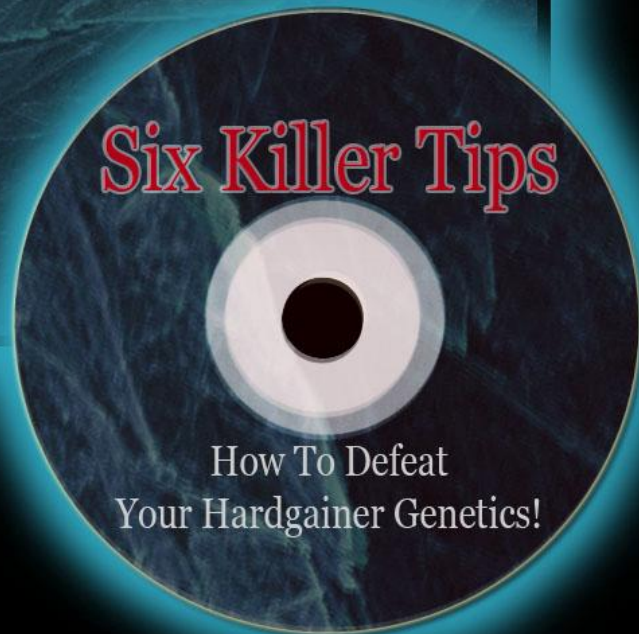


Six Killer Tips

How To Defeat
Your Hardgainer Genetics!

Increase Your Growth Hormones Naturally!
Unique 3 Phase Approach To Training!
How To Stay In Anabolic Zone?
Train Less For Massive Gains!
...and much MORE!!!

Exclusive interview with
Jeff Anderson.



Interview With Jeff Anderson, The Author Of Hardgainer Project X Program

6 Killer Tips To Defeat Your Hardgainer Genetics!!!

(by Andy Mikulka)

Andy: *Jeff, what is the correct training frequency for someone who is a hardgainer?*

Jeff: Well, for the average person, it takes about seven days after working out for a specific muscle group to recover, repair itself and grow, and a lot of people aren't using that full seven day recovery cycle there. But for hardgainers, it can probably take even longer. It depends upon how intense your training actually is. So what I recommend for hardgainers is that you actually start with a base three day workout routine that hits each muscle group only one time per week with an intense workout.

Now, for the general hardgainer, I would suggest using an alternating upper – lower – upper body workout. So, for example, on day one you do shoulders and arms, so you're working on your upper body. On day two, you would do legs, so you're hitting all the lower body while you're giving that upper body a little bit more of a recovery time period.

And then on your third day, you would do chest and back. Now, this is a much larger muscle group, but you've got a good rest over from the first time you did shoulders and arms. So you've got a lot of recovery in there, you had the leg workout in between and by putting an extra day in between each of those workouts, you give yourself a lot of recovery time to be able to really focus on regrowth and repair, because that's where the muscle gain comes from.

Now, in my Hardgainer Project X program, I use a little bit different approach. You can find the program at SkinnyCurse.com and what I use is a series of specifically designed full body workouts for ectomorph body type. It actually works better than the split routine that I just went over, but for the average hardgainer, using that upper – lower - upper body workout can really make a difference in the gains that you're gonna make.

Andy: *Jeff, is it true that hardgainers tend to overtrain very easily, and how can they avoid this?*

Jeff: Yeah. Hardgainer's body is really challenged when it comes to recovery and resting, and again, that's where the growth is. Your body doesn't grow in the gym. It grows while you're resting, while the muscle is repairing all that damaged muscle tissue. So hardgainers are really especially challenged at recovery, so it's easy for them to overtrain. And unfortunately, it's made even worse by a lot of hardgainers wrongly following the "expert" advice out there, which is telling them that the reason why you're a hardgainer - the reason why you're not gaining muscle - is because you're not training hard enough, and that's just not true. A lot of these hardgainers are working really, really hard and they can't figure out why they're not gaining as much muscle, and it's because of this overtraining challenge that they have.

So you want to make sure that, number one, you're not following one of those pro bodybuilders five day split routines. You've got to make sure that you're using a program that's specifically designed for the hardgainer body. And one of the elements of those is the training frequency, but also you want to make sure that your workouts are lower in time than what a lot of other people might say that you need to work out.

A lot of people will say you can't work out more than 60 minutes, but for hardgainers, I would say you've got to keep it to about 45 minutes or less, if possible. You know, because of the type of muscle fibers that are predominant in the hardgainer body, you have a higher propensity of type one muscle fibers, which is your endurance related muscle fiber. You don't have a lot of stored creatine phosphate for energy, so you have to make sure that you're not doing these long endurance related training sessions that go beyond 45 minutes! If you train longer than that, you see a drop in anabolic hormones, you see a real burn out factor, you see a drop in energy, drop in recovery, so it makes it especially challenged.

The other thing I'd say is that you have to have at least one day of rest in between training days. This gives your body enough time to recover for the next workout so you can hit that training fresh and you're not just compounding the intensity factor day after day after day. You also really need to recognize when you're overtraining. Hardgainers especially have to listen to their body. So if you're feeling physically and mentally burned out, or if you see a drop in strength from the time that you're training a specific muscle group, you feel like you have less strength in those exercises, then you need to stop your training.

Now, if you're feeling really burned out, if you really feel like you've hit a wall here, my recommendation is to take a complete week off, and it's really not that hard to do that. You know, you're gonna see actually some gains! I've had people go on two week vacations when they felt burned out and they came back with an extra half inch on their arms because their body used that recovery time to build up muscle to repair from the overtraining they did before. So it's actually gonna do

more good to take that time off. The other option that you have is if you don't want to take time off, do sub-failure training, where you're working out, but you're never going to muscular failure. You're always stopping about two to three repetitions short of muscular failure.

Andy: *Jeff, you have a unique three phase approach to training for hardgainers. Why is this necessary?*

Jeff: The approach that I take is really designed for hardgainers, for the ectomorph body type, more than any other body type. And the reason for that is hardgainers have a higher ratio of type one muscle fibers. Now, we have several different muscle fiber types in our body, but the two that we deal with the most are your type one muscle fibers and your type two muscle fibers. Your type one muscle fibers are your endurance related fibers. For example, marathon runners, which have that ectomorph body type, have a higher ratio of type one muscle fibers.

Your type two muscle fibers are more like the ones that you see on sprinters, the guys who have really powerful legs, really, really muscular... And this is where you get your power from, these are explosive power type muscle fibers. And the way you should train those two different muscle fibers is completely different!

Now, most hardgainer programs that I've seen tell people that they should be lifting very heavy weights and lower repetitions in order to target those type two muscle fibers, because that's how you train type two muscle fibers. Unfortunately, hardgainers have a biological challenge of poor neuromuscular communication, which basically means that their muscles don't get the communication from the training as much. So when you're lifting a weight, it's not communicating effectively to your type two muscle fibers, especially that you need to target them for growth, and that's a real challenge. And, research has shown that after this type of heavy lifting training that typically should target type two muscle fibers, only about 20 to 30 percent of those muscle fibers are actually hit from one of these workouts, when it comes to the ectomorph body type.

Now, in my Hardgainer Project X program at SkinnyCurse.com, I use a three phase approach that I call a bridging technique. And what it does is it slowly activates your type two muscle fibers in a way that allows them to get maximum muscle fiber stimulation by the end of your workout. So the old way was to just get in there, bang it out, but unfortunately because of the neuromuscular communication, it wasn't really communicating. The approach that I use actually slowly activates type two muscle fibers (and just real quickly, this is a variation of a technique called 'rest - pause'). The way that I do it is quite a bit different, and it's part of a three phase program, but the rest pause actually works really well for hardgainers.

I explain this technique in detail on my website, so you can use this yourself. You can go to SkinnyCurse.com and there's a step by step way to use 'rest - pause' in there. Now, this is only one phase of the three phase approach that I put together, so

there's actually much more you can do with it if you use the Hardgainer Project X program...

Andy: *Jeff, can you tell me how can hardgainers increase their hormones naturally to gain massive amounts of muscle?*

Jeff: You know, I think the entire supplement industry is driven by the majority of hardgainers who are buying supplements by the bucket load, just to try to figure out what they're doing wrong. They figure: I'm training really hard in the gym, I'm eating like a pig, so maybe supplements are the answer here, because they're not seeing the gains. And the fact is that trying those supplements, especially the ones that boost hormones, which is what a lot of guys are buying, these testosterone boosters and things like that just don't work very well.

And you can just take a common sense approach to this. Because you're dealing with your body's hormones, which is a very significant thing, you don't want to mess around with your body's hormones artificially. These supplement companies don't actually create supplements that are designed to work, because they know if they actually did work as they were described, that people would be overdosing on these things, they'd be taking too much, it would cause medical problems, and then there would be lawsuits. So they tend not to really put out anything in the right dosages or with the right ingredients that would actually have that much of an effect on you. So the first thing I would say is stay away from all the testosterone booster supplements that are out there.

Now, for hardgainers, the most powerful anabolic hormone that you have – actually for anybody, but especially for the hardgainer – is your body's insulin. And this is a natural hormone that you have in your body, and for the hardgainer, it's really your best friend. So you want to make sure that your insulin drive is in constant motion throughout the day or during key time periods, because insulin is what's gonna help you really pack on some serious muscle.

There are three ways the hardgainer can do this. Number one is to keep your carbohydrate intake high. This should primarily be in the form of complex carbohydrates throughout the day, but you want to make sure that you're not skimping on carbohydrates. You do not want to be a hardgainer on a low carb diet. So carbohydrates are what stimulate insulin in your body, and you can go with complex carbohydrates or even some that are more moderately glycemic. Not necessarily high sugar, but just moderately glycemic.

The other thing I would say is to supplement with carbs during your workout. Now, while you're working out, that's actually a part anabolic, part catabolic event. It's anabolic because you're stimulating your muscles to be able to regrow and repair and gain mass, but it's also catabolic, meaning that your muscle is breaking down. Because you're damaging your muscle tissue, you're using up the stored amino

acids and this broken down muscle tissue as fuel during your workout. That's not what you want to do!

So when you supplement with carbohydrates during your workout, I'm talking about high glycemic carbohydrates, you give your muscles enough fuel so they don't burn the broken muscle tissue. What I actually like to use is this powdered Kool-Aid drink, which actually has a good combination of sugars – maltodextrin, dextrose and even fructose. Those are three good sugars to take in during your training.

The other thing I would say is that about 30 to 60 minutes after your training you want to eat again something with high glycemic carbohydrates. This is a really opportune time because your hormones are already starting to kick in because of your training... And then when you pack in the insulin with a high glycemic meal – so a high sugar meal about 30 to 60 minutes after your training – combine that with a good quality protein source, and this is gonna really maximize that insulin boost that you get post-training to really help you pack on some muscle.

Andy: *Jeff, what is the number one mistake you see hardgainers making with their nutrition that is costing them gains?*

Jeff: Yeah, this is a real challenge for hardgainers because they've been told basically just eat like a pig. And what ends up happening is hardgainers stuff themselves full of food and they end up just feeling bloated all day long and they're not really eating the right kinds of food. The biggest mistake that I see hardgainers make with their nutrition is that they focus too much on protein. Most bodybuilding articles you read in the magazines and you see online will tell you: hey, if you want to build muscle, you need to take in about 2 grams of protein per pound of body weight!

Well, that's not true... And especially for the hardgainer, that's the wrong way to go, and here's the reason why. Any time you ingest food, your body has to digest it, and that digestion process burns up calories. But each different type of nutrient burns calories at a different rate, and this calorie burning effect is called food's thermic effect. So carbohydrates, fat and protein all burn calories at different rates, and protein is the most thermic of all of your nutrients. So the more protein you take in, the more calories you're actually burning, and it makes it harder for you to create a calorie surplus at the end of the day so that you can actually gain muscle and put on weight. This doesn't happen on a 24 hour basis, like at the end of the day it closes out your calories, but the thing is that you've got to focus on maintaining a calorie surplus as much as possible.

Now, your muscle actually uses protein for maintenance and because you don't have much muscle on your body as an ectomorph hardgainer, you don't need a lot of protein. You should be focusing mostly on carbohydrate intake. So cut your protein down to only about 30 percent or so of your total intake and that's gonna help you maintain that calorie surplus.

The other thing I would say is you want to use high quality protein. Now, most hardgainers are told to consume a slower digesting protein called casein protein in the form of a powder. The problem is that casein takes a lot longer in your body to digest. So we now know that protein is extremely thermic, so then why would you take in a protein powder that breaks down over seven to eight hours instead of over one to two to three hours, like other higher quality proteins. All that's gonna do is burn up more calories and it's not gonna give you the amino acid store that you need between meals to be able to maximize your recovery.

So you want to use a high quality protein powder and my top recommendation is whey protein isolate. That's the best value protein out there. It's not the best protein, but it's the best value that's still a high quality protein that will digest quickly so you don't have that extreme thermic effect, and it will also save your wallet...

Andy: *Jeff, I usually go to gym in the evening time, because there's a lot of hot girls out there. And, you know, to be honest, it's giving me loads of extra energy to lift heavy. So what do you think, is it okay for a hardgainer to train in the evening?*

Jeff: Yeah. Actually this is, number one, great for giving yourself that challenge. It definitely makes you put out a little bit harder in the gym when you have other people that you're trying to impress around you. Plus, working out in the evening time is actually preferred for hardgainers, and here's why.

You have to look at this from the standpoint of advice that we give to fat people. The ectomorphs, or skinny hardgainers, are on the other end of the scale. People who are overweight want to work out first thing in the morning, because that exercise supercharges their metabolism and that carries out throughout the rest of the day. So it allows you to burn more calories naturally throughout the day if you train earlier in the morning.

But if you are a hardgainer, you want to do the opposite. You already have a high metabolism; you want to slow it down. So if you're working out first thing in the morning, then you're naturally going to have a higher metabolism throughout the day, which is not what you want to do. But if you're working out in the evening time, then you don't have that heightened metabolism throughout the day. So you should actually work out before you go to sleep – I mean, I wouldn't work out and then just go straight from the bench press over to your bed, because you're kind of jammed up. But you know, even an hour before you go to bed is absolutely fine, because you get your highest spike of growth hormone when you're sleeping.

You also get a spike of growth hormone after your workouts. So you can get this double dose of really heightened hormonal response to help you pack on weight when you work out in the evening! And then, about an hour or so later, after you've had your post-workout meal, you can go to sleep. Now you've got an increase in

growth hormone, you have the protein and the stimulation from your workouts, and all that stuff is gonna work together while you sleep to help your body recover. This is a really opportune anabolic zone for you to get into without creating that extra calorie burning throughout the day.

Andy: *Jeff, Thanks a lot for your time and the great tips you gave me. Thank you.*

Jeff: Thanks, Andy.

Hardgainer Project X program at:

www.SkinnyCurse.com

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