

Insane Muscle Gain FREE E-REPORT

THE TOP 20 WAYS TO SCREW UP IN THE GYM

Learn How To Sidestep These Suicide Training Errors That Almost All Skinny Guys Make..

by Vince DelMonte,

Author of *No-Nonsense Muscle Building* found at www.VinceDelMonteFitness.com

About The Author Vince DelMonte

Unless you just arrived from the planet Mars, you have heard of Vince DelMonte at some point.

Growing up as an awkward, skinny, endurance athlete, he earned the nick-name Skinny Vinny and believed he had no muscle friendly genes whatsoever. After a tragic event in his life, Vince went on to gaining 41 lbs of rock-hard muscle in less than six months, which led to his transformation being featured all over the Internet as well as the International fitness magazine, Maximum Fitness.

Currently Vince runs a personal training department of 15 full time trainers and is

the most sought out trainer in his area. He entered the world of fitness modeling a few years ago and in his 3rd show ever, became a national fitness model champion. Vince currently writes for many of the biggest online bodybuilding and fitness magazines today.

His personal success story and thousands of client success stories inspired the creation of [No Nonsense Muscle Building](#), the Internet's most popular online muscle building program of it's time found at www.VinceDelMonteFitness.com

It is the only program that you can find that is endorsed by over 7 of the Internet's most reputable sources.

Each day, Vince receives dozens of unsolicited success stories from and spectacular before and after pictures from real-life users of the program, many that you can read and view for yourself on his [website](#).

Vince has been around long enough to prove [his program](#) is not another 'trend.' He has the best online muscle building course, they personal transformation story, the expert endorsements and the personal success stories to back up his claims.

He sees no reason who you can not build the body of your dreams unless you are not truly committed to your goals and not willing to put in the effort...

Introduction

Can I ask you a couple of honest questions?

Who in the last 10 years has influenced you the most with regards to how to train? Where have you and where has everyone else learned how to build muscle?

Would you agree that bodybuilding magazines and websites have contributed to the bulk of the training information and misinformation today? I don't want to be completely critical, but I am sure you would agree that the majority of mainstream bodybuilding literature caters to the genetically gifted or to the drug user – which leaves the rest of us wandering...

Today, with the jungle of conflicting and misleading messages, I do not want you to make the same titanic mistakes and training errors that are costing thousands of young trainees their dreams of a ripped, muscular physique. They are taking advice from unqualified 'experts', reading rehashed magazines, trading wads of cash for magical pills and powders and 'program hopping' with very little to show for it.

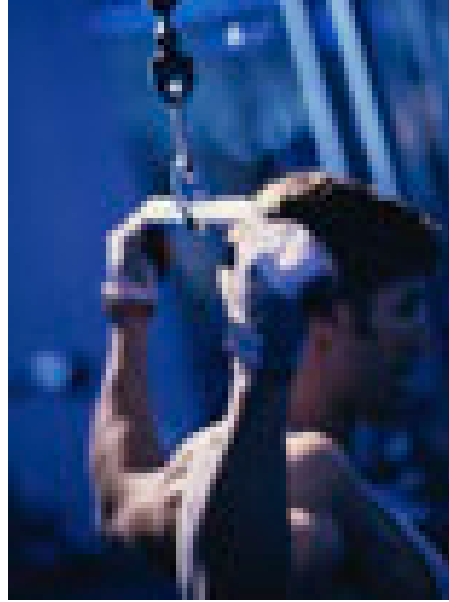
Unless you want to continue to be a part of the mooing herd that is being led to the slaughter each day, you must learn to filter out the noise and

nonsense you are bombarded with each day.

In my e-book, [No-Nonsense Muscle Building: Skinny Guy Secrets To Insane Muscle Gain](#), I share a blueprint of the most fundamental principles and techniques that MUST be executed to gain 20 and up to 50 pounds of muscle in 6-12 months. “Everything in life starts

Once you master these principles you will be anchored to a proven set of criteria required to gain muscle and gain weight – stack up any information, concept, hype or advice against these principles – and you will never be frustrated, confused or disillusioned ever again. You will know exactly what to believe. Isn't that refreshing?

The reality is that there is plenty of free advice dished out in the gym, which can really roadblock your gains if taken literally. This can begin a downward spiral



of making guys believe they are 'hard-gainers' when they are really not. Training harder and not smarter. Taking out a small loan for the next supplement breakthrough and even resorting to drugs. None of this is recommended or necessary.

I wrote this e-book report to touch on, in my opinion, the most popular and damaging screw-ups used when trying to gain size.

It's hard to say with absolute certainty if these screw-ups are having a negative effect on your progress, but, generally, speaking I'm very confident that they are.

So without further ado, here they are:

The Top 20 ways to screw up in the gym!

HOW TO AVOID OVERTRAINING WITHOUT DRUGS:

- Never perform more than 4-12 TOTAL work sets per workout. Yes, this is far less than performing the bodybuilders' suggested 12-24 sets per muscle group! Unless you are in a contest to see how many sets are possible per workout, then your focus should be to spark the muscle into growth and then go home.

- Never follow a program out of a popular bodybuilding magazine – unless you are on steroids. Chest on Monday, Back on Tuesday, Legs on Wednesday, and so forth. I question the workout intensity and recovery ability if anyone can make weekly gains from this conventional approach -that clearly reflects a blatant acceptance of tradition without any thought applied.

- Never train continuously for longer than 12 weeks. Hardgainers will actually benefit from taking a half week off every sixth week of hard training to allow their muscular, neural, hormonal and immune system to FULLY recharge. Try this one tip and watch your strength go through the roof!

- Following 3 sets of 10, 3 sets of 12, 3 sets of 8 – any program that begins with 3 sets of whatever was clearly copied from someone else and, again, clearly reflects the historical mistake of copying tradition without any thought applied. Doing 3 sets of whatever for each exercise in the workout is a surefire way of overtraining.

- Never train more than two days in a row. I question anybody's recovery ability to train more than two days in a row. It typically takes up to 24 hours to fully replenish your glycogen reserves so by taking a day off every two days you are allowing your energy reserves to be replenished and optimized.



Screw-up #1: Training Too Frequently And Too Long

Overtraining is a result of training too frequently and/or too long. Don't take a microscope to the definition. Overtraining is as simple as that – overtraining. It is a result of one of the following:

- Training too frequently or in excess.
- Training too long.
- Inadequate recovery.

Mainstream bodybuilding literature and science have traditionally focused on the symptoms rather than on the prevention of them. You often read articles on 'overtraining syndrome' and 'planned overtraining'. This is unnecessary. If you are in control of the training and recovery process, if you train for predetermined periods and recover in predetermined ways, then you don't need to know anything about 'overtraining syndromes'!

[My online muscle building course](#) does not talk about 'overtraining syndromes', but teaches advanced recovery methods to take charge of your training and accelerate your ability to recuperate and train again.

Screw-up #2: Not Eating Enough Calories And Eating The Wrong Calories

I know you have heard it before but I will say it again – if you are not eating enough calories, you will NEVER gain weight, no matter what you do. THERE IS NO WAY AROUND IT! Even if you have the perfect training routine, you will

“ I train consistently, sleep 10 hours a night, never go partying, never drink, and never eat junk food...I don't like it. Jay Cutler ”

never grow unless you provide your body with the proper nutrients. It's like saying you want to build a house but

you don't have enough bricks, cement or wood. It will be impossible to build that house. It's like trying to buy a \$100,000 house and you only have \$50,000. It's going to be downright impossible.

Long story short – if you are not growing, there could be two problems:

1. You have not applied energy balance (energy in versus energy out) properly. It is a lot trickier than simply multiplying your body weight by a factor of 18-22 as most authors suggest. This factor neglects your unique resting metabolic rate, your unique cost of daily activity, your unique cost of exercise activity and the thermic effect of food.

2. You combine the wrong food at the wrong times. Obviously eating 3000 calories of chips and Doritos is not as effective as eating 3000 calories of high quality carbs, fats and proteins. There are also a few critical windows in the day when you must consume the majority of your nutrients to maximize muscle growth.

If you wish to ensure that your muscles have enough fuel to support your workouts, train intensely, recover from workout to workout and, let's not forget, [grow NEW muscle, you have to keep track of what you are eating every day.](#) There is no way around it. This is the number one reason why skinny guys never gain weight or why anybody, for that matter, will not make the quality gains that they so desperately strive for.

My Success Kit includes a metabolic growth calculator that will do all the math and calculations for you.

You will know exactly how many calories your body needs on your workout and your non-workout days. The metabolic calculator will take into consideration your specific goal: Do you want to maintain, cut, progressively gain muscle

or gain muscle as fast as possible? It takes into consideration your age, sex, body fat percentage and non-exercise activity level.

As discussed above, hitting your goals calories



is only half the battle. I am guessing that you want to gain clean, lean muscle mass? You don't want to get a damn pot belly in the process to hid your true shape?! You must eat clean and healthy calories in addition to your caloric surplus.

The Success kit was the first ever on the entire Internet to release an entire set of 84-day meal plans, which range from

“ Anything you can do to make you training harder is a step in the right direction. ”
Mike Mentzer

2000 to 6000 HEALTHY calories to make the eating process as simplified as possible. You will literally be told EXACTLY what to eat every 2-3 hours in the exact portion sizes and even how to cook it. Each plan comes with grocery lists as well. Once your gains slow down on one

meal plan, you start to follow the next one up and instantly start growing again.

Imagine how muscular you will be when your intake is 6000 calories! You are in complete control of how big you get! There is no guesswork for you whatsoever.



Screw-up #3:

Not Sleeping Enough

So how does sleep relate to the phenomenon of building big muscles?

The number one reason getting enough sleep is so important is because Growth Hormone levels rise 30-45 minutes after falling asleep, and a higher quality of sleep

releases Testosterone. If you are more than a recreational weight lifter whose trips to the gym include more motivation than to pick up the cute receptionist, I would suggest the optimal 8-9 hours. However, this is a very individualistic measure and as low as 6 hours can be adequate for some.

Also, it is rumored that every hour of sleep you get before midnight has the equivalent affect of 2 hours sleep. So if you go to bed at 10 pm and wake up 6 am, you will feel as if you have just slept 10 hours (not the actual 8 hours). I have to admit that I have experienced higher quality sleep going to bed earlier.

Take advantage of power naps – they are not for wimps. Professional bodybuilders take them regularly in the course of a day so there is something to be said for them. 20-minute naps in the middle of the day are said to be the equivalent of a 2-hour sleep. Again, try it out and see for yourself. Naps are extremely beneficial if you did not sleep the night before.

Remember, your muscles grow when you rest – this is the time between weight-training sessions. Sleep is the best opportunity to let your muscles rest.



Sleep is a powerful tool that costs you nothing! I teach a simple technique that will allow you to determine exactly how much sleep you should be getting each night in my [recovery chapter](#).

**Screw-up #4:
Not Training Above Your
Threshold**

The stress must be heavy enough to exceed the normal threshold of your muscles. Training with weights at your 60-80% 1 Rep Max (RM) will not stimulate NEW muscle growth.

In other words, if you simply want to have the ability to lift weights to 'failure' using 60-80% of your 1 Rep Max, then keep doing this because your muscles will accommodate this specific stress. Your muscles will not grow larger than they must to accommodate this one specific stress.

Don't get me wrong. [Your body will adapt muscularly, neurologically and structurally to this specific stress](#) – but it will stop and end there. Even if you are increasing reps and sets, the muscles will grow minimally, but there will be NO sufficient reason for them to grow further because you are still within your natural threshold.

So if you want to gain 2-5 pounds of muscle

a year, keep following conventional training programs because they are not made for extraordinary gains. [I will help you](#) double and even triple your CURRENT strength and muscle gains!

**Screw-up #5
Relying On
Supplements To Gain
Size**

Supplements will NOT stimulate muscle growth – exercise will. Assuming your training, nutrition, lifestyle and sleep habits are operating on the optimal end of the spectrum, introducing supplements will MAYBE, AT BEST, make a 5-10% difference. You will be more successful taking your fitness to the next level by working on your training, nutrition and sleep first. It will also be easier on your wallet!

Powders are nothing more than crushed up food and loaded with artificial flavoring and lots of chemicals to preserve their shelf life.

Shakes are [certainly convenient and may assist you in reaching your goal calories, but do not ever kid yourself that they will have the same anabolic effect as food.](#) **“ Everybody wants to be a bodybuilder but don't nobody want to lift no heavy-ass weights. Ronnie Coleman ”**

Dumping chemicals, artificial colours, flavoring,

sugars, sweeteners and preservatives into your body basically turns it into a toxic waste dump! And did you know that this toxic waste loves to attach itself to your fat stores, making it even harder to get rid of body fat? And can you imagine how much harder it will be to build massive muscle in a toxic environment? What goes in must come out!

Put garbage in and garbage will come out in the form of decreased energy, slow recovery, poor appetite, poor sleep and poor attitude – all elements critical for muscle building.

When was the last time an athlete won, or a medal was won, or a team won on pills, powders and shakes? Never! Don't get me wrong, there are many time-tested and powerful products that will enhance your recovery, hormonal levels and assist in muscle growth, and I give you an inside look at the supplement industry in my book.

On top of that I include an entire section dedicated to the exact supplements

I personally use and recommend to my clients and the ones I have been using for years. I will tell you where to buy them, which companies that are

safe and effective and the exact brands. You will literally save over hundreds of dollars each year when you discover the few supplements that are necessary and the dozens that are useless.



Screw-up #6 Low Testosterone Levels

If you are pumping MASSIVE amounts of anabolic steroids into your veins to ARTIFICIALLY increase testosterone levels, then stop reading!

However, if you are a drug-free trainee, what you DO need is every single secret that will provide the level of support necessary to optimize T-levels safely and naturally!

There are too many tips and tricks to discuss here, but I would like to share a few of the most common tricks to keep your T-levels elevated and not dropped to that of the guys in the 'arts and crafts' club!

Training too long, lacking true intensity, not targeting your legs, high stress levels, not enough monounsaturated fats and

training at the wrong time of day, amongst many other pitfalls, can lead T-levels to drop so low that 'Captain Willy' will go on permanent vacation.

Screw-up #7 Not Making Consistent Strength Gains

Let's be honest. When was the last time your strength really went up?

Has your strength averaged at least a 5% increase from week to week or even month to month?

HERE IS AN EXAMPLE OF A CONVENTIONAL BODYBUILDING ROUTINE. LET'S TAKE A QUICK LOOK AT WHAT'S REALLY HAPPENING:			
Squats	3 x 10	20% of workout	Quads= 60% Workout
Leg Press	3 x 10	20% of workout	
Leg Extension	3 x 10	20% of workout	
Leg Curls	3 x 10	20% of workout	Hams: 20%

If you are like most trainees, you got stuck at the same weights after the first few months of your first ever exposure to bodybuilding. If not – congratulations, I applaud you and you are doing something right. I'm also confident in saying that you made the majority of your muscular gains in the first few months that you began lifting properly. Is it safe to say that your muscular gains leveled off at about the same time your strength gains leveled off? Coincidence? Hardly!

Your muscular size is ALMOST (there are many

other factors we do not have time to discuss here) a direct correlation to your muscle strength. Have you ever seen someone who can bench press, squat or deadlift a few hundred pounds with a small physique. Very, very rarely!

Muscle size and strength are relative to each other. The stronger your muscles become the bigger they will be become and vice versa. So if you focus on a [program](#) that prioritizes

improving your strength consistently – trust that mass will follow!

Whether you are a beginner (completely new or less than 1 year of training) or advanced trainee (more than 4 years of consistent training), I have build two completely separate and progressive 29-week programs for you.

Imagine getting instant access to a 29-week training schedule which tells you exactly which muscle groups to train, on which days, the exact number of reps, sets and everything else.

That leaves you with zero guesswork and years worth of injury free workouts!



Screw-up #8 Training Instinctively And Listening To Your Body

Do professional athletes and teams practice instinctively? Do competitive long-distance athletes train without their stopwatch? Of course not! So why would someone trying to build muscle employ an ineffective and unproven tool that can lead you astray?

Building muscle is based on improving the intensity of the workout progressively each session. So why complicate things by following this 'inner compass' that has never been scientifically verified to work?

Do you really think your body can decipher between the intensity of 9 reps with 225 lbs in 30 seconds and 13 reps with 185 lbs in 45 seconds? Of course not! Aside from hearing your muscles yelling at you to stop when the going gets tough, can you really interpret which was more intense? In my training chapter I will give you tools of 'reason' and a simple formula to measure your intensity - not poorly defined instincts!

Screw-up #9 Focusing On Getting A Pump

The 'muscle pump' is described as when you put your muscles under an extended period of constant tension. As your muscles stretch and contract they become gorged with blood that makes them feel tighter and fuller.

Getting a muscle pump is not necessarily what causes the muscle to grow. Doing 100 reps with a light weight will create a huge pump – but does this make a muscle grow? Of course not! Distance runners get a pump in their legs when they sprint uphill and do they get big muscles? Heck, no!

Most bodybuilders swear by the 'pump' and preach that you are shuttling

more nutrients into the muscle – but is that what is really happening?

Sure it feels great, like Arnold says in the unforgettable scene in Pumping Iron, but all that is occurring is a 'back-up' of blood. The blood is 'stuck' inside the muscle, which creates that much worshiped tight and full look.

The blood that's backed up into the muscle has hit a dead end and has nowhere to go. If you had fresh, new blood, that would be great, but unfortunately you just have old, stale blood getting ready for a snooze. That will NOT help you gain weight or build muscle mass!

The pump that is built up by the blood in your muscles will usually occur after you repeat set after set, which results in the famous 'burning'

“ Bodybuilding is much like any other sport. To be successful, you must dedicate yourself 100% to your training, diet and mental approach. Arnold Schwarzenegger ”

sensation known as lactic acid. Lactic acid forms in the absence of oxygen. Lactic acid is a WASTE product and does NOTHING to build muscle weight.

Now if you are lifting extremely heavy weights and achieving a pump, then this is a very good indication that you are making the muscle fibers work fully. I would only use the pump as an indicator to reveal how well you are 'targeting' the working muscle, not as a guide to mark your success.

Screw-up #10 Reading Bodybuilding Magazines

Do you think professional athletes and professional strength training coaches read bodybuilding magazines? If so, it is probably only for humor and to see what kind

of garbage their athletes are being exposed to. Do you think high quality, world-class athletes and coaches follow the advice found in these magazines?

“ The weight is the medium that connects the brain with the muscle. Everybody's trying to buy muscle these days but it can't be done. Building muscle has to be a love affair. That's what makes muscles grow. ”

Tom Platz

And if THEY don't, WHY THE HECK WOULD YOU! Even though these magazines may have inspired millions, they have done a better job at misleading millions.

It's unbelievable how many young guys think they need creatine and a whole list of other

supplements; think they need to 'split' their workouts into 'body parts' and are trying to build muscle in an overtrained and undernourished state...and then wonder, 'Why can't I gain weight?' They have no idea that these programs don't work without drugs. These are DRUG routines and drug routines don't work for natural guys. Period.

The modern mainstream bodybuilding magazines at the newsstands (and even mainstream male and female fitness magazines are guilty) are really just 'muscle comic books' written at a 6th grade level. They

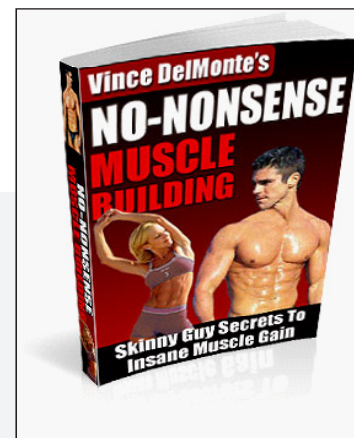
glorify drug-using 'bodybuilders' and portray them as the picture of health. They cleverly combine two or three rehashed articles, a lot of pictures, gimmicks, sex and hype to sell this nonsense to millions. And what do porn-

like photo sections have to do with a muscle-building magazine? The publishers of some of these magazines beat the hell out of this marketing tactic, with partially nude women with their asses hanging out of thongs. It would be nice if men could pick up a bodybuilding magazine to learn some

quality information and not end up getting an erection!

Supplement companies have always been a part of fitness publications (although it was not as blatant in the past) and now marketers are the writers and the product is no longer a magazine but rather bottles of pills and protein powders etc. I would say almost 70% of the articles in magazines have a marketing purpose and it's even hard to tell these days what is an ad and what is a legitimate article.

Bottom line, there are too many rich supplement companies and too many frustrated weightlifters who are not gaining the size and strength they deserve. Another reason I wrote [No Nonsense Muscle building](#) is to educate natural trainees on how the body works before they start training haphazardly, just because they read it in an article or a magazine.



Screw-up #11 Not Keeping A Training Diary

Tracking your progress is mandatory. This is like professional sports teams competing without keeping score. Or like runners and swimmers working out without a stopwatch.

How do you expect to get better? In my opinion, if you workout without a logbook, you might not be that serious and should reconsider the reasons you workout. Feel free to continue working out - just do not expect any exceptional gains.

Whether or not you buy a formal training log or simply use a mini notebook, here is a list of things you should keep track of:

- Muscles Trained
- Exercises Used
- Weight Used
- Number of Sets
- Time to Complete Workout
- Time of Day
- Energy Levels

Screw-up #12 Ignoring The Weaknesses

You're only as strong as your weakest link, correct? Many claim to understand this principle yet these same individuals seem to ignore it in application.

If your biceps can curl 50 lbs but your forearms are constantly failing first, then what is the weaker link? Correct, your forearms. Will your forearms ever get stronger and will you ever make further gains on your biceps if you do not fix the root problem?

No! Surprise, surprise that this individual's quads are more developed than his hamstrings and calves! And I also would not doubt that his calves and hams are weaker relative to his quads, causing an anterior pelvic tilt (quads are over-reactive and hams are under-reactive) resulting in the start of lower back pain...

There are two main reasons why trainees never make consistent muscular and strength gains on a program like this – this is a very generic example but I think you will get the point:

1) It prioritizes the same muscle sequence endlessly – assuming this is what the trainee does every time he performs this workout, he will be emphasizing his quads every workout. Guess what happens to his hamstrings and calves? They begin to lag and become

limiting factors in making consistent strength gains. How will he ever make them bigger if they are always trained last with a sub-max load? In my e-book I share a simple yet powerful strategy to make your weakest link the strongest and how to prevent plateaus.

2) It prioritizes one muscle group by volume – this simply means that the muscles receiving a greater percentage of training time and effort will receive the greatest benefit and improvements. Common sense, right? It's amazing how many guys wonder why their arms, calves and abs are non-existent. Think about it. Where do you allocate the volume of your own workout? Don't be surprised if your weaknesses are receiving a lower percentage of volume relative to your stronger and bigger muscles.

As a professional fitness trainer I preach the philosophy that, "General programs create general results." Almost 95% of programs you can download for free or copy from a magazine make the assumption that your body is perfect alignment and has not imbalances. This is a perfect way to pay for your rehab therapists next vacation!

I guarantee you will not find another program on the Internet that dedicates the first phase of the program to what I call, [Upside Down Training](#). UDT is a complete, step-by-step training phase that focuses on improving posture, increasing weak core muscles, developing underdeveloped body parts, increasing flexibility, boosting shoulder stability, minimizing imbalances and improve overall cardiovascular conditioning.

Most guy try to build a nine story building and then realize they did not begin with a proper foundation and get injured. Not you! UDT is an incredibly unique training program that none of my competition will be able to offer because they are not trainers working in the trenches each day – they are marketeers.



Screw-up #13 Not Stretching At Least Half The Amount Of Time That You Lift

Stretching is not relatively popular nor has it ever been. Most 'current' thinking leads trainees to believe that stretching is 'bad' and results in a fear of the unknown, leaving many to avoid it all together. I think the 'fear' is more of an excuse for laziness and an ignorance of what stretching can actually do. And interestingly, most of the anti-stretch advocates change their reasoning every few years and cannot even touch their toes!

[Many 'believers' in stretching have learned the side-effects of not stretching, not stretching enough and not stretching effectively.](#)

Before you read any more literature on the academic stretch debate, I encourage you to decide on this one yourself by putting my stretching programs into action. [Upside Down Training](#) includes a years worth of upper body and lower body flexibility workouts. Again, another subject that my competition does not even touch. I'm confident that your initiation of this flexibility training program will teach you the hidden and underestimated role of flexibility training.

It does not really matter what kind of stretching a person uses, provided that the desired range of motion is achieved and sustained, to minimize injury and maximize performance. Studies show that shortened muscles perform weaker and slower and have a higher incidence of injuries, while big muscles require strong, lengthened and healthy tissue – so why would you neglect a component of your fitness that can skyrocket your strength through the roof, maintain healthy specific joint relationships, promote greater joint angles and accelerate recovery?

Screw-up #14 Training Beyond Failure

Training to 'failure' has caused a great deal of debate, misinterpretation and improper logic, resulting in too much wasted effort. Going to failure – going to the point in a set where you are physically incapable of going just one more rep, hence you 'fail' – is preached as the Golden Rule to making continual muscle gains. Interestingly, there is no activity outside the gym that demonstrates this 'going to failure' principle is as critical as bodybuilders have claimed.

Growing up as a long distance runner I often stood by and watched the sprinters compete and was astonished by their tremendous quadriceps and hamstring muscles. Yet I never remember watching any sprinter on my team train until failure nor do I recall them ever sprinting through the finish line and collapsing. Yet they DID demonstrate a greater amount of muscular work in less time each time they practiced and raced.

Also, I will never forget the phenomenal muscularity of the construction workers I used to work with when I laid bricks and framed houses. Yet I never recall them carrying timber around the yard until they could not pick up one more 2 x 4. Nor do I remember the bricklayers moving the bricks around until they could not move them anymore.

Both of these groups had incredible muscularity and were able to stimulate muscle growth without going to failure. So why do so many insist that 'failure' is an absolute law for stimulating muscle growth when so much evidence shows otherwise?

Improving your body's sensitivity to the cold does not require you to go outside in the middle of winter with no clothes on

prior to passing out. Nor, if you want to improve your tan, is it necessary to subject your skin to the sun just prior to the moment of blistering. Nor, if you want to improve your ability to hold your breath under water, do you need to go to the point of losing consciousness.

Since your body's primary function in life is to survive, it will adapt only to the point where it has sufficient defense to whatever element it is exposed. Similarly, when lifting weights, your body will adapt to the intensity you have exposed it to over time, while maintaining your recovery resources.

As you can see, muscle growth stimulation operates on the same principle and does not require overkilling your muscles' absolute limit. Don't get me wrong, there IS a correct way to train till failure but it's not the way you have read or been told by others. Discover in my course how to apply the concept of failure correctly without having it backfire on you.

Screw-up #15 You Need To 'Shock' Your Muscles And Keep Them 'Guessing'

This has got to be one of the silliest and most misleading statements ever made (no hard feeling because in theory it can be convincing). Interestingly, the people who used to give me this advice must have been 'shocking' or 'tricking' their muscles the wrong

way because they had no muscle mass on their bodies to back up that statement.

If you think about this myth long enough, you might start to laugh. Do you think you can really change your exercises and training routine to 'surprise' your body and get a different reaction out of it?

Your muscles do not have outside eyes that reward you with new muscle growth if you 'confuse' them. Your muscles understand MOVEMENT and that's all – push, pull, curl, extend, contract or release – that's it. You can be lifting bags of sand or dead-lifting 400 pounds and the action on your back is the same – your

“ You've got to block out all distractions when you train. Your focus has to be 100% into the rep. You've got to get into a zone. You know you're in the zone when guys in the gym look you in the eye and then quickly turn away 'cause they see the fire. You've got to be all business. ”
Mike Matarazzo



knees bend and your trunk flexes. So where is the shock? Why would your back muscles say, “Holy Macaroni, Batman, you’re lifting with an Olympic bar and not sand bags anymore!” Better pack on some muscle. Or maybe you can switch up the order of your routine by hitting a weak body part twice in the week. If you only train your arms once in the week and then ‘strategically’ throw arms in twice one week, then they will be ‘confused’ and ‘shocked’ into growing. Please! **Your muscles operate on laws of science, not on laws of trickery.**

Forget trying to shock, confuse, trick or ‘keep the muscle guessing’. The only thing that will be shocked and confused is the person messing around with this theory, with no clue why his body has not changed in the month since he started his magic show program.

Your muscles are not shocked by change in exercise. They are designed to tolerate it.

Screw-up #16
Monday is Chest Day,
Tuesday Is Leg Day,
Wednesday Is Back
Day...

Splitting up a routine is preached like ‘gospel’ and is rarely on trial or

questioned as the way to structure a muscle building routine. If you are a hard-gainer, then think again!

And sure, splitting up a routine is fine and has some benefits, BUT it is also the fastest way to overtrain and burn out. Remember, you do not get stronger in the gym – you get stronger and bigger when you go home, rest, sleep, eat and FULLY recover.

To SUPERCOMPENSATE for your previous workout your muscles are not the only thing that must experience a full recovery. Do not neglect the fact that you are taxing and depleting your central nervous system, hormonal system and immune system – systems that, in fact, take longer than your muscles to recover.

Even though your muscles say, “Okay we feel fine, let’s train again,” you must experience a FULL recovery prior to attempting to stimulate them again for more muscle growth. Because there are so many variables involved in FULL recovery, I lay out an easy recovery blueprint.

Screw-up #17
Low Reps Equal Size
And High Reps Equal
Cutting

Your muscles do not have much personality

– they are either growing, shrinking or staying the same.

If you want your muscles to grow, then gradually force them to do more work and outperform your last workout’s performance.

If you are content with the size of your muscles right now, then this is easy – just keep doing what you are doing. And to make the muscle smaller, this is even easier – simply avoid and do not train it.

You cannot pick certain exercises to get a muscle ‘cut’ or make a muscle ‘huge’. This theory holds no water. Muscle ‘cuts’ are a reflection of two criteria for the body: pure muscle size and low levels of body fat (in the single digits). So if you want to build massive muscles, get ready to apply the fundamental principle of progressive overload. And if you wish to get ‘cut’ and ‘ripped’, be prepared to drop your body fat levels into the single digits. I teach both in my course with a [29-week step-by-step program.](#)

Next time you hear someone say, “I just lift light weights to get toned,” then pat him on the back and point him in the direction of the cardio room as a better option. Light weights do not build muscle, period. They will burn calories and

that's all. You're better off maximizing your time by burning calories running or doing jumping jacks. And if you see someone with the goal to get bigger and he is a cardio junkie, grab his hand and lead him to the heavy weights. Now you know that lowering your body fat is for 'cutting' and heavy weights are for building size.

Screw-up #18 Alternating Between High Intensity Phases And Low Intensity Phases

The fact is that your muscles will only get bigger and stronger as a result of applying the most fundamental muscle building principle in the book – progressive overload. How will your muscles grow if you reduce the overload for a 'low intensity' phase? No new muscle can be built because there is no overload. When you are training 'light', you are wasting your time and your body's resources.

There is some merit and benefit to training with lower intensities, such as active recovery and maintenance and even improving muscular endurance and fat loss. Muscle growth occurs while you rest after high intensity training phases, so if you're going to rest, then rest!

Screw-up #19 Not Lifting Truly Heavy Weights

Your muscles do not want to work any harder than they must. Think of your muscles as being lazy – like in a permanent hibernation. They only want to wake up in an extreme emergency – anything not to disrupt their sleep.

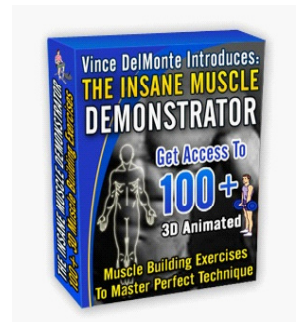
Your muscles WILL NOT work any harder than necessary and will recruit the least amount of muscle fibers responsible to get the job done. If this means the inactive muscle fibers make no effort or contribution to the lift, so be it. They would rather sleep anyways and not come out of hibernation!

From this we discover that we must do exercises that are extremely demanding (while avoiding injury) and involve the totality of the muscle. So how do you recruit and use every single muscle fiber without your own MRI machine? You lift really HEAVY WEIGHTS! So heavy that every single muscle fiber must kick in by using all your muscle's capacity! Forget those wimpy isolation exercises that target only part of the muscle.

Lifting heavy weights is one of the fastest ways to get super buff, ripped and muscular. It's also one of

the quickest ways to get injured if you use poor technique. That is why my Success Kit includes my [Virtual Exercise Demonstrator](#) which includes over 100 fully animated exercises in 3-D fashion.

Whether you work at home, at your college gym or fancy super sized club...every exercise is included and if it's not, just let me know and I will personally add it. The safest and most effective way to grow huge muscles is to lift with proper lifting technique.



Screw-up #20 Setting Outcome Goals Instead Of Performance Goals

What most people don't know is that effective goals focus on performance, not outcome. I will use the term performance to parallel the word habit. Performance or habits are what you control. Outcomes are often controlled by others. An outcome goal would be, "I want to gain 30 pounds on the scale" or "I'm going to put two inches on my

arms” or “I’m going to bench press 400 pounds next month.” Don’t get me wrong, it is okay to set these goals and I actually recommend writing down your outcome goals prior to beginning.

However, setting ONLY outcome goals is a surefire way of failing.

You see, you do not ultimately have any control when setting outcome goals. How can you possibly control the outcome? Do you know anybody who can control the amount of muscle he builds week by week, how much he lifts and how to make a muscle grow by making it a goal?

But you CAN control the habits that are required to build muscle from week to week, increase size and improve your strength. You can set goals like:

- “I’m going to set my timer so that I am reminded to eat every 2.5 hours.”
- “I’m going prepare all my food on Sunday evening.”
- “I’m going to go the gym in the morning when there are fewer social distractions.”
- “I will go to bed before 10:30 pm so that I can get enough sleep to improve my recovery.”
- “I will not visit the bookstore where I will be tempted to look at bodybuilding magazines.”

You see the difference? Goals like the first type

focus on a specific outcome. Outcomes are out of your control. But you CAN control habit and performance goals.

Bad habits can be starved and destroyed. New habits can be fed and grown. You have the choice and you have the ability to make the decisions that are required to build more and more muscle on a weekly basis. Watch the difference by simply adjusting your mindset on performance goals!

[Discover How Ex-Skinny Guys Finally Gained Weight After They Tried Everything Else...](#)

In defense of the mainstream, bodybuilding-style approach to building muscle, it does work for some people. The reality is that you probably know some guys training with the traditional 5 or 6 day ‘split’ program and making some impressive gains.

You see, not every guy has to bust his butt in the gym and some guys can even grow by using wimpy ‘isolation’ exercises, spending more time picking up the girls than picking up the weights and training less intense than you. I have learned that these guys are the exception and not the rule. Do not mimic their training habits or copy their methods. It will

not work because they probably fall into one of the following categories:

1. They built their bodies a long time ago, perhaps when they were younger or during a period they competed in high levels of athletics.
2. They are genetically gifted and grow muscle even when they laugh.
3. They are on drugs that mask their sloppy training, bird-like feeding and non-existent recovery methods.

Whatever the situation, they are not in your shoes nor have they EVER walked in your shoes. So, in my opinion, they are not as qualified to give you a solution to your problem as someone who has actually conquered the same obstacles as you.

Would you take money advice from a millionaire who inherited his money? Probably not, right? So why would you take muscle building advice from someone whose muscle fiber type, limb length and muscle/tendon length relationship allows him to bench press 315 lbs the first day he walks into a gym!

[Be Prepared To Take The Road Less Traveled...](#)
Just because you have to



march to a different drum beat and swim against the tide of mainstream bodybuilding literature does not make your results inferior.

Most skinny guys come to me for advice – desperate -- after they have tried everything else with minimal success. At first they are doubtful and hesitant to train in a manner that is counterintuitive.

I truly want you to build a physique that demands respect, turns heads and gets others to approach you for advice. If you are truly committed, determined and persistent, then I am confident that my Hardgainers Success Kit will help you build more muscle and gain more weight than ever before!



[Click Here For More Information](#)

Here's to your brand new world class fitness body,

Vince DelMonte

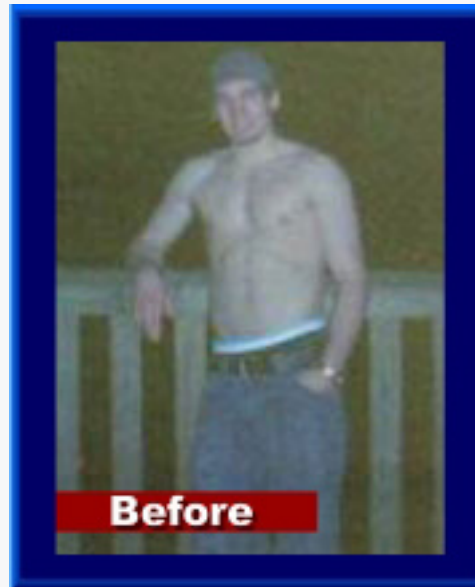
Vince DelMonte

www.VinceDelMonteFitness.com

(SEE NO NONSENSE SUCCESS STORIES ON NEXT PAGE)

These are just a few of the dozens of success stories I receive from thrilled users of the program who achieving extraordinary results.

“Brian packed on 18 pounds of pure, clean muscle mass, in 20 weeks! He’s now rock-solid, ripped & 196 Pounds!”

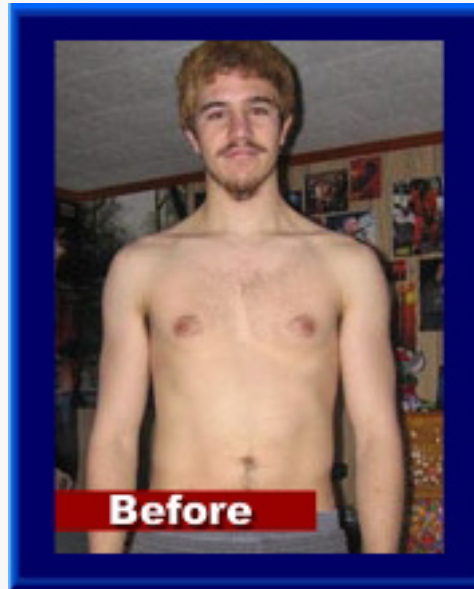


“... I couldn’t believe that I started gaining results by training less than before. I actually added over 9 inches to my entire frame and gained 18 lbs of muscle mass.

And this is only the beginning... Thanks for the great program Vince.”

Brian Macdougall
Ontario, Canada
nicolawhite@hotmail.com

“Joel Pumped Up A Full 17 Inches In No Time!”



“I had been working out at home with light weights on and off for about 4 years, and I was not getting the results I wanted.

I bought magazine after magazine looking for exercises that could help me bulk up, but I did not find much. So I decided to join a gym and started with Vince’s program...

After the first workout, I felt like I had never worked out before and it felt great!!

After 4 months I went from 163 lbs to 186 lbs and 17 of that was solid muscle! I actually added at total of 17 inches to my body.”

Joel Spadafora
ON, Canada
mu6dv6ay6ne@hotmail.com

“Dave Is Just Getting Started And Has Already Gained 18 lbs Of Lean Muscle Mass In Just 10 Weeks!”



“I had been working out for a 12 month period prior to Vince’s program with very little results. I thought I was working hard but I only put on about 1/4 inch to my bicep in a year...

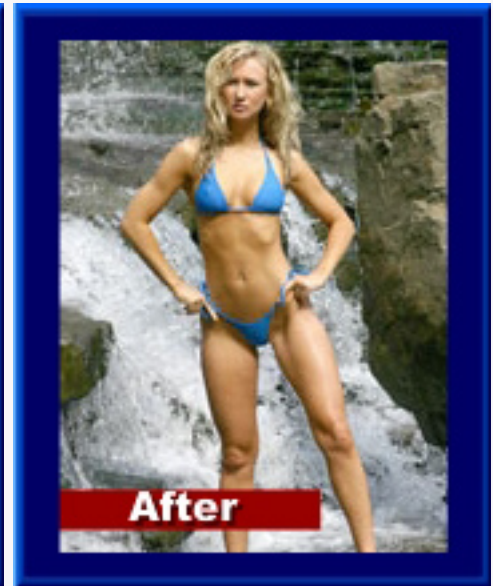
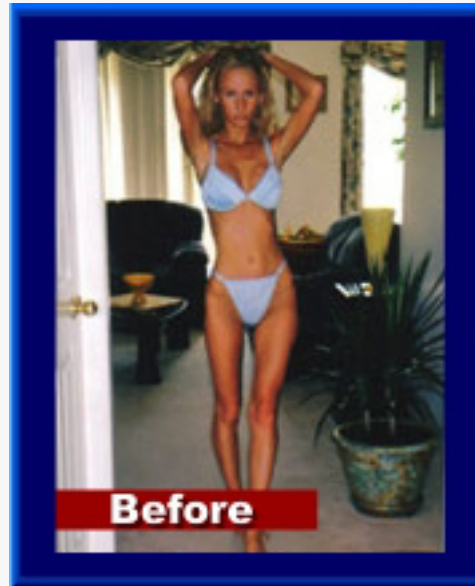
I had been a marathoner ...usually a skeptic, but for some reason told myself this is possible and I can do this.

After just 8 weeks, I have put on 1/2 inch on my biceps, 1.75 inches on thighs, 1.5 inches on chest, 1.75 inches on chest, 0.5 inches on calves.

... I feel more confident and I’ve gone from 168 lbs to 186 lbs - 18 lbs so far and it’s only been 10 weeks! I look forward to sending a better pic by the end of the summer when I cut the fat!”

Dave Lutes
Englewood, ON
boilerduo@yahoo.com

Monika sculpted 10 pounds of sexy muscle
and lowered her body fat!
“I Even Entered The World Of Fitness Modeling...”



“I have been following Vince’s No-Nonsense Muscle Building Program for six months and have gained 10 pounds of muscle (I know this because my body fat percentage is... lower than when I started).

Did I mention I even entered the world of Fitness Modeling and did my first fitness model show. I placed 20th of 41 girls.

Not bad for an ex-skinny runway model!”

Monika Sidor
Ontario, Canada

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(all content must stay in tact)

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Feedback is very important to me. Let me know what you like about this book and what you don't like because my goal is to make this an extremely valuable resource for you. If you have any questions or comments, please do not hesitate to ask. I can personally be contacted at vincedelmonte@hotmail.com and will reply within 48 hours.

I answer many commonly-asked questions and provide more information about my program at my [frequently-asked questions \(FAQ\) page](#).

P.P.S. This program is the real deal and is finally available in e-book format, which you can download instantly and be reading in less than 5 minutes. You also get 10 **FREE bonuses valued at \$735 if you decide to order before the introductory promotion ends...**

...One of the Bonus Items is 3 Months of Email Coaching. This means that I am your personal coach at your beckoning. How often do you buy a book at the local bookstore and are able to call up the author for help? Never!

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www.VinceDelMonteFitness.com



About The Author

Vince DelMonte is a natural competing fitness model, personal trainer, freelance writer and fitness consultant who runs a personal training team department in Hamilton Ontario.

He holds an Honors Kinesiology Degree, numerous certifications, and has been working in the trenches for the past 5 years helping hundreds of average guys transform their physiques.

His transformation story was featured as **Transformation of the Month at Bodybuilding.Com** and has appeared in **Maximum Fitness**.

He is the founder of www.VinceDelMonteFitness.com, a fitness site dedicated to building muscle and losing fat, and is the author of "No-Nonsense Muscle Building" - **Skinny Guy Secrets To Insane Muscle Gain**.

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