

BODYBUILDING 101
GUIDES TO NUTRITION

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The information provided in this book is for educational purpose only. We are not specialist in nutrition and not a qualified personal trainer. The content of this book is based on our personal experience and our knowledge on nutrition and training after few years of trial and error.

The advice and tips given in this book are meant for healthy adults and you should always consult a physician or doctor to insure the advice and tips is appropriate for your body conditions. If you feel any discomforts or abnormalities, please seek for medical help immediately.

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Introduction

Want to know more about bodybuilding and fitness but don't know where to start? Still cruising through your workout aimlessly? Can't find the direction or knowledge to make breakthrough or gains? Tired of seeing others making gains while you still don't know what you are doing? Well this guide is perfect for you. This is not a program or meal plans or any of those. This book is purely guides and tips that can help you to better understand about training and nutrition. You can then use the knowledge and create your own training and nutrition programs.

Coming across tons of bro science which I later found out being untrue with evidence based research, trying out supplements which promise huge gains in muscle mass, gym person's advice and etc. I have compounded and summarized the knowledge I had found over those time in this book.

Here are what I had achieved after years and months of online research and now I want to share this valuable knowledge with those struggling, demotivated and frustrated individuals. To help them finding the right path in their lifting journey being misled by advertisement and wrong information.



Here is the transformational pictures of my friend + client using these guides to help him in his journey of achieving his best physique. Here are his review on the guides

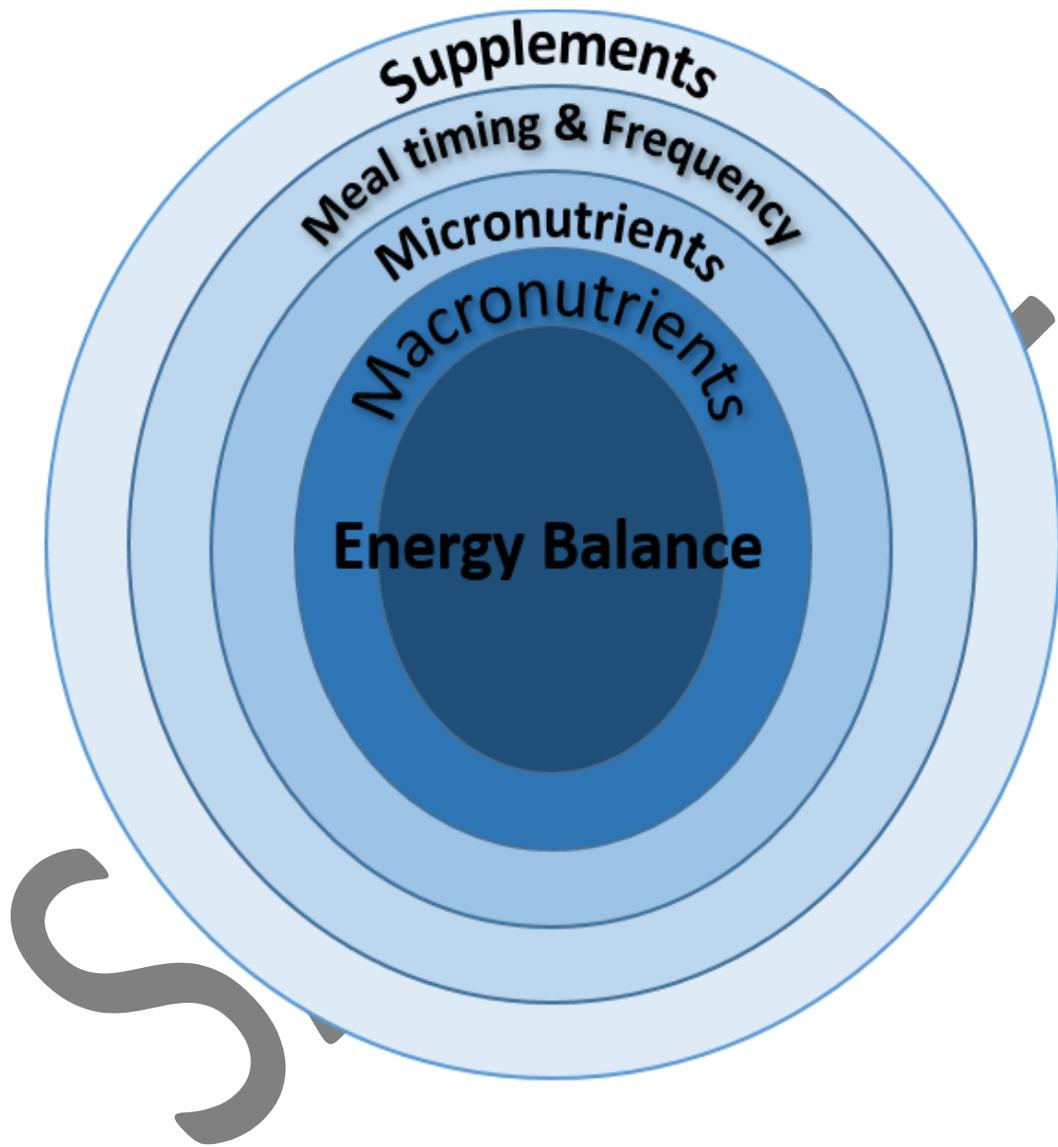


I'm Jack. I've been called fat ever since high school. People discriminate me and make fun of me because of how I looked. At first I thought that it's all because of family genetics so I am being born fat. Losing fat is one of my wildest dream. My "personal record" on weight is 120kg. I had tried all sort of method of fat loss, like starving myself, eating clean, and even taking the "holy" fat burner that promise weight loss in just 2 weeks but none seems to work. It's either too strict for me to follow or it's just total crap.

It was only until I was introduced into the world of fitness by my friend and he has helped me a lot. I came along a lot of bro science and myths which may not show the best result but with the information in this book and months of trial and error, I have succeeded to realize my dream of losing fats. This is when “RESULTS TURNS INTO ADDICTIONS” and I have continued my journey in the fitness world. Here is the picture of me weighing 75kg, the lowest weight I had achieved.



I would like to share these knowledge I had gained together with my friends to help other people, people like YOU to achieve their dream physique.



Nutrition Globe

The nutrition globe shows the overall picture of the nutrition aspect of fitness industry. It has layers which represent each of the topic which we are going to tackle with the innermost layer, which is the core of the globe being the most important factor to consider and the importance of each factor decreases moving from inside to outside.

The nutrition globe also shows how people view the fitness industry with people seeing the outermost layer first, which is supplement as this is the most well promoted part of the fitness industry.

First, we will talk about adherence which teach you on how to follow through your diet for a long period of time.

Then we move on to the outermost layer of the globe which is supplements and its necessity on your diet.

Moving on to meal frequency, which have a lot of myths surrounding it and we will explain some of the myths.

Next, we would talk about the micronutrients and the importance of it in the lifting journey. (We are not a qualified nutritionist so we would not recommended any supplements of micronutrients)

After that is the breakdown of macronutrients and fiber.

Finally would be energy balance which would the main focus in setting up a diet plan which suits you the most.

SUPPLEMENTS

Let's start from supplements. As you can see from the nutrition globe, supplements is at the outer layer of the globe. Imagine the globe as a planet, supplements is on the surface of the planet. Sadly that's what we see and heard the most in the fitness industry (especially for beginners) as supplements are the most marketed in this industry. This is where all the money come from and supplement's company are making huge profit out of this. They made it seems to be the most important tools for you to reach your goals. Pushing their products like some sort of miracle, guaranteed you to lose X amount of weight in X amount of time or gain X amount of muscle in X amount of time. As a beginner, you are blinded by those marketing and promotion. First thing you do after that will be googling "muscle building supplements", "weight loss supplements". You start buying some fat burners to lose weight, some miracle supplements that promised you to get huge and shredded. This is just sad. You start buying all those stuff without understanding the basic.

Most common supplements out there: Weight gainer, mass gainer, whey protein, fat burner, pre workout, BCAAs and hell lots of others fancy supplements. Supplements only play an insignificant role in this industry unless you are talking about performance enhancing supplements (steroids) that will play a huge role but we not going to talk about that. We will only be talking about natural bodybuilding. If you start worrying about

what supplements to take before even knowing the basics it's like worrying about where the target is before even knowing how to shoot.

Although supplements are not a necessity, some of them might be worth mentioning about that could help you in reaching your goals. Here is the list of supplements you would generally see in the supplement stores or on the websites.

- 1) Whey protein – This is the cheapest source of protein you can get and could easily use to fill in your daily protein intake gap beside whole food. Suitable for person who is having trouble taking in protein in whole food such as lean meat and eggs.
- 2) Creatine monohydrate – This is a type of supplement which would help in improving your strength or stamina by allowing your body to generate more energy throughout the workout. The detailed explanation of how it work will not be explained. However, don't ever expect a huge improvement in performance just by taking this, it could help you get an extra rep done here and there in the workout. Don't underestimate those extra few reps that you will be able to squeeze out. Over the years, that's what makes the difference.

- 3) Casein protein – This is the alternative product which is produced in the process of producing whey protein. Although it contains less protein per serving, however it is helpful in making you feel full through the formation of curd in your stomach and the slow digestion will make you feel fuller throughout the day. Suitable for person aiming for a cut with big appetite.
- 4) Weight gainer/Mass – This is the supplement with high calories amount per serving, mostly coming from sugar, which is normally taken by person aiming for a bulk. This is not necessarily the only thing you could take if you want to bulk, however, is suitable for person with high maintenance calories but with small appetite.
- 5) Pre-workout – It helps you to feel more energetic and awake during your workout. It contains stimulants and most of the stimulant use is caffeine. You could substitute it with a cup of coffee or caffeine pill if you wanted the similar sensation.

6) BCAA – Branched Chained Amino Acid is a form of protein which is processed into its smallest component. This is promoted by the supplement company as fast absorbing protein to help in maximising the muscle protein synthesis by taking it straight after the workout. However, this is not true as studies show that the timing of taking in BCAA will not have a huge impact on the overall muscle protein synthesis. Moreover, all types of protein source contain BCAA.

7) Fat burner – This is one of the most popular product marketed online and it promises a weight loss in a certain period of time. Fat burner mostly contain caffeine with studies have shown it helps in burning fat, however, the only certain way to lose weight is to be in a calories deficit.

EATING AT NIGHT = FAT?

I'm sure that almost all of us will associate eating at night with getting fat. This is mainly due to the fact that we usually just laying around at the sofa after the working in the day and we are not burning calories. So it is assumed that having meals at night will cause us to become fats.

However, our body is constantly burning calories even though we are resting and this is known as Basal Metabolic Rate (BMR). As long as we are not taking meals which exceed Total Daily Energy Expenditure (TDEE) of our body, we will not gain fats.

The only reasons why eating at night will cause fats is due to the fact that you have already taken in enough calories during the day and eating at night is just to satisfy your cravings.

ENERGY BALANCE

This is the most important part when it comes to dieting. What energy balance meant in its simplicity is calories in vs calories out. It's really just that simple, if your input of calories from the food you take per day per week is higher than your calories output, then you will gain weight and vice-versa. So how do we know how much calories are needed for our goals respectively?

First you need to determine your total daily energy expenditure (TDEE). Factors that will affect your TDEE are as following:

- **Basal Metabolic Rate (BMR)**

How much calories are your body burning at state of rest without doing anything.

- **Activities**

All the activities you do. Gym, cardio, work and having fun.

- **Subconscious activities**

This is the activities you don't even realise you do like biting nails, shaking your legs, maintaining a good posture.

- **Dietary Thermogenesis**

Your body need to burn calories to breakdown the food you ate.

Myths Busting and Additional Information

Myth: Spot reduction

Spot reduction is not possible! Okay, end of topic. Just kidding, but why would I bring this up here? I believed most of you guys would have read a cleverly written article teaching you various abs exercise hoping that the layer of fats will mysteriously disappear and awesome six packs will just pop out in just a month.

The only way to lose fats is by having a calories deficit. Only by reducing the overall body fats you will have a better muscle definition.

Why certain person you follow in Facebook or YouTube, or even your friends is able to achieve the so called “spot reduction”? This is mainly due to the fats distribution in our body and this is determined by genetics.

Fats distribution in simple term is that how much fats cells are allocated in your certain body part and others. This means that every part of your body will have different fats percentage and this cannot be changed naturally, no matter what.

For individuals that may have “spot reduction” of fats in certain body part by specifically training that body part, this is due to the number of fat cells in that certain body part is lower than the other parts of that individual’s body, causing fats to have depleted at a faster rate than other body parts and therefore creating the illusion of “spot reduction”.

Myth: Cardio = Fat loss

A lot of people, including those who have been training for a few years has been associating cardio with fat loss. They thought the only way to reduce fat or weight is through cardio and they will push the idea onto everyone new to the fitness world.

Well, in the big picture, they are not wrong. By doing cardio, they are effectively increasing their TDEE and by taking in the equal amount of food or calories, they put themselves in a calories deficit which is the key to fat loss.

However, most of them didn't understand the mechanism behind it, it's just like getting a correct answer on a math question without using the correct formula. While it may work for them, it may not work for all.

Cardio is also associated with increased appetite, which is the main reasons why people who do cardio everyday still failing to lose fat. After a cardio session, they will feel hungrier and reward themselves with a bigger meal or something like a dessert which is calories dense. This has cause them to just eat back what they have burned or even overshoot it causing weight gain.

Therefore, the basic principles still lies with energy balance, only a calories deficit will cause fat loss, not all those fancy cardio session. Cardio is just an accessory which help you to widen the gap of caloric deficit.

Myth: Certain diet works better than the other?

I believed that if you have been searching ways to lose weight, you would have come across named diet such as keto diet, paleo diet and etc. It have shown result for many of the people out there but how does it work? Here is a list of named diet and how does each of these work.

DIET NAME	DESCRIPTION	HOW IT WORKS
Low carbs	Each fewer carbs and eat more foods high in protein and fats	By creating a caloric deficit
Ketogenic	Eat almost no carbs, some protein and mostly fats	By creating a caloric deficit
Low fat	Avoid foods high in fats and eat mostly protein and carbs	By creating a caloric deficit
Intermittent fasting	Restrict your eating period to only a few hours everyday	By creating a caloric deficit
Weight Watchers	Point based system to help with portion control	By creating a caloric deficit
Paleo	Eat only minimally processed "paleolithic" foods	By creating a caloric deficit

This is also why IIFYM works too.

This is just a sample of the e-book. To get the complete version of the e-book, please click on the link down below:

<http://wp.me/P8HUxN-3q>

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