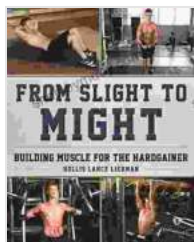


Building Muscle For The Hardgainer: The Ultimate Guide to Gaining Mass and Strength



From Slight to Might: Building Muscle for the Hardgainer by Hollis Lance Liebman

★★★★☆ 4.1 out of 5

Language	: English
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Are you a hardgainer struggling to build muscle? Do you feel like you're always eating and training hard, but you're not seeing the results you want? If so, you're not alone. Hardgainers are people who have a difficult time gaining muscle mass, even with a consistent diet and exercise regimen.

But don't despair! There are things you can do to overcome your hardgainer status and build the muscle you want. In this comprehensive guide, we'll cover everything you need to know about diet, training, and supplementation for hardgainers.

Diet for Hardgainers

One of the most important things for hardgainers to focus on is their diet. You need to eat enough calories to support your muscle growth, and you

need to choose the right foods. Here are some tips for building a muscle-building diet for hardgainers:

- **Eat plenty of protein.** Protein is essential for building muscle. Aim for 1.6-2.2 grams of protein per kilogram of body weight per day.
- **Eat complex carbohydrates.** Complex carbohydrates provide your body with sustained energy. Good sources of complex carbohydrates include whole grains, fruits, and vegetables.
- **Eat healthy fats.** Healthy fats are important for hormone production and overall health. Good sources of healthy fats include avocados, nuts, and olive oil.
- **Stay hydrated.** Water is essential for all bodily functions, including muscle growth. Aim to drink eight glasses of water per day.

Training for Hardgainers

In addition to diet, training is also essential for building muscle. Hardgainers need to focus on compound exercises that work multiple muscle groups at once. These exercises will help you build mass and strength more efficiently.

Here are some of the best compound exercises for hardgainers:

- **Squats**
- **Deadlifts**
- **Bench press**
- **Overhead press**

- **Barbell rows**

When training, hardgainers should focus on lifting heavy weights and getting plenty of rest. Aim for 8-12 repetitions per set, and rest for 1-2 minutes between sets.

Supplements for Hardgainers

Supplements can be a helpful way to boost your muscle growth, especially for hardgainers. Here are some of the best supplements for hardgainers:

- **Creatine** is a natural substance that helps your muscles produce energy. Creatine can help you build strength and power, and it may also help you gain muscle mass.
- **Protein powder** is a convenient way to get extra protein in your diet. Protein powder can help you build muscle, repair muscle tissue, and reduce muscle soreness.
- **BCAAs** are essential amino acids that your body needs to build muscle. BCAAs can help you reduce muscle soreness, improve recovery, and boost muscle growth.

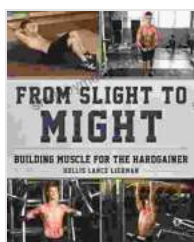
Building muscle as a hardgainer can be challenging, but it's not impossible. By following the tips in this guide, you can overcome your hardgainer status and build the muscle you want. Remember to be patient, consistent, and never give up on your goals.

If you're serious about building muscle, I highly recommend checking out the book **Building Muscle For The Hardgainer**. This book is packed with

everything you need to know about diet, training, and supplementation for hardgainers.

With the help of this book, you can finally achieve your muscle-building goals and build the body you've always wanted.

Click here to Free Download your copy of Building Muscle For The Hardgainer today!

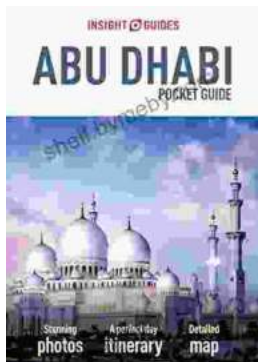


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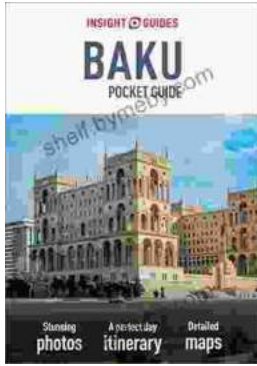
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