



MUSCLE BUILD-UP FOR SOFTGAINERS

Our recommendations

RECOMMENDATIONS FOR PEOPLE WHO GAIN WEIGHT QUICKLY OR HAVE TOO MUCH BODY FAT

Softgainers react quickly to training and a positive energy balance by increasing not only muscle mass, but also body fat. Such people should generally keep their carbohydrate intake low and use pure protein shakes.

It may also be a good try to experiment with different protein-carbohydrate ratios in order to find out the amount of carbohydrate you need yourself. A certain amount of carbohydrate is necessary for your well-being and to have enough energy for intensive training.

With this nutrition and training plan you succeed in building up muscles.

THE CRUCIAL FACTORS FOR INCREASED STRENGTH & POWER:

TIMING



every 3-4 h
25-30g protein

QUANTITY







1.5-2g protein per kg
of body mass/day

TRAINING



2+ resistance
exercise per week

		SUPPLEMENT PLAN BASIC	SUPPLEMENT PLAN MAXI
TIMING			
	Morning Following training days	MULTI PROTEIN	PREMIUM WHEY HYDRO
	Breakfast	Generally low in carbohydrates and high in protein, e.g. quark, tomatoes, cheese, egg. Preferably, no fast carbohydrates such as bread, better POWER PORRIDGE or muesli.	
	Before	WHEY ISOLATE 94 Bread, banane, energy bar, etc.	MASS GAINER + amino acids e.g. AMINO EAA tabs or AMINO 12500 ampoule
	During	Sports drink (e.g. ELECTROLYTES)	Sports drink (e.g. LONG ENERGY)
	After	WHEY ISOLATE 94 Bread, banane, energy bar, etc.	MASS GAINER + amino acids e.g. AMINO EAA tabs or AMINO 12500 ampoule
	Main meal	Balanced and high in protein, should not be restricted because of the supplements. If not within 90-120 min after training, then take another snack.	
	Late meal (approx. 1 h prior to bedtime, also on non-training days!)	MULTI PROTEIN/CASEIN	MULTI PROTEIN/CASEIN
OPTIONAL			
Creatine		CREATINE MONOHYDRAT Supplementation for several months during a specific training phase, to be taken daily.	HMB & CREATINE SYNERGY
Booster		ACTIVATOR	PRE-WORKOUT BOOSTER Ideally directly before workout