

So you think you're a hard gainer?

When it comes to discussions regarding nutrition and training, we all know the number one topic is fat loss.

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Everyone wants to learn the tips and tricks to getting lean and looking good. This article, however, is going to tackle the opposite end of the spectrum... hard gainers!

Ok, I get it, I get it, who cares about those "poor souls" who can't seem to gain any weight no matter how hard they train in the gym? Well I do! Besides recommendations on how to lose fat and get lean, the question asked most often is, "how do I get bigger?" For most of the population this is a problem they would love to have, but for those who consider themselves to be hard gainers it can be extremely frustrating.



Before we move any further, let's identify some of the classic problems with most hard gainers. First off, chances are you are doing too much in the gym! Yes, you read that correctly, you are doing too much in the gym! The misconception that the more often you train, and the longer you're in the gym each day will yield better results and strength gains is absurd. Strength training as a means to

mass gain must be viewed differently! It has long been said that you do not get bigger and stronger in the gym. Instead, you get that way through recovery! If you currently train 5 or 6 days a week, you may not be seeing your desired results because your body is simply not recovering from the micro trauma caused by the constant training. A good recommendation for training frequency if the desired goal is mass gain is three times a week with at least one day of recovery in between. This schedule should allow your body plenty of time to recover and rebuild lean tissue before the

next training session.

All right, so now you're going to train three days a week, but how are you going to jam five days of workouts in to three days? First of all, if you are still doing body part splits and you are not a competitive body builder, that's the first thing to change. In order to gain maximum muscle you should be doing three full body workouts per week, and barring any sort of physical limitations your workouts should include no machines! Instead of using the leg press and the leg extension machines, hire a qualified strength coach to teach you proper squatting and deadlifting techniques. These full body movements will be the key in stimulating proper hormonal responses that will lead to full body mass gains. So ditch the machines and find yourself a barbell!

Now for the most important part of gaining size and strength... nutrition! If you consider yourself a hard gainer, more than likely you are not eating enough. Not only are you not eating enough, but also you're also not eating at the correct times; the most important time, being post workout. The second you are done training it is time to begin the process of recovery. The easiest way to kick start this process is by consuming a post work out protein shake consisting of a quality protein, complex carbohydrates and if available, a good fat. Some easy and healthy ways to add more calories to your post workout shake is with a scoop of peanut butter or almond butter, or adding a good fat like flax seed oil. Making sure you are getting the proper nutrition immediately after your workout is one of the keys to gaining the size and strength you are after!

So there you have it hard gainers! An easy to follow plan for busting out of that rut and seeing your size and strength goals come to fruition! Limiting your training to three days a week with full body movements like squats, presses and chins and increasing your caloric intake, especially post work out with a good recovery shake, should have you seeing the gains in strength and size that you desire! So what are you waiting for? GO EAT!