



**15 LAWS OF**  
**MUSCLE**  
**BUILDING**



Hey man,

Welcome to The **15 Universal Laws Of Muscle Building**, and to the **Monster Mass program**! It's Mike Chang here, and in this book and video series I'm going to be personally coaching you to build the strong, muscular body you've always wanted. Congratulations on making the decision to start packing on some serious muscle mass -- I'm sure you'll look back on it in a few years as one of the best decisions you ever made.



## **Here's what you can expect from Monster Mass:**

First of all, you can expect to pack on massive amounts of muscle mass....*FAST*. In fact, probably much faster than any fitness programs you've tried in the past.

Why is this? Well, most exercise programs are actually intended for fat loss and have little to no benefit for guys looking to get bigger. They're designed for the *AVERAGE* person, who mainly just wants to lose fat. This program is designed especially for guys like you, and it has one goal -- to pack maximum muscle mass on your body in minimum time.

Even my own Six Pack Shortcuts program is designed mainly for the purpose of losing fat and getting six pack abs. Of course lots of guys have gained muscle with the program, but it's a more balance approached more suited for average guys. The Monster Mass protocol, on the other hand, is 100% focused on building muscle with no time or effort wasted on anything else. If your goal is to quickly increase your bodyweight, strength and muscular size then Monster Mass

is going to be EXACTLY what you need.

In Monster Mass, you'll be using my muscle building "secret weapon" called Monster Sets. I'll explain exactly what Monster Sets are later, but they're the core technique that this program is built around. The reason why I love Monster Sets is that they're a simple way to build MORE muscle with less gym time. I've personally designed each Monster Set in the program to maximize the stimulus on your muscles, and to maximize your body's natural production of anabolic hormones like testosterone and growth hormone. Because of this, you'll probably be packing on size faster than you ever have in your life if you consistently stick to the program.

You've made an awesome great decision deciding to pack on some serious size, and I'm excited to be training with you in the Monster Mass program.

Let's get started!

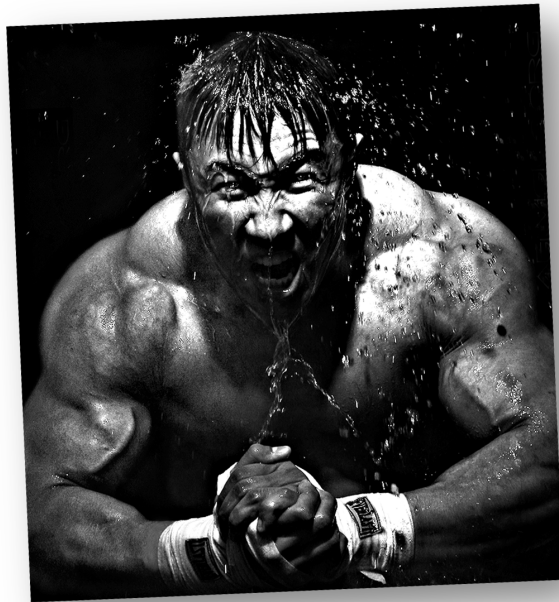
Your coach,

*Mike Chang*

## Creating The Monster

So you're probably wondering...why is Mike so excited about this Monster Mass thing, and how do I know it will work for me?

Well, to help you understand I'm going to tell you the story of how one of my clients used my system to transform himself.



I'll start off with the (now extremely embarrassing) picture of what my friend and client Johnson Li used to look like just a few years ago.



When Johnson came to me he was incredibly frustrated by his inability to add any weight or size to his skinny frame. When I met him he was totally depressed and felt like he could never get the same level of respect the big guys in his gym got. Johnson was a guy who had tried everything like taking tons of supplements, following advice in all the bodybuilding

magazines and following the new fad diets that were actually meant for weight loss.

But NOTHING worked for him...

When he came to me he was frustrated as hell. One of the first things he asked me was “Mike...why is it so hard for me to gain muscle? I’ve tried everything to put on more size, but it seems like nothing is working for me. Do I just have “skinny guy” genetics, and there’s nothing I can do about it?”

“Well, you do have skinny guy genetics...but there’s DEFINITELY something that you can do about it,” I told him. “I’ve had dozens of clients who were skinnier than you when they first started, who all said they tried everything. And they were all able to get big and muscular once they started training the RIGHT way. And I know that you can as well.”

Johnson looked dubious. “But I’ve REALLY tried everything,” he told me. “I’m doing the exact same exercises that I see most of the other people in the gym doing, and for some reason it’s not working for me.”

“Well actually Johnson...that’s your biggest problem right there.”

“What’s my problem?”

“That you’re doing the same things in your diet and workouts that everyone else is doing. Because if you want to gain mass, you can’t just blindly copy what’s popular. **You actually have to do the TOTAL OPPOSITE of what most people are doing!**”

“What do you mean?” he asked.

“Well...let me give you a few examples,” I said. “You’ve probably heard the ‘diet gurus’ talk about how you should eat healthy, right?”

“Right...and I’ve been trying to.”

“And that’s actually a HUGE mistake right there. Because for most people, ‘healthy’ means ‘low in calories.’ Since most people are mainly focused on losing fat -- not gaining muscle -- eating lower calorie foods is always good for them. But since you want to gain muscle, you actually want to eat foods that are HIGH in calories like steak and mashed potatoes.”

“Really? But I always thought that that stuff wasn’t good for you?”

“It’s not good for most people, but it’s great for YOU. Because your goals are different than everyone else’s, you need to be doing the total opposite of what they are.”

Johnson looked like a light bulb just went on in his head. “You’re right...I didn’t think about that way.”

“Here’s another example of what I mean. You’re spending about half your time in the gym right now doing cardio, and only about half lifting weights. Why is that?”

“Well, that’s what I see most people doing...and I always thought that that cardio was an important part of being in shape.”

“And for most people, it is! But not for you. Since most people are trying to lose fat and they don’t care about gaining muscle, some cardio can be a good idea. But for you, you’ll gain muscle MUCH faster if you focus 100% on that goal. Think about it: if you were doing ONLY weightlifting in the gym, you’ll basically be making double the progress towards your goal without any extra gym time.”

“Wow...I never thought about it like that.”

“There are tons of other examples like this that I could show you, but the bottom line for you is that **if you want to gain muscle fast, you’ll have to start doing things much DIFFERENTLY than everyone else.**”

I could see the mental shift taking place in Johnson...and I could tell that he “got it.” He was ready to stop doing what everything else is doing, and to start doing things in a radically new and different way.

“OK...so how can I get started?” he said with a smile.

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Over the next few months, I trained Johnson and showed him everything that he should be doing differently than most guys in order to gain muscle. A lot of it contradicted what he’d learned before, and I could sense some resistance in him to my training philosophy at first.

But he trusted me, so he started implementing what I taught him. And when he did, the results started coming FAST.

In just a few weeks, he was visibly bigger and more muscular. And even though he hadn’t made a huge change yet, he was amped up because he knew he was on the right track.

In a month, he’d gained about 10 pounds of muscle...and all his friends started noticing.

And after this, Johnson continued steadily packing on muscle month after month.

And today, he looks like this:



Pretty crazy...right?

In this book, I'm going to reveal all of the muscle building techniques that Johnson used to build muscle, and which I personally use to build muscle myself. And I'll show you exactly how you can use our system to build muscle too.

And the FIRST thing I'm going to show you is my best, most revolutionary, and most EFFECTIVE muscle building technique. I call it my muscle building "secret weapon" -- and it's so effective, I've built my entire muscle building system



around it.

I call this technique **The Monster Set**.

## **The Monster Set**

In the beginning, the first exercise technique that everyone starts off using is the **regular set**. Regular sets are what you see 95% of guys in the gym doing -- you just do a certain number of repetitions for a single exercise, then you stop and rest.

Pretty simple, right?

But here's the thing: **regular sets are often NOT the best way to work out!**

The main reason for this is that regular sets waste huge amounts of time. Most guys at the gym rest 3-5 minutes between each regular set. I personally knew one guy who would go to the gym for a hour...but I saw him only do 12 sets the entire time!

Guys like this usually wonder why they never see results despite spending so much time in the gym. The reason why is that your muscles don't care how much time you're in the gym for. **The only thing that will affect your muscular growth is how much "work" they are doing -- how much weight you are lifting, and for how many sets.**

This why you'll often see more advanced guys in the gym using a technique called **supersets**.

A superset consists of two (or more) regular sets of exercises for the same

bodypart done back to back. For example, you could do 10 reps on the bench press, and then 10 reps of flyes (another exercise that works your chest.)

The main advantage of supersets is that you'll basically be doing twice the amount of muscular "work" in the same amount of gym time. Since you take no rest between the two sets, you can do 20 sets in the time that most guys can do 10. And since most of us have limited time to spend in the gym, this can really be a big advantage.

Supersets also have a few other benefits. Since you're doing a second set after the first one has already completely exhausted you your muscles, your muscles will receive a more intense stimulus than just doing the first set alone. And supersets are also great for building athleticism, muscular endurance, and functional strength.

And because of these benefits, I think that supersets are great for some people. In fact, I include many workout with supersets in my own Six Pack Shortcuts program.

But here's the thing that most people don't realize about supersets...

Supersets are actually NOT ideal for building muscle. Although you get an intense stimulus, the problem is that you are doing too many repetitions in total on the same body part.

There are many studies that have proven that for beginners, the ideal number of repetitions to do per set to build muscle is 8-10 repetitions (for the most weight you can lift), and for advanced guys 4-6 repetitions (also for the most weight you can lift.) And I'll be going into more detail about why these rep ranges are id r building muscle later.

The problem with supersets is that you're usually doing 12-30 repetitions total between the two exercises. And although they are two different exercises, since they're using the same muscle group it's not much different than just doing 12-30 reps of one exercise.

Despite this drawback, I personally used supersets for years to build muscle. Although they weren't ideal, I felt the amount of time I saved and the intensity of the sets was worth the drawbacks.

But then I discovered what I now call **Monster Sets...**

Monster Sets are similar to supersets. The only difference is that instead of doing two (or more) exercises in a row for **the same** muscle group, you do them for **opposing** muscle groups.

For example, if you did 8 reps of dumbbell dead lifts (a back exercise) and then immediately did 8 reps of dumbbell presses (a chest exercise), THAT would be a Monster Set.

Why are Monster Sets more effective than supersets?

To begin with, since you are working two sets for OPPOSING body parts (rather than two sets for the SAME bodypart) you will lift more weight on each exercise. You won't just be burning out with a ton of reps -- **each half of the Monster Set will be with heavier weight, and therefore will build more muscle than a normal superset.**

Monster Sets are also more effective than regular sets **since you are doing twice as much muscular "work" per minute of gym time.** In the same time it takes the average chump in the gym to do one set for chest, you can hit one set of chest AND one set of back using Monster Sets. Compounded over time, since

you're basically doing double the workout, you'll get double the results -- with no extra gym time.

But here's the **most important reason** why I train exclusively with Monster Sets when I'm bulking...

**Monster Sets create a greater muscular pump from your workout -- and new research shows that exercises that create a greater "pump" help you build muscle faster than exercises with a smaller "pump."**

What do I mean by this?

If you don't know what a "pump" is, it's when your muscles fill with blood after an intense weightlifting workout. Your muscles feel enlarged, and they visually appear bigger and more defined.

Bodybuilders have known for decades that a "pump" temporarily makes your muscles look much better. But what scientists have recently discovered is that **exercises that create a bigger "pump" also lead to faster PERMANENT muscle growth.**

That's because the extra blood flow to your muscles isn't just to make you look swole -- it serves an important purpose! The blood carries waste products away from your muscles, and nutrients back towards it. **Larger pumps not only allow you to recover faster between sets, they also cause faster muscle growth after your workout is over.**

**If you take one thing away from the entire Monster Mass course, it should be the importance of using Monster Sets when you are bulking.** This is the way that I've gained additional size over the past year -- and the way that Johnson transformed his body. Dozens of my other clients have gotten killer

muscle building results with this one technique alone, which is why I think it's so important for you to use too.

The Monster Mass videos give more details about Monster Sets, and show you exactly how to perform them. Check those out to learn how to do Monster Sets -- but the point I wanted to make here is that a **single powerful muscle building principal can make a massive difference in your body.**

Just by making this one change to his workouts, Johnson packed on over sixty pounds of ripped muscle -- and many of my clients experienced similar results. This got me thinking -- **what *other* muscle building concepts were there that were so powerful that they could make a massive impact on your physique with just a small change to your diet or workouts?**

I spent months thinking about all the most important muscle building ideas I'd learned over the past years...and I scribbled them down in my notebook. I started showing it to all my clients who wanted to build muscle, and it started to get known as the "15 Laws."

And my clients started building muscle *even faster* once they had access to these principles. Some of them told me that a lot of these principles impacted their body just as much as learning Monster Sets!

**So when I created Monster Mass, my clients insisted that I give out the fifteen laws with it.** Since it contains the 15 most important "rules" you should live by when you're bulking, it can really help you to avoid mistakes and to build muscle rapidly.

So when you read the 15 Laws, remember that this is years of bodybuilding knowledge distilled down to 15 simple rules. And each Law, when followed consistently, has the power to change your life. They show you small changes to

make to your workouts, diet, or lifestyle that will have a HUGE impact on your muscle building results.

***So observe the 15 Universal Laws of Muscle Building, and you will get the muscular body you want.*** It's that simple.

## The 15 Universal Laws Of Mass Building

### Law #1: Focus on Compound Lifts

A compound lift is any exercise that uses more than one major muscle group at a time. Typically, there is one larger muscle group that ends up handling the majority of the workload, and then one or more smaller muscle groups that are used as support.

An example of a compound lift would be the squat.

An isolation lift would be more like curling a single dumbbell with one arm.

Compound lifts work large amounts of muscles at one time and isolation lifts focus on just one muscle group individually.





When it comes to gaining mass compound lifts are far superior to isolation lifts because you are able to recruit a much larger amount of muscle fibers with each repetition. The best part about Monster Sets is that we are using back to back compound exercises to shock the hell out of your muscles. Training this way is going to generate maximal muscle recruitment basically blowing every muscle on your body up like a balloon.

When you place your body under the full body stress of a compound lift your body naturally begins secreting more of these hormones. This happens during compound lifts because your body is using a multiple muscle groups at the same time creating a tremendous amount of stress. Having these important hormones flooding your system is a vital key to increasing your body mass at an alarming rate.

Below is a list of a few of the compound lifts you will be using in your Monster Mass workout. I will show you how to perform each one later.

- Bench Presses (incline and flat)
- Squats
- Deadlifts
- Barbell bent over rows
- Overhead presses
- Barbell lunges

## Law #2: Go Heavy or Go Home

You must be lifting heavier than the average gym goer. This means that with each set you need to be using the heaviest and most challenging amount of weight possible while maintaining proper form and hitting your target rep range.

So how much weight is heavy for me?

Heavy weight is all relative depending on the person. For beginners, you need to be using the heaviest poundage you can while still completing 8 solid repetitions. For more advanced trainees you will be warming up with lighter weights that you can control with perfect form for about 6-8 reps.

It is extremely important to always use heavy weights. Heavy poundages hit deeper muscle fibers than light weight, which in turn create a harder, denser and thicker muscle. When you force yourself to increase the amount of weight you use each week your strength levels sky rocket up. **Always remember that if your muscles become stronger, they will also become bigger.**

I remember when an old friend of mine called me up and asked me why he never got sore after his workouts. So I asked him a simple question. When do you stop a set and drop the weights? He told me that he picks a number of reps that he know he can do and once he finishes the last one it's over and re racked.



He is a good friend of mine but after he told me that I had to let him know how much of a pussy he was being. **If you're serious about building muscle, every single set you perform should be balls to the wall and driving every last possible inch out of your reps until you cannot even budge the weight a centimeter.** That is training to failure!

Bottom line unless you know where your red line maximum overload point is you will never have a goal to get better, you just flutter in and out of sets with no direction. You should lift heavy enough weights where you anticipate that you might not be able to get the last rep. Remember that reaching failure WILL happen if you are regularly attempting to lift more weight.

### **Law #3: Keep a tight schedule**

**You should always have an exact scheduled workout time, and stick to that schedule everyday no matter what.**

This means that regardless of what other events and situations arise during your day that going to the gym and getting your workouts in IS ALWAYS GOING TO HAPPEN. This means each night before you hit the hay you need to program your cell phone to alarm you within 1-2 hours prior to your workout. And you must be in the gym at least 4 days each week.

Getting big is a job and deserves the same amount of attention if you want to reach your goals.

What I do is put aside the same exact time every day that is designated just for training. I know every day that I will be in the gym working out from 2:00pm to 3:00pm -- no matter what. The cool part about doing that is eventually everybody around you knows that is when you are not available and they will start working

around your schedule!

This is a super important law because 80% of guys do not schedule their workouts. They just hope and try to make it to the gym but they end perpetually missing workouts and never make any real progress.

Now let's talk about the best times to schedule your workouts.

For most guys, the best time to schedule your workouts will be **first thing in the morning**.

Training first thing in the morning is awesome for a few reasons. First is because your body's natural testosterone levels are at their highest early in the morning when you wake up. Training during this "peaked" hormonal time means that you will be able to go full throttle during your workouts with an awesome amount of energy.

Working out first thing in the morning is also cool because it sets the tone for the whole rest of you day. I know that when I train in the morning the rest of my day just seems to flow much smoother and I end up being much more productive. This is because you have already worked out all the physical tension in your body and by doing that your mind clears up.

The only possible downside to this training schedule is the chance of waking up late and missing your workout. And this can be a problem for some guys. I suggest designating a time the night before each training day that you must be in bed by. If you force your body to lay down whether or not you are tired you have a much better chance of getting the full rest you need for a tough workout. Plus you improve your chances of actually waking up on time to make the workout.

If you don't want to work out first thing in the morning, then I recommend working

out ***immediately after you get out from work.***

Training after work helps to blow off steam from the day, you won't miss workouts if you wake up late. Just remember that when training later in the day like this you better have had all your mass building meals.

Skipping meals and running on coffee or energy drinks all day will turn an after work training session into dog shit. Nail all your meals and have your gym bag ready and packed with fresh clothes and shoes to hit the gym with.

It is super important that you go immediately from work to the gym with no stops at home on the way. Stopping off at home will probably make you find some reason not to make it to the gym. Most guys will get caught up with whatever is happening at their house or apartment. It could be a whiny girlfriend that doesn't support your training, or you just happen to see your favorite TV show when you walk through the door. If you get home, kick your shoes off, click on the TV and zone out then at that point you can just forget about ever getting any bigger.

## **Law #4: Always lift slightly more weight than you did in the previous workout**

Never attempt to lift the exact same poundage you used in your previous workout. The only way you will get bigger is by constantly making small increases to your poundages each workout. You will not get bigger unless you lift more weight.

Adding more weight keeps your body in a constant state of adjusting and it never gets used to the same workout. When your body is constantly guessing and changing that is what allows you to keep getting bigger week after week and month after month. This is because you never give your muscles a chance to

adapt to a specific routine.

The human body adapts very quickly to new challenges. If you do not constantly challenge your body week after week it will become comfortable and complacent with the stresses you apply from your workouts. Adding more weight to your lifts each week forces your body to adapt to handle that new challenge. This way you keep growing week after week.

I saw guys screwing up this rule every single time I hit the gym. This young guy named Ricky was always benching every time I walked into my gym and each time I saw him he always had 115 lbs. on the bar going for sets of 5 reps. I always felt bad for the guy because he was at the gym every day exactly at 7pm doing his workout but nothing ever changed. For a year straight this poor guy had 115 lbs. on that bar. His chest never grew, his strength never went up and he went on for months like this. He honestly became kind of a running joke among regulars in the gym.

I do not want you guys to be like Ricky was.

Now sometimes when you try to lift a heavier weight you won't be able to lift as many reps as you're going for. And that's perfectly OK! You will see benefits from these sets as long as you are pushing yourself and doing as many reps as you possibly can. **This means that although you'll never be purposely training for failure, you will experience failure frequently when you're aggressively trying to increase the weight. That's actually a GOOD THING, and it means you're on the right track.**

If you go a few weeks trying to aggressively increase your weight on the Monster Mass program and you're not able to, you're doing something wrong. Ask yourself:

***Am I following the Monster Mass diet?*** Are you missing meals? Not eating enough? Or just flat out eating the wrong foods?

***Am I getting enough sleep?*** Is it impossible for you to wake up on time for anything? Do you barely get enough rest? Always tired?

***Am I consistently doing the Monster Mass workouts with high intensity?*** Do you honestly feel like your workouts are intense as possible? Do you leave the gym without breaking a sweat? How about dropping the weights once it starts to burn? And most of all...are you really consistently sticking to that workout schedule you laid out for yourself every week?

The point is, you should NOT just accept it if you are training with Monster Mass and you go more than a week without lifting more weight. You need to identify where you're going wrong, and change something up immediately if your gains begin stalling out.

If you're struggling, remember you got 30 days of unlimited free email coaching from my trainers when you signed up for Monster Mass. Drop them a line at [admin@sixpackshortcuts.com](mailto:admin@sixpackshortcuts.com) and they'll help you break out of your plateau so you can start making gains again.

## **Law #5: Use Monster Sets every time you train to gain maximum muscle in minimum gym time**

Monster Sets are your "secret weapon" for gaining the most amount of mass in the shortest time possible with this program. These sets are specifically created guys just like you and are going to be the foundation of your success.

What is a Monster Set?

A Monster Set will be consisting of two sets of exercises performed back to back. It's like a super set but instead of doing two exercises for the same body part you will be doing two sets for oppositional body parts!

Here is an example:

Do 1 set Incline Dumbbell Presses for chest immediately followed by 1 set Bent-Over Dumbbell Rows for back



Why do I prefer Monster Sets over regular sets when I'm bulking? Well, the benefits of Monster Sets include:

- **You do double the muscular work in the same gym time.** Because you're doing two sets back to back, you will be doing far more "sets per

minute” in the gym than the average guy. That means you can get in the equivalent of a 60 minute workout doing regular sets in just 30 minutes!

- **You generate better blood flow to your muscles.** Doing back to back sets for opposing bodyparts causes a greater muscular “pump.” That means that you’ll have more nutrients going to your muscles to re-build them -- giving you another advantage over guys doing regular sets.
- **All of this means that Monster Sets will cause you to gain more muscle with less gym time.**

And here’s the good news for you: all you have to do is follow along with the Monster Mass workouts, and you’ll be getting all the benefits of Monster Sets. I’ve personally designed every workout to maximize the benefits of your Monster Sets, so you can build muscle faster.

#### **Law #6: Sleep at least 7 hours each night**

This is a super overlooked and one of the least appreciated laws for getting big. You can train all you want but you do not grow in the gym. **YOU GROW WHILE YOU’RE SLEEPING!**

You’re probably asking yourself so why exactly does me crashing out every night have anything to do with getting big?

To start with, growth hormone which is the hormone in your body that helps build new muscle cells is produced while your sleeping. Sleep is also the time where your brain restores it’s cells and is able to rebuild itself for the following day. Honestly without proper sleep each night your gym time could end up being a complete waste.

Mental alertness is super important when training balls to the wall like you are in this program. Your mental alertness is directly tied to your motivation levels in the gym. If you're off fluttering your eyelids thinking about how much you would rather be curled up in warm bed there is no way you are going to gather enough drive to knock out a back to back Monster Set with the kind of intensity you should be using.

When I first started realizing the importance of sleep for getting big, I asked myself something. I wondered if I go a whole 7-8 hours each night with no food or nutrients entering my body won't I end up getting smaller?

The answer is YES...you actually will. Although sleep is key for building muscle, you also want to make sure that you have food in you even when you're sleeping to maximize your muscle gains.

To ensure that your body still has nutrients in it to feed your muscles all night, you should have a meal immediately before you go to bed. When you eat right before bed you supply your body with a nice and steady constant drip of nutrients to heal and repair your damaged muscle tissue.

So set your clock each night to go to bed at the exact same time. At least set this exact time and follow it five days a week. Within a week or two your body will adapt and be trained to follow this sleep pattern and you won't even need to think about it.



# Monster Mass Dieting

## **Law #7: Eat every 2 hours no matter what!**

This law is what divides the guys that gain weight each week and the one's who stay the same. I can guarantee you that the guys who can be disciplined enough to pack and prepare their meals and make sure they eat every 2 hours should no doubt gain weight at a much faster pace than their peers. This is so crucial for gaining mass that it should honestly count as two rules.

I know what you're thinking...

There is no way I am going to be hungry enough to eat a whole meal every 2 hours!

It does not matter if you are hungry for it or not. *If your meal is scheduled to happen then you eat it completely even if it causes you some struggle to get those last few bites down.*

Your body will never gain weight unless you provide it with a surplus of calories. That means give your body more calories than it can burn off.

So what is the best way to stick to this law?

Start by always stocking your fridge full of pre prepared monster mass meals. I will show you later what monster mass meals are but for now realize that they will be your foundation to eating every 2 hours.

Then try mixing up a few protein shakes to go in case of emergencies like getting

stuck in traffic or working and can't stop for a full meal.

What I do is actually time each one of my meals to my watch, setting the alarm for every 2 hours. This way I knew I would never have the excuse that I forgot to eat. This is a method that many bodybuilders use to stay disciplined with their diet. Another tip would be to use your cell phone to notify you when your next meal is approaching.

## **Law #8: Always consume a pre and post workout meal**

Your **PRE** and **POST workout meals** are the meals you eat before and after working out.

It is critical to always eat a Monster Mass meal before your workouts and immediately after because these are the most vital times your body needs nutrients. Later I will show you exactly what goes into a monster meal but for now just realize each meal should have protein, carbohydrates and vegetables.

**Pre workout meals** should be eaten about 30 minutes to an hour before your scheduled training time. This meal is the energy source that will allow you to push through a really hard workout.

Think about it like filling up your car's gas tank before a long drive.

You will end up lifting more weight because your blood sugar will be higher, translating into more muscle gained.

**Post workout meals** are possibly the most important factor that is missing in most guys workouts. There is a vital window of time following a tough workout when your body is in desperate need of nutrients FAST.

Your post workout meal should be eaten within the first 30 minutes immediately after your workout. ***If you wait any longer than 30 minutes to eat after working out your body's window of opportunity to grow and recover will be lost.***

Eating after training is important because your body is in desperate need to quickly suck up and absorb nutrients.

If you do not feed those hungry muscles within 30 minutes after training you will never reach full muscle recovery. Without proper muscle recovery you will end up being sore for days and days after your workout. You will also build muscle faster if you immediately supply your body with the nutrients it needs to re-build your muscle tissue right after your workout.

*Remember this important tip guys.* It is a must that both pre and post workout meals contain carbohydrates. There are two main reasons why you need carbs in your meals:

1. Eating carbs before your workout helps give you energy and allow you train stronger, longer and with more intensity.
2. Eating carbs after your workout helps immediately start rebuilding and repairing your damaged muscles. This way you avoid soreness and have energy for the next day's workout.

I will show you later exactly what each meal should contain but for now just remember that crucial information.

## **Law #9: Always Have Food Around You**

The biggest limiting factor of most guys muscle growth is not having food around

when they need it. You should always have something on hand to eat for when you feel even the slightest desire for food.

Think about it this way...

If eating constantly is inconvenient, you're not going to consistently do it. And if you are not consistent you will not grow. So make your food as convenient as possible for yourself.

When you have food around you all the time it will naturally cause you to eat more. Always keep your house fully stocked with high quality calorie dense foods. Every time you leave the house bring high quality snacks and Monster Meals in tupperware that you never leave the house without.

Below are a few tips to help keep food around you

- Store 4-5 ready to go meals in your work refrigerator
- Have protein shakes and almonds in your car so you can eat them while you drive
- Bring high protein canned foods with you like tuna, chicken and salmon (just remember to bring a can opener)
- Keep food in zip lock bags of nuts and store them at your regular hangouts examples (girlfriends house, parents house, school and work)

## **Law #10: Stick to QUALITY high calorie foods for the bulk of your diet**

You want to eat lots of calories, but you don't want to be eating junk food. "Dirty bulking" from junk food will cause you to gain too much fat.

So many guys think that eating to get big means eating everything they can find, junk food included.

This is flat out not true...

You must be eating the RIGHT foods to grow muscle. Certain foods that I will show you later in the Monster Mass Diet are proven to increase muscle and while at the same time helping you shed body fat.

Many guys gain way too much fat when they're bulking as a result of bulking with junk food. They then either permanently stay fat, or they have to cut and end up the same size they started at.

I have known quite a few guy's over the years that are what I call "perma-bulkers". These are the guy's that say they are constantly in a bulking phase but really just use it as an excuse to eat whatever they want. They never end up adding any real muscle and generally just look fat and bloated all year.

One buddy of mine named Jerry would bulk up all year long with junk food like ice cream, Chinese takeout and whatever else he could cram down his throat. Then he decided to finally diet down and get ripped. Jerry was shocked that after losing all the fat he gained while bulking he still ended up with no more muscle than he started with. He gained weight. But with his poor diet gained no actual new muscle mass.

**Remember: you WILL eventually have to cut down if you want to see the muscle you've gained. And it's an inevitable part of cutting that you will lose a small amount of muscle for every pound of fat you gain. If you gain too much fat when bulking, you will either permanently be fat -- and even in the best case, you may need to cut down so hard that you lose all the muscle you gained.**

You CAN eat junk food for 20% of your diet, but 80% should be quality high calorie foods. Below is a list foods that you should avoid and some examples of the good one's you should be eating instead.

- Foods to avoid
  - Deep fried foods
  - Processed foods
  - Dairy
  
- Examples of good foods
  - Beef
  - Eggs (with egg yolks)
  - Potatoes (especially mashed)
  - White rice
  - Coconut oil
  - Bananas

One final thing though -- don't let this make you paranoid about getting fat. For 90% of guys bulking, this won't be a problem...you'll just need to worry about eating more.

If you have a bodybuilding background though or if you tend to carry more body fat, you will need to strictly observe this law.

## **Law #11: CONSISTENCY is more important than anything else**

This Law is honestly the main reason why 95% of people fail with any exercise

program. And when it comes to gaining quality muscle mass consistency is actually more important than anything else.

Gaining weight is a daily effort that requires constant thought and attention. It is a goal not reached by the weak of mind. Consistency boils down to two factors, making sure you never miss workouts or meals. Period...

You should be paranoid about even the possibility of skipping one of your meals or not hitting your workout that day.

My buddy Chris who now actually helps me edit videos was a guy that was always held back by inconsistency. His goals changed almost every other day between wanting to gain size or wanting to lose weight. He could never make up his mind.

On top of that he would rock out on clean healthy foods for about 2 days before "slipping up" and downing some milk and cookies till 4am. This type of flip flopping ended up making any chance of gains go out the window. Not being consistent with his food also helped make him more inconsistent with his training.

Basically when you eat like crap, you feel like crap. And when you feel like crap you think of every reason in the world to not workout.

Below are a few tips that will help you stay more consistent.

1. Schedule your meals to be eaten at the exact same time every day.
2. Schedule your workouts at the exact same time every day.
3. Keep a calendar on your fridge or desk at work with weekly reminders of your goals.

## **Law #12: NO WHINING ABOUT YOUR GENETICS!**

So many guys love to use their genetics as an excuse to why they cannot get big. It is true that some guys are just blessed with big physiques and gaining weight and staying heavy is just easier for them.

I am not one of those guy's and either are you. So do not be discouraged. Anybody can get bigger and gain more muscle no matter who they are. They just need a plan of action.

Tons and tons of skinny guys with "bad" genetics have gotten huge results from following the rules in this program.

Check out Dan's transformation below. He had every reason to complain about his genetics and he never let it get stop him.

Absolutely anyone can gain the same results Dan, Johnson and myself made when following the Monster Mass program. These guy's did not accept that they could not get big, they told themselves it is possible and they will get big!

The truth is if you are not getting bigger it is because you screwed up and are not following your workouts or eating your meals. Blaming your genetics is a waste of time and an excuse that will only prevent you from reaching your goal.

Use the tips below if you happen to go a few weeks without seeing gains

- Add one more monster meal to your daily diet
- Have a protein shake right before bed each night
- Schedule a short 30 minute power nap to recharge



## **Law #13: No listening to ANY “mainstream” fitness information**

Mainstream fitness advice will always be WRONG for you -- it's for people with the totally opposite goal!

Here's why: YOU are bulking, practically everyone else is trying to lose fat. So the majority of information out there in mainstream fitness magazines is for reaching the goal of losing fat -- NOT building muscle.

These are VERY different goals...and in many ways, they are OPPOSITE goals. So a lot of the advice that will be great for the average person will actually be TERRIBLE for you.

You guys must follow this law because if not it will put you in the wrong mindset for eating to get big. You have to be eating insane amounts of food. Hearing people talk about strategies for eating less calories will affect you subconsciously and cause you to eat less.

Most of the fitness advice out there is made for women who want to lose weight and avoid gaining muscle.

Doing weight loss or fat loss workouts will drain your body of the calories it needs to gain muscle and get bigger. Not only that but over time it will start to catabolize the muscle you do have! This means it make your muscles smaller and weaker.

So here is what you need to do.

- a) Throw away all your fitness magazines or at least hide them for the next 3 months while you follow Monster Mass.
- b) Stop reading blogs or watching youtube workouts from mainstream fitness gurus.
- c) Hardcore bodybuilding information or mass gaining information is still okay here and there for extra tips on meals and training.

## **Law #14: SET GOALS AND HAVE CONSEQUENCES FOR NOT HITTING THEM**

Setting goals and consequences for yourself will help shape you into a stronger individual in all aspects of life. One common trait that all successful people have is effectively setting goals.

Most guy's think they are setting goals when they are really just making hopeful wishes that what they want will come true. If you do not literally write down and set exact dates for your goals then you are simply living in a fairy tale world where you think muscle grows on trees.

The best way to follow this rule is to make your goal both specific and measurable.

A specific and measurable goal would be something like gaining 30 pounds by the end of January. This way you have a specific number to strive for and a deadline.

By simply placing exact numbers and dates for reaching your goals you will drastically increase the odds of you actually hitting that goal

And as far as consequences go guys be tough on yourself. Set something up like if by January 31st you have not gained 30 pounds then you need to give away your xbox. Now I know that might seem extreme to some of you gamers out there but that is the kind of drive you need to be accountable for reaching your goal.

Find a consequence that will have an emotional impact on you. Keep in mind guys it doesn't have to be a consequence that will totally screw your life up like breaking up with your girlfriend and moving to Alaska...haha

But be ready to enforce whatever consequence you place on yourself. Let friends and family know about your goal and deadline and they will also help keep you focused.

Shit, if you follow everything I tell you in this program then you will never have to worry about facing that consequence!

## **Law #15: KNOW WHEN TO STOP BULKING**

It's critically important to know when its time to stop bulking and time to start cutting. You should build your size and weight up to a certain point that you find ideal and then begin to focus on chiseling that new muscle to reveal more definition.

Many guys suffer from "bigorexia," where they lose their sense of how much muscle mass actually looks good on them. These guys feel like they are never big enough and at a certain point start to lose their understanding of when enough is enough.

Guy's who do this all year long usually end up with a significant amount of bodyfat and end up looking bloated with no ripped, hard muscle to show.

So when do you know it's time to stop bulking?

One rule of thumb that me and my friends use is that I bulk up until I can no longer see my abs. Then I know it is time to start cutting down.

That means I bulk until I can see absolutely zero definition in my abs at all. Not just till my six pack goes away but until I no longer see any cuts.

If you want to have a body like mine then you should follow that rule of thumb.

It's cool if you do not want to go for a body just like mine. Everyone is different. It is your body and if you want to be bigger but less cut or smaller and more ripped. Whatever your goal is, make sure you decide in advance what direction you want to go.

Plan out a date or body weight and once you reach that you know the cutting stage must begin. Be realistic though guy's and don't say you want to be 300 lbs. of bulk and then you will be ready to cut down, keep things in perspective.

Guys do not panic if you start to gain some small amount of fat while following this program. Gaining some fat during a bulking cycle is perfectly normal because of your huge increase in calories. Every bodybuilder in the world gains some fat during his bulking cycle and you should not be worried if this happens.

So I hope we've established the importance of following these 15 laws in helping you build and maintain a muscular body. I suggest you focus on applying one of these Law per week to your Monster Mass program and diet plan. This way you can take some time and truly master each law week by week until you are using them all in your routine.

The unique combination of the 15 Universal Laws of Mass Building is the fastest way for you to pack on the most amounts of muscles. So start implementing these laws immediately and soon you will be enjoying the ripped and massive muscles you've trained so hard for.

Train Hard,

*Mike*

