

**Build Extreme Lean Muscle the Natural Way**

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**IMPORTANT:** This book is intended to provide information and ideas pertaining to building muscle and weight loss. It is NOT a substitute for professional advice from a dietician, nutritionist or your family practitioner. You should consult your physician before undertaking any sort of diet or extended physical exertion.

The publisher and author of this book will not be held responsible for any personal loss, health problem, or hardship that may come a result of reading this book.

We have made every effort to ensure the information in this book is accurate and up to date.

# Introduction

Have you seen the guys and girls in advertisements and magazines showing off their lean, rippling muscles? You simply can't help yourself from wanting the same thing, can you? However, the only thing you can do is to frown on the thought that it is possible for you to possess what they have.

You may have a body type that makes you believe you could never get lean and firm muscles, but it's time to throw that thinking out the window.

There is no better feeling than looking in the mirror and seeing a lean and muscular physique. To see yourself with a muscular stomach, strong arms and a more developed physique is a feeling that is hard to explain unless you experience it.

## **STEPS TO HAVING A SUCCESSFUL MINDSET**

### STEP 1

**Believe** that you create your own destiny. No one can decide and create your future except you. You are responsible for your own life. There is no end to how much you can accomplish in a lifetime

### **Nutrition secrets that Only the Best Bodybuilders Know**

Inside you're going to learn about the kinds of foods that you can eat to really help you get amazing musculature. You will not only learn about the foods that help, but you also learn about the foods that are going to hurt you when you're trying to lose fat.

## **The Real Deal on Supplements**

Supplements can be important to your plan and you're going to learn how to use them and which ones you should look for. When it comes to losing fat and building lean muscle, taking the proper supplements can really give you an added boost.

## **The Tricks to Fast Fat Loss and Muscle Gain**

What you do in the gym has a lot to do with your results. It's time to figure out when to lift, how much to lift and how often to do it. Too many people try and start a plan without the proper knowledge and end up doing a lot of work for nothing.

If you have the right plan in place and get the most out of your workouts then soon the mirror will reward you with muscles that you didn't think were possible on your body.

## **Why Recovery is so important to Relentless Muscle Growth**

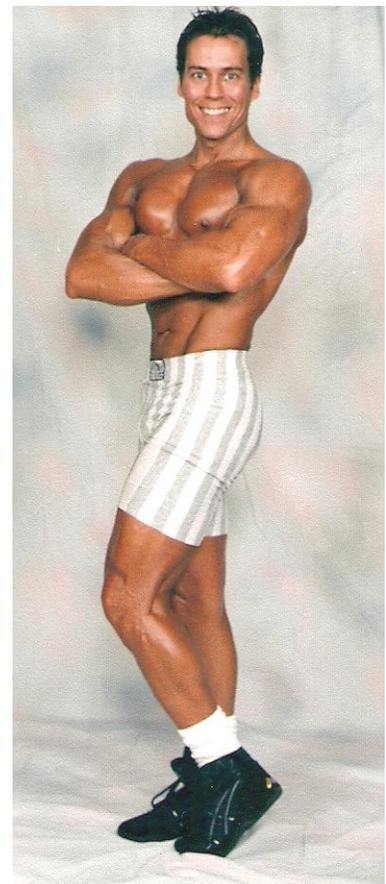
Also so important is the recovery of your muscles when it comes to losing fat and building muscle. It is a part of the plan that is misunderstood and overlooked, but you are soon going to know how to best assist your body to recover and see the incredible results that you are looking for.

So now sit back and have a good read. When you are done you will have everything you need to get lean and muscular, and you will also have the motivation you need to do it.

You are going to have the right plan to get yourself to the point where you are turning heads and feeling great about the way you look and feel.

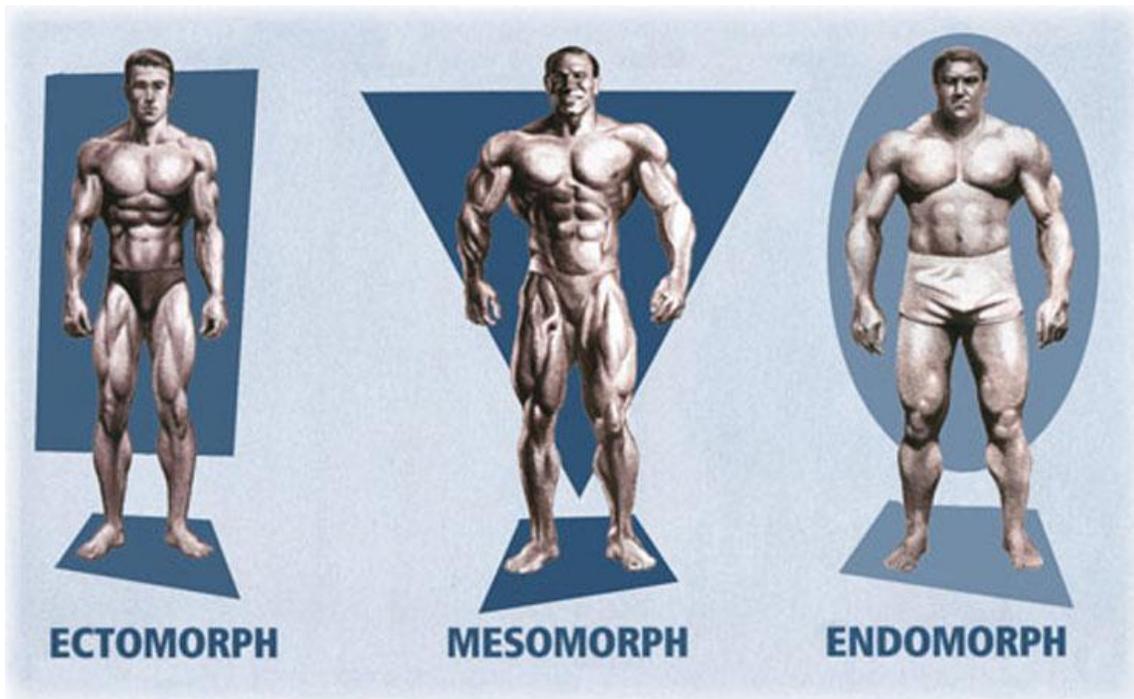
Your Friend And Personal Coach,

Dan Przyojski



# Breaking Through Your Body Type "You CAN Change It"

## The Different Body Types



The three different body types are ectomorphic, mesomorphic and endomorphic. In the simplest terms, someone who is ectomorphic is generally very thin by nature. Someone who is mesomorphic has a fairly muscular stature and usually has very good posture. People who are endomorphic tend to be a little heavier and rounder. They usually carry more body fat than the other two types.

If you are naturally mesomorphic, you have a bit of an advantage. It will not be too difficult to gain muscle mass and lose fat, or to reduce body fat in order to both develop and show off a muscular physique. You probably know

somebody that seems to look fairly strong and fit without having to do much in terms of resistance training or diet.

If your body is endomorphic naturally, you probably have some difficulty getting rid of that last bit of fat around the belly. Endomorphs don't usually have trouble gaining muscle mass; the issue is usually more about having it show through when they get a little pudgy.

In order for an endomorph to develop a muscular physique, it is important to adjust the diet accordingly. It is crucial not to eat too much in the way of fats, and especially important to stay away from bad fats. The carbohydrate part of the ratio should probably stay about the same, but keeping the protein level up and a specially ensuring that protein is consumed at every meal will help an endomorph to see greater success.

### **Which Category are you in?**

The truth is that most people don't fall solidly into one category. You'll see people from time to time who are completely endomorphic or ectomorphic for instance, but the vast majority of us have a body that is a combination.

How you plan your diet and work out regime depends on how far into one category you're leaning. It is a little more straightforward for somebody who is completely mesomorphic, but they are a minority.

Diet is very important, and now you know how to eat for your particular body type. If somebody has an endomorphic body type, part of the key is to include a strong cardiovascular component to their workout.

Whatever category you fall into, you should be aware that it is not a life sentence. By taking advantage of the advice that you find here you can change your body type. You may be encouraged to know that many people have fought against a particular body type and one;



**Steve has an Endomorphic Type Body**

**MYTH:** Eating Foods With Fat Makes You Fat

**The Truth:** Fat doesn't make you fat — foods that contain fat are part of a healthy diet. You've just got to know the right kinds.

# ***Do This If You Want To Guarantee Success!***

- 1. Set realistic goals -- short and long term.**
- 2. Plan an orderly and thorough routine to train the entire body.**
- 3. Make a commitment to stick to your routine for eight to twelve weeks to realize the changes and benefits, develop perseverance and create a habit.**
- 4. Establish enthusiasm for your training, the driving force to perform successfully.**
- 5. Ease into an appropriate training program with a wholesome, thoughtful nutritional plan: proper foods, amounts and order of consumption.**
- 6. Be confident from the beginning that the application of these sound principles will produce the desired results.**

## **How Celebrities do It**

Did you ever wonder why celebrities seem to be so successful when it comes to losing weight or bulking up? Is it because they have personal trainers? That's partly true. You can only work out so much to get success. The big difference is having a personal chef. It's like a failsafe against cheating or eating the wrong thing.

When you have somebody on the payroll whose job it is to make sure you bulk up, or tone up then that person will take the time to carefully plan out your meals by content and time. Since most people don't have the money for that, you are going to have to be your own personal chef and plan things out.

**Now you are thinking that this is going to be tough. No, not really.**

It really helps to plan ahead not only the meals, but the cooking. I like to eat simple, nutritious and filling foods. This way no matter what my schedule is, how busy or grinding it may be I'm still able to stay on my diet! Also, eating healthy is not as tough as it sounds. Many healthy foods for building muscle don't require a lot of preparation.



# Eating the Right Mix of Foods to Gain Muscle & Lose Fat

The main thing is what these meals should contain. That's why the 'three squares' idea is not that far off. If you can incorporate different kinds of fuel into each meal then you will see better results. You will want to get some good protein in at every meal. Protein is second to water in terms of being the most plentiful thing in your body. It is important to get enough of it.



## Alright, Exactly How Much Should You Have?

If you want to get an idea of what you need to be consuming, start with the proteins. For instance, if you weighed about 180 pounds, you should be eating about .75 to 1.0 grams of protein per pound on a daily basis. That works out to somewhere between 135 grams and 180 grams of protein per day.

When it comes to carbohydrates, you should be taking in about 2.5 grams per pound for your weight. For our 180 pound imaginary test subject, this works out to 450 grams.

When it comes to fats, you should look to consume about a quarter of a gram per pound of body weight. This translates into 45 grams per day.

Notice the ratios here. There are more carbohydrate grams than anything else. You may hear of diets that extol the virtues of proteins and have you eating steaks and bacon all day or some crazy stuff like that. They don't work. Carbohydrates provide energy, and they increase the insulin levels in your body which increases the amount of human growth hormone. They can't be overlooked.

You can easily calculate what you should be taking in for your body weight. Wow, not only does building muscle include a special diet, but math too? Yes, it is going to take some work. Don't worry though; the benefits will make it worth it.

### **What kind of Protein, Carbohydrates and Fat Matters Too**

It is not enough to simply get the right ratio in order to build up your muscles. When it comes to Fats, stay away from the ones like the fatty parts of red meats or any kind of trans fats like you see in junk food. Forget about butter and margarine, sorry they taste good but that's the bad stuff.

The good kinds of fats will be found in nuts, olive oil, and even in things like avocados. Just remember the daily amounts; they are not that high.

The fats will usually take care of themselves, so you don't really have to look much to get fat into your diet. You do need them but the amount is so little, you do not have to worry much about it. Just make sure you get the right kind of fats.

For carbohydrates, try to stick with whole rice and potato carbs, a little fruit and plenty of vegetables. Sometimes the potatoes get a bad rap but they shouldn't. The problem is usually what you put on them. Eating all of these foods in moderation and trying to get some variety is important. That way you will get more vitamins and nutrients that are required for more lean fat free muscle mass.

**Both Men And Women Face The Same Challenge!**



# A Few Additional Tips about Eating

One of the best things that you can do is get a little bit of everything going into every meal you eat. You might find it hard at first, but before you know it you will get used to certain meals and as you get healthier you will find that your body craves this good food even more. Many foods that will help you increase muscle mass also are better taken together as it makes them more effective. If you eat complex carbs with dairy or protein it will help with the absorption of nutrients.

## **The After-Workout Meal**

This deserves a special mention because it might be the most important meal of all. After you lift weights, your muscles need nutrition the most to rebuild themselves. This is the time when you should be taking in lots of good proteins and carbs.

## **The Importance of Hydration**

Drink lots of water. If you didn't know it, you are made up mostly of water, and if you don't get enough you don't have energy. That means tough workouts with less benefit. What you don't need, your body will take care of. If you are doing a workout regime (which of course you will be after you read this book) then you are likely sweating a lot and you need to increase your intake of water. Do not only drink when you are thirsty. Drink some water before a workout to prevent yourself from getting dehydrated during the workout.

## **Fine-Tuning the Diet**

Try to get the simple carbs that you need in the morning. You should be getting your simple carbs from fruits. Then they will contain fructose, which your body will absorb a little more slowly. If you consume simple carbs like refined sugar or soda then you might get a spike in energy for a short while but soon after you will feel your energy drop substantially. You have to try to stay away from these.

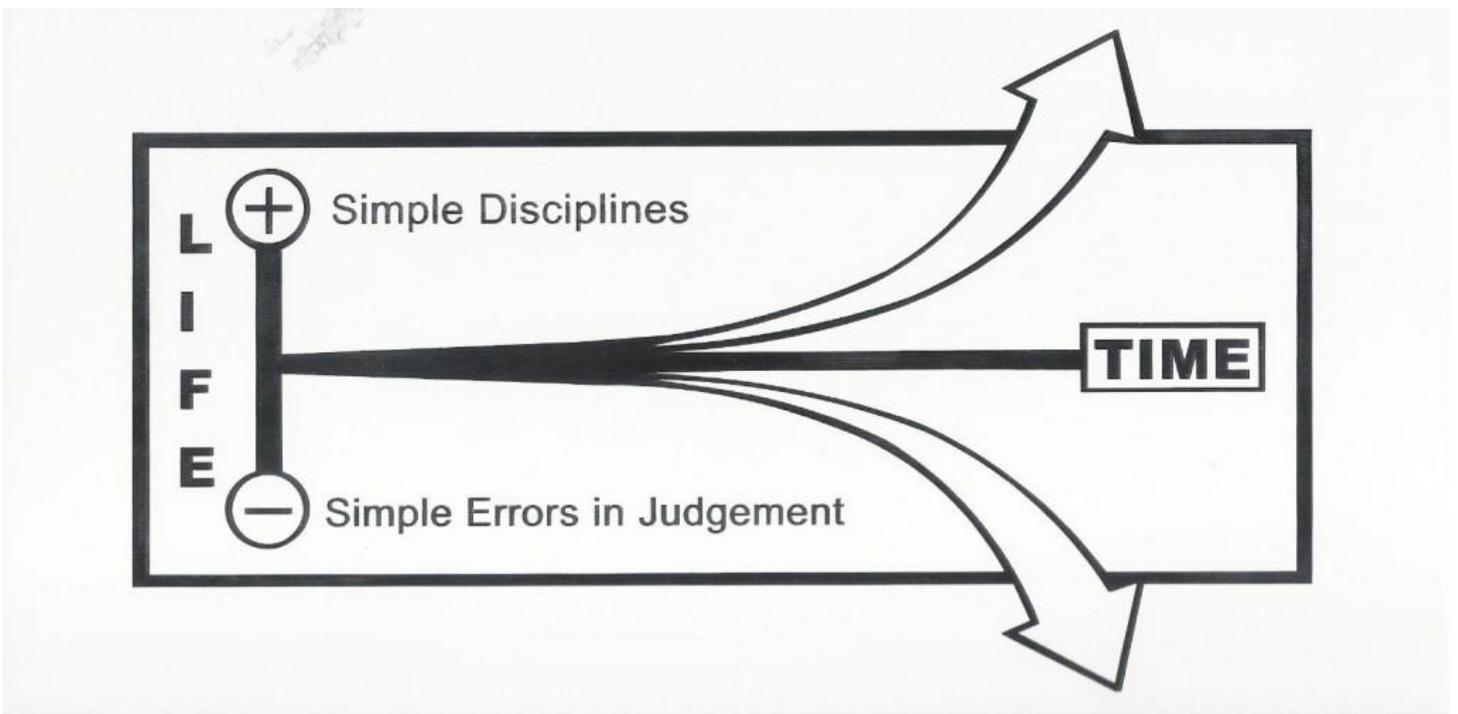
Increase the Protein a little in your last meal of the day and reduce the carbohydrates. The main benefit of the protein is that the body uses it to build back the muscle tissue after a workout and when you are sleeping. You don't

need as much carbohydrate because this is primarily used for energy and you don't need as much when you are sleeping.

Eat when you wake up in the morning. Some people don't like to eat right away but this is a mistake. You are keeping your metabolism going at a good steady rate and if you are going to be going to work out and build muscle you need to get things moving. Getting some food in you in the morning will also help you to feel fewer cravings during the day. These cravings are often sated with the kinds of foods that you don't want to eat.

Think of the food that you put in your body as fuel for your muscles. This keep you thinking about how to eat right and before long you will find that your muscles are growing like you want them to.

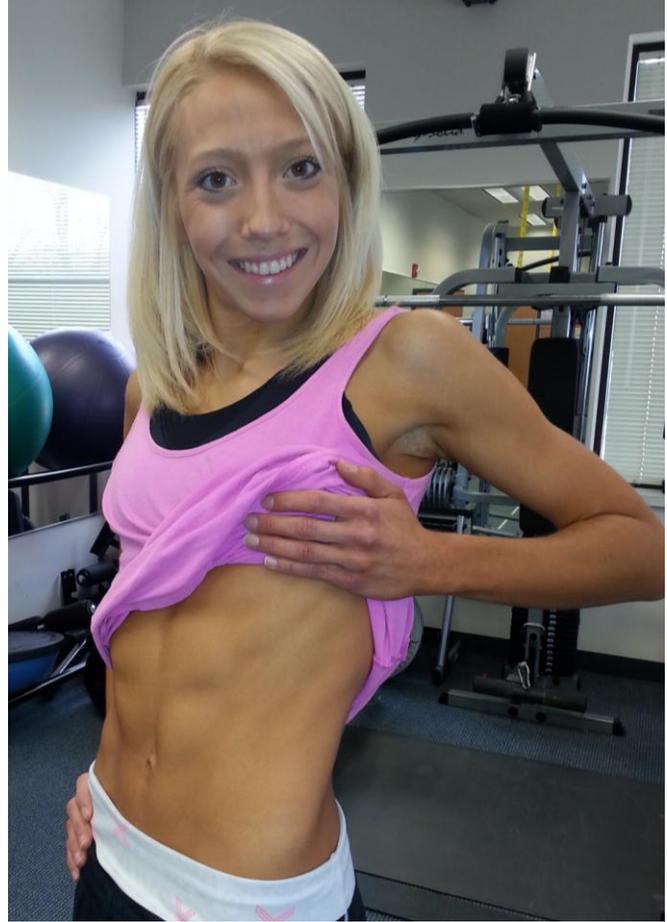
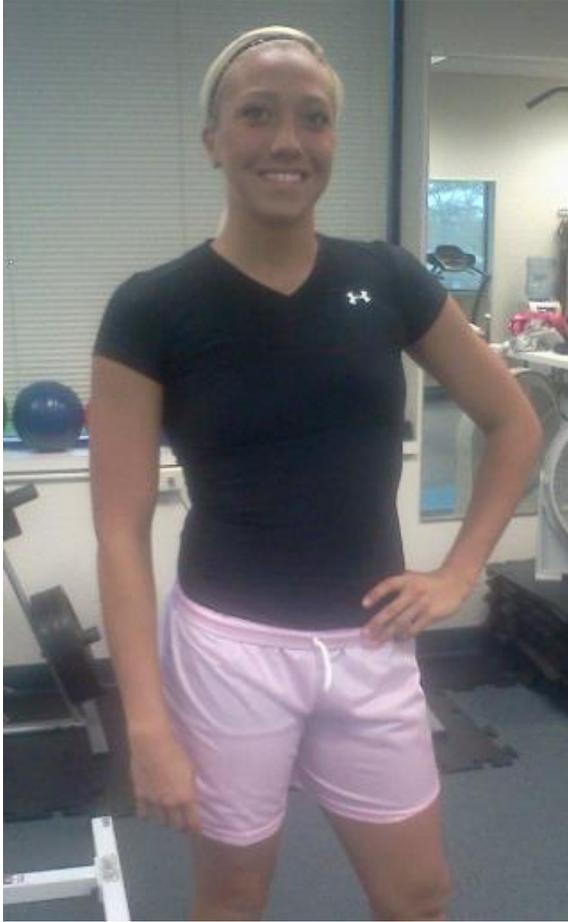
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**Myth:** Starches make you fat.

**The Truth.** Starchy foods such as potatoes, rice and oat meal are the fastest-burning foods you can eat. **All are carbohydrates**, which provide the body's main source of ready-to-use fuel.





**Abbie Before**

**Abbie After**

**Abbie is an ectomorphic body-type and was possessing the typical skinny-fat person syndrome before she started the [MuscleBuilder Rx Program](#) for getting lean and muscular.**

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## Reasons for weight gain

**Low Metabolism** - Metabolism can be linked to genetics, but it has more to do with how active we are, and the amount of muscle tissue we have compared with fat.

Our muscles actively burn off the calories that we consume. They require more energy to work effectively. If we are living an inactive lifestyle, our muscles break down and they don't burn the calories like they should. Therefore, if our muscles are not breaking down the calories we consumed, it gets converted to fat cells.

When we are not active, our metabolism decreases, and as a result less calories are burned for energy and more are stored as fat.

A more active person slows the decline of their muscles mass and may even increase the overall muscle mass, depending on activity, and then the metabolism is higher. This makes it easier for a person to lose weight.

**Myth:** You need to cut calories drastically to lose weight.

**The Truth.** When you **cut back too hard on calories**, the body goes into a conservation mode in which your metabolism (the rate at which the body's calorie-burning machinery turns over) switches to a slower pace.



**How you eat** – Your eating habits can play a huge role in determining your weight. Do you eat smaller, lean servings instead of gorging yourself on your mother’s world-famous spaghetti and meatballs? What about how fast you eat? All of these things have an effect on your ability to gain and lose weight.

- High-fat, high calorie foods are tough on the body, and it takes a long time to break them down. You are at greater risk if you are eating foods like this. Pastas with cheeses and or cream sauces are an example of high fat and high-calorie.
- Take your time when you eat – for a number of reasons. First, your stomach takes time to tell your brain you are full. You risk overeating when you eat too fast. Second, if you chew your food completely, the enzymes in your saliva aid in the breaking down of complex compounds in your foods, making it easier for your body to keep up. It’s also worth mentioning that the faster you eat, the greater chance you have of building up gas.
- Eat smaller portions more often. We discussed this earlier, and you can boost your metabolism by making it work in smaller session more often. Also it helps when you eat smaller portions, because you don’t risk overeating and forcing your body to keep up with your eating.

**Your genetic makeup** – Your metabolism may already be determined for you by the genes your parents passed down. But, this is **NOT** an excuse for not doing what you can to raise your metabolism if you have been passed down a slower one by nature. Just as people with higher metabolism can lower it by reducing activity and having poor eating habits.

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## **Good Nutrition**

Good nutrition coupled with weight training and cardio exercise is the key to being able to lose fat and gain lean muscle. Good nutrition is the key ingredient to losing fat AND gaining muscle.

I'm talking about eating healthy and making sure your portions match the number of calories you need on a daily basis. It is believed that if you can create a 500-calorie deficiency every day between exercise and nutrition, you can lose up to a pound a week.

### **Your calorie intake**

Those calories should not be subtracted off of your recommended daily amount. It should be taken from the amount of calories you eat on a daily basis right now. For example: If you were an adult male eating 3,500 calories per day you can drop 250 calories from your diet and increase your energy consumption from exercise by 250 calories. If you can do this everyday, you will create a 3,500-calorie deficiency over the entire week – and that is the equivalent of one fat pound.

**In order to lose weight you need to find a 500-calorie deficiency everyday. Do it through exercise and reducing high caloric foods that you eat.**

### **Minimum Calorie Intakes**

Women should not consume less than 1,200 calories per day, or 1,000 less than your maintenance value (how many calories you need to keep your weight steady). The Harris-Benedict formula is one of the leading ways to calculate your maintenance value.

Men should not consume less than 1,800 calories per day, or 1,000 less than your maintenance value.

If you try a crash diet, where you are only consuming 1,000 calories per day and working out, or getting exercise, sure, you will lose weight. But, it isn't going to stay off. When you don't give your body enough fuel, it starts

to consume the muscles in your body. The muscles are an important part of being able to metabolize your foods.

- **Eating too little is not the way to have sustained weight loss.**
- **You risk burning muscle If you crash diet by not eating anything. Your body will consume your muscle tissue, actually making it more difficult to keep the weight off down the road.**
- **Eating much less slows your metabolism. You aren't eating enough food to keep your metabolism running on high octane.**

## **Tracking your calories**

If you want to be serious about losing weight, then you need to take the matter into your own hands. Don't just slap a healthy portion of food on your plate and start chowing down. Calculate how many calories are in a reasonable serving and go from there. You are going to have to monitor each of those in order to come up with a good caloric value from this meal. I do this for you in my [Greek God Muscles](#)

Most meals will have you in between 500 and 1,000 calories. This is a good target area. If you can calculate where you actually fit in there with each particular meal, you will be able to get a better idea of your plan for losing weight.

## **The food we eat**

Aside from the actual caloric intake of a person, the type of food we are eating plays a large role in how we can lose weight. First of all, 100 grams of broccoli has far less fat and calories than 100 grams of jube-jubes.

There are foods that are high in fat, high in calories, processed, natural and more. Each one of these is going to have an effect on your ability to lose fat and hold muscle tissue. It doesn't mean that you can't eat a lot of food, you just need to be aware of how much of it you are eating.

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**Simple carbohydrates** are those that are broken down by the body immediately, and used for energy. These are high-energy foods or snacks that a person eats to give them a quick burst of energy.

**Complex carbohydrates** are broken down and converted into sugars for energy, similar to simple carbs, but they are broken down over a longer period of time. This provides for a steady source of energy and because it is only being broken down over time, it doesn't have the tendency to build up as fat the way a simple carb would do.

Both types of carbs are important and they have their place in our diets. But, you have to watch your consumption of carbohydrates because if you lead a relatively inactive lifestyle, you are going to gain weight because you won't be able to use the energy created by the breaking down of the carbohydrates.

### **Simple carbohydrates**

- Biscuits
- Honey
- Soft drinks
- Chocolate
- Licorice
- Jam
- Cake
- Apples
- Pears
- Raspberries
- Grapefruit
- Cherries

### **Complex carbohydrates**

- Brown rice
- Potatoes
- Brown bread
- Bagel
- Corn

- Yams
- Beans
- Peas
- Lentils
- Pasta
- Wholegrain cereals



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## Where do I go from here?

Your nutrition should be first and foremost in your battle against fat. Starting with a good plan for nutrition is going to make your waistline a lot trimmer. Choosing the right foods is key to good health and a lean and muscular physique.

I should stress, that you can still eat some of your favorite foods (maybe not all of them), and have a good meal. You don't have to starve yourself in order to lose weight. You just need to be responsible in what you eat.



Below are a few ideas when you are putting together your diet.



- Eat from all four food groups. This is going to make you a healthier person all-around.
- Manage your calories. You can't just start throwing together a meal and eating however much to make yourself full. If you do this, remember that you have to exercise enough to create that calorie deficiency to lose weight.
- Steer clear of high fat foods. High fat foods are going to make you gain weight. There is nothing wrong with snacking on a piece of pie at Thanksgiving or another time of year, but don't make it a part of your regular diet.
- Watch your carbohydrate intake. Be sure to balance it with weight and cardio training. Everybody needs carbohydrates to function effectively, but in excess, it can build up fats cells with the sugars that aren't burned off.

**Drink water.** Your body thrives on having fluids to flush out toxins and excess waste.



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## The Real Deal on Supplements

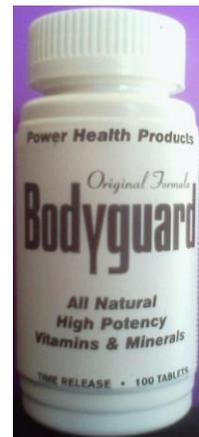
I hate hype. You can go through magazine headlines and you'll clearly see sensational wonder supplements. In fact, it's the hype and sensationalism that turn me off from reading most magazines.

BUT....

**Supplements can be important to your plan and you're going to learn how to use them and which ones you should look for. When it comes to losing fat and building lean muscle, taking the proper supplements can really give you an added boost.**

### **Multi Vitamin & Mineral For Coenzyme Insurance**

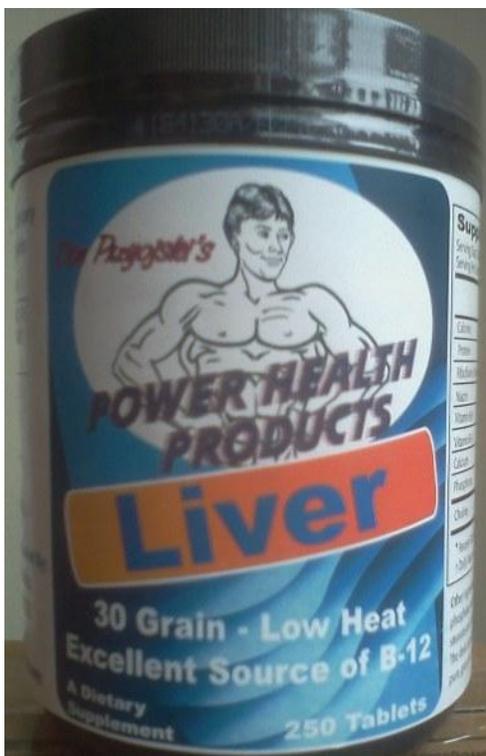
To ensure that the body is getting enough vitamin & minerals for proper coenzyme production I of course make sure I myself and my clients take an all natural "high quality" vitamin & mineral supplement. No bargain city type supplement or synthetic vitamin & mineral supplement. We use "[Body-Guard](#)" for year round protection and especially during extra



lean out training and dieting.

### Desiccated Liver Tablets

One of the ultimate muscle building foods known to man! If you want a healthy, lean and energetic body you must have healthy blood. Desiccated liver Tablets are the answer. Build Muscle, lose Fat AND stay Healthy! I have been using Desiccated Liver Tablets for 35 years and so have my clients. It's a MUST have if you want strong blood, lean muscle tissue and low body-fat. For more detail about the astounding benefits of this supplement [go here!](#)



# WORKOUT PLANS

Beginning a body building workout plan requires a level of commitment. As a beginner, you can work out more frequently than more advanced body builders. The reason is simple: as you get more experienced, you learn to push your muscles harder and inflict more damage that takes longer to recover from. Beginners, on the other hand, get sore but bounce back quicker since the muscular damage isn't as severe.

If the word "damage" makes you flinch, don't worry. It's a good thing for a bodybuilder to incur limited muscle damage, because it nudges the body to recover and overcompensate (grow) slightly to prepare for future workouts. This is what bodybuilding is all about - a continuous cycle of one-step-back, two-steps-forward, repeated over and over on a weekly basis.

The following workout plan is a typical plan designed to focus on one part of your body each day of your workout with mid week and the weekend as your rest days. This plan is just a suggestion. **The plan below is what the majority of weight lifters follow - not my clients or myself, we follow a three (3) day plan that works better than any 4-6 day plan!. but.....the plan below will stretch and strengthen your muscle and get them ready for a real muscle building and fat burning workout**

With any workout, you need to start out with some warm up exercises. This can be simple stretching as you get your body ready to work. A warm-up session prior to working out can not only help get your body ready for exercise, but your mind will get prepared as well.

You should also have an appropriate cool down period after you are done working out. This will reduce the possibility of delayed muscle soreness and will help quell the adrenaline that has been building in your system as a result of the workout. This can also be simple stretching exercises and deep breathing.

Again, it's important to start out slow and not push yourself beyond your limits.

Use weights that are not too heavy for you but that will give you enough resistance to build your muscles. You can progressively increase the amount of weight you lift as you get stronger.

### **Day 1 – Upper Body**

For the following exercises, begin with two sets of 10-12 reps each.

- Dumbbell press
- Standing barbell military press
- Lying tricep press
- Side lateral raise
- Preacher curls
- Seated dumbbell curl
- Dumbbell rows
- Dumbbell shrugs

### **Day 2 – Lower Body and Abs**

Again, begin doing each exercise with two sets of 10-12 reps each except for the crunches which you can do as many of them as you want.

- Barbell squat
- One leg barbell squat
- Lunges
- Standing calf press
- Stiff leg barbell
- Crunches

### **Day 3 – Rest**

### **Day 4 – Upper Body**

Do 2 sets at 10 – 12 reps each

- Chin ups (get assistance if necessary)
- Seated dumbbell hammer curls
- Dumbbell presses on an inclined bench
- Standing barbell military press
- Standing bicep curls
- Barbell tricep extension
- Upright barbell row
- Front dumbbell raise

### **Day 5 – Lower Body and Abs**

Go back to doing just two sets of 10-12 reps each except for the crunches which you can do unlimited amounts of.

- Standing calf press
- Lunges
- Barbell squat
- Stiff leg barbell raises
- Standing calf raises
- Crunches



# Weekend – Rest

## Conclusion

Although this book is not the be all to end all it is a great way to get started on chiseling a lean and muscular physique in record time.

These are the fundamentals that I have used for 35 years and why my clients and students from around the world always look sharp and muscular anytime they want to because they know exactly what to eat, when to eat it and how to train with weights to build a muscular and lean physique in 12-weeks!

Thanks for reading and feel free to contact me at these contact spots!

<mailto:mrmichigan@bex.net>

[FaceBook](#)



Your Health And Muscle Building Coach,

*Dan Przyojski*