



FREE GUIDE

THE CORE PRINCIPLES OF MUSCLE BUILDING

Everything you actually need to know about building muscle.

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01

WHY MUSCLE MATTERS

You don't build muscle just to look good or to be "big." Muscle is one of the biggest levers you have for your overall health. People carrying more muscle tend to be better off, physically and mentally.

- Faster metabolism
- More strength and better endurance
- Lower injury risk
- A healthier heart and circulation
- Your body handles sugar better
- Better insulin sensitivity
- Better mobility

Muscle also feeds into things you don't see directly: longevity, immunity, mood, less stress and anxiety, better sleep.

And God forbid you think I mean anything extreme here. I don't. No freakish amounts of muscle. I'm talking about a healthy, natural body with muscle you actually use and train on a regular basis.

02

SIMPLE PROCESS, HARD TO FOLLOW

The way I see it, building muscle and losing fat are dead simple as processes. What makes them hard is the lack of consistency. Getting your head around the fact that this is a marathon, not a sprint, and that fast results don't exist.

For most people it becomes a problem when they have to repeat the process day after day, all year long.

WHETHER YOU'RE LOSING WEIGHT OR BUILDING MUSCLE, YOU HAVE TO TICK A FEW BOXES EVERY DAY:

— **SET YOUR CALORIE INTAKE**

The right amount of balanced food across the day.

— **TRAIN**

Hard work with weights, so your muscles get used and always have a reason to stick around or grow.

— **RECOVER PROPERLY**

Enough rest between sessions, and enough sleep.

That's the hardest part of the whole thing: repeating it every day and following your plan and structure for months, even years, and ideally **for life.**

03

CONCRETE TIPS FOR BUILDING MUSCLE

— A SMALL CALORIE SURPLUS

200 to 300 calories above what you need to maintain your weight. No drastic food manipulation, slow and steady. Food aimed at building LEAN muscle, not just piling on fat.

— ENOUGH PROTEIN

The rule to aim for: 2g of protein per 1kg of bodyweight, and you'll never go wrong. Split it across 4 or 5 meals a day, roughly 35g per meal. The value of protein for your body isn't up for debate, and not only for building muscle.

— CARBS ARE YOUR FRIENDS

Don't fear carbs, eat plenty of them (balanced, of course). Remember, carbs are the transport for other nutrients thanks to insulin. Science settled this a long time ago: protein with fast carbs after a session does far more than protein on its own.

CREATINE AND CAFFEINE

I'm honestly tired of talking about creatine. It's a supplement with no downsides and an unhealthy number of upsides. Not taking it would just be dumb. 5 to 10g a day, every day, doesn't matter when, just get it in.

Caffeine before training, without overdoing it, does a lot for your performance. Training in the morning or the first half of the day? Go for it. Later in the evening, better to skip it, or it'll wreck your sleep.

04

TRAINING

— A CLEAR PLAN AND STRUCTURE

Follow your training, stick to the plan, and stop swapping exercises and the whole program around every day. Track your weights and reps, and every session try to beat the last one by at least one rep. That right there is progressive overload.

— MORE REPS, HEAVIER WEIGHT

You and your body can do more than your brain thinks. Don't forget that under a heavy bar. Aim for the 10 to 15 rep range with as much weight as you can handle. Add weight once you can hit all your sets for 12 to 15 reps. If you did 15 and could have done 15 more, congrats, you're training like a girl.

— FULL RANGE OF MOTION

You'll never go wrong training through the fullest range you can. If a movement feels short on range, you've got a mobility problem to fix first. Sort out whatever's blocking it. You'll dodge injuries and feel a lot better for it.

— REST BETWEEN SETS

Don't rush between sets, rest enough. 2 to 3 minutes between sets is the gold standard. And don't forget to rest between sessions too.

— PRIORITIZE YOUR LAGGING MUSCLE GROUPS

This matters a lot. Say your legs are lagging: move that session to a day when you show up fresh and rested, after a rest day. Put the work for those groups at the front, when you've got the most in the tank. If you take a cheat meal during the week, eat it the evening before your lagging-group session.

And the most important thing: **enjoy the process and the whole journey.** It's going to be long, and the sooner you accept that it takes real time, the happier you'll be with the results.

05

HOW TO GET MORE OUT OF EVERY SESSION

No supplement or "hack" will build you muscle if you spend your gym time scrolling your phone or only touching the cardio machines. But here's what actually works:

— PRE-WORKOUT (THE PUMP KIND)

I always pick one with no stimulants that just drives the "pump." It helps you feel the muscle better and pushes blood through it. Better session, better results.

— CAFFEINE BEFORE TRAINING

Without abusing it, caffeine before a session is a great way to sharpen it, as long as you train in the first half of the day or midday. Either way, avoid stimulants if you train in the evening.

— THE RIGHT PRE-WORKOUT MEAL

Fast carbs and protein are what you want before training, and the same after, to give the best response for muscle growth and, of course, a strong session.

— SALT BEFORE TRAINING

Electrolytes and minerals. Undeniable, and it works for driving the pump.

— CREATINE

I'll say it one more time: not taking creatine is just dumb. No need to take it pre-workout, take it whenever.

— CARBS WITH EAAS DURING TRAINING

Carbs help hold your energy through the session. The training ends up much stronger and better, and that shows up in muscle growth.

And again: no supplement or "hack" will build muscle if you train scrolling your phone or only using cardio machines. What matters most for growth is the stimulus, and the demand goes up every session because your body adapts fast. Still, the most important "supplement" is proper rest and **CONSISTENCY**.



NOW YOU KNOW THE THEORY. TIME TO ACT.

If you want a plan built around your goals, **message me and let's get to work.**

- Custom and guideline nutrition plans
- A training system built for you
- Online coaching (ongoing remote supervision)
- Guidance on food and supplements
- Goal work: fat loss and weight loss, muscle building, general health
- Motivation and accountability

@DEIVIDAS.PT on Instagram

Send me a message and let's start.