigger, stronger, and leaner in record time. Here's how:

## 1. Prioritize Compound Exercises

Compound exercises are the key to building muscle and burning fat efficiently. These exercises work multiple muscle groups simultaneously, maximizing your workout time and results. Some of the best compound exercises include:



## Men's Health Huge in a Hurry: Get Bigger, Stronger, and Leaner in Record Time with the New Science of Strength Training

by Chad Waterbury

★★★★☆ 4.4 out of 5

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- Squats
- Deadlifts

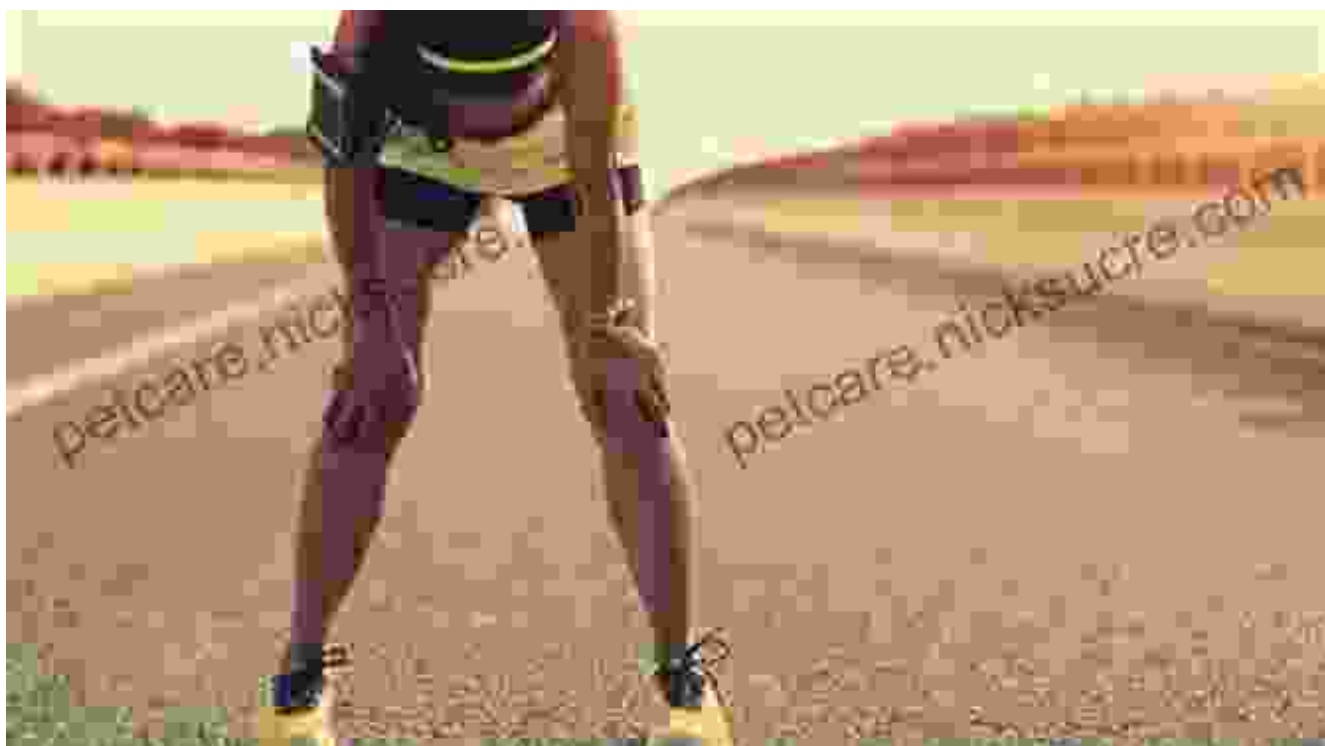
- Bench press
- Pull-ups
- Rows



## 2. Train to Failure (Almost)

Training to failure means pushing your muscles to the point where you can't perform another repetition with good form. While it's not recommended to train to complete failure every set, doing so on the last set or two of an exercise can stimulate maximum muscle growth.

Note: It's crucial to maintain proper form throughout your sets to prevent injury.



### **3. Leverage Progressive Overload**

Progressive overload is the gradual increase in weight or resistance over time. This forces your muscles to adapt and grow stronger. To achieve progressive overload, aim to increase the weight you lift or the number of repetitions you perform every workout.

# HOW MANY SETS & REPS?

@SYATTFITNESS

**STRENGTH**

**HYPERTROPHY**  
(MUSCLE GROWTH)

**ENDURANCE**



**3-5 SETS**  
**1-5 REPS**  
**2-5 MIN REST**

**3-5 SETS**  
**6-12 REPS**  
**1-2 MIN REST**

**2-3 SETS**  
**12-20+ REPS**  
**30-75SEC REST**

## 4. Rest Adequately

Recovery is essential for muscle growth. Aim for 7-9 hours of quality sleep per night and allow your muscles to rest for 24-48 hours between workouts.

During rest, your body repairs muscle tissue and replenishes energy stores.



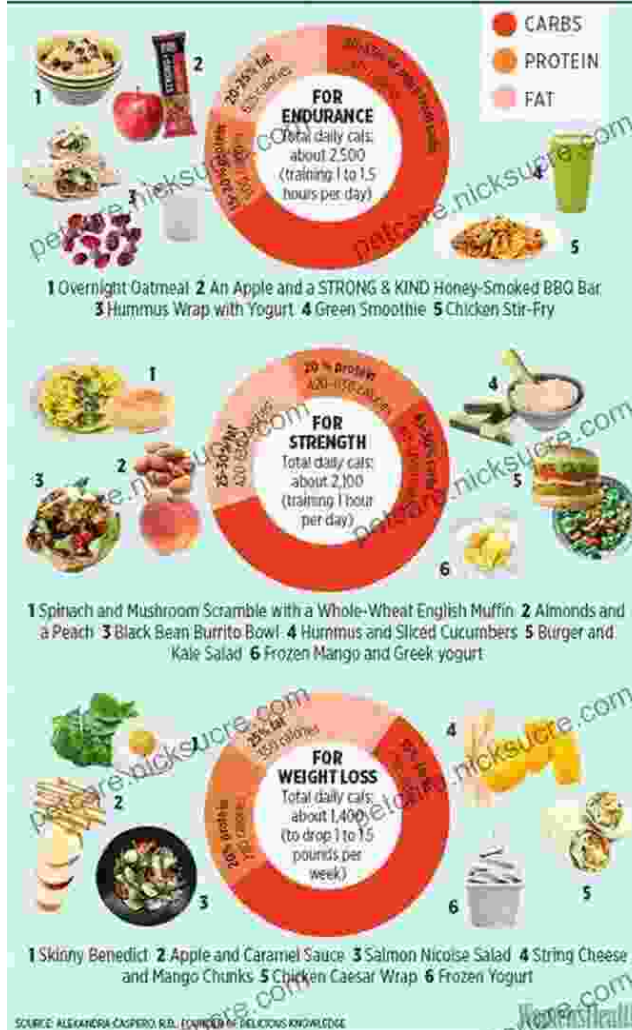
## 5. Fuel Your Body Properly

To support your intense training regime, you need to fuel your body with a balanced diet rich in protein, carbohydrates, and healthy fats. Aim for:

- 1.6-2.2 grams of protein per kilogram of body weight per day
- 4-6 grams of carbohydrates per kilogram of body weight per day
- 1-1.5 grams of fat per kilogram of body weight per day

# EXACTLY WHAT TO EAT FOR ANY FITNESS GOAL

EVERY DIET NEEDS CARBS, PROTEIN, AND FAT, BUT HOW YOU DISTRIBUTE THOSE NUTRIENTS MAKES ALL THE DIFFERENCE. WHETHER YOU WANT TO BOOST YOUR ENDURANCE, STRENGTH, OR WEIGHT LOSS, WE'VE GOT AN EATING PLAN—AND AN EXAMPLE DAY'S WORTH OF MEALS—FOR YOU.



## 6. Find a Training Partner

Training with a partner can provide motivation, accountability, and support. Studies have shown that individuals who train with a partner are more likely to adhere to their workout routine and achieve better results.





## 7. Track Your Progress

To stay on track and monitor your progress, it's essential to track your workouts and body composition. Use a fitness tracker, journal, or body composition scale to measure your strength, weight, and body fat percentage.

# FREE PRINTABLE FITNESS TRACKER

Month \_\_\_\_\_

Goals \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activity	Activity	Activity	Activity	Activity	Activity	Activity
Duration	Duration	Duration	Duration	Duration	Duration	Duration
Activity	Activity	Activity	Activity	Activity	Activity	Activity
Duration	Duration	Duration	Duration	Duration	Duration	Duration
Activity	Activity	Activity	Activity	Activity	Activity	Activity
Duration	Duration	Duration	Duration	Duration	Duration	Duration
Activity	Activity	Activity	Activity	Activity	Activity	Activity
Duration	Duration	Duration	Duration	Duration	Duration	Duration

Notes \_\_\_\_\_

Remember to drink 64 oz. of water per day and get 7 hours of sleep every night!

WHOLEfit

Month \_\_\_\_\_

Goals \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activity	Activity	Activity	Activity	Activity	Activity	Activity
Duration	Duration	Duration	Duration	Duration	Duration	Duration
Activity	Activity	Activity	Activity	Activity	Activity	Activity
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Activity	Activity	Activity	Activity	Activity	Activity	Activity
Duration	Duration	Duration	Duration	Duration	Duration	Duration

Notes \_\_\_\_\_

Remember to drink 64 oz. of water per day and get 7 hours of sleep every night!

WHOLEfit

## 8. Be Patient and Consistent

Building muscle and losing fat takes time and consistency. Don't get discouraged if you don't see results immediately. Stay patient, stick to your training and nutrition plan, and you will eventually reach your goals.





By embracing the principles outlined above, you can unlock the full potential of strength training and achieve your fitness goals faster than ever before. Remember, consistency, effort, and a positive mindset are key to success.

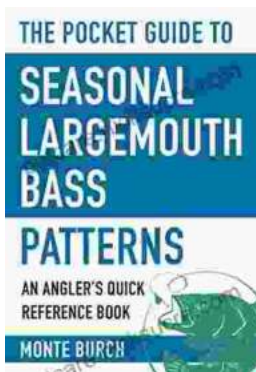
So, what are you waiting for? Start implementing these strategies today and watch as your body transforms into its best version yet.



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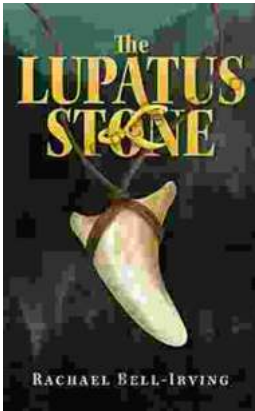
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