

7-DAY HARDGAINER KICKSTART GUIDE



FIT 
FREK



**NADER
QUDIMAT**

DISCLAIMER

LEGAL NOTICES

Although the author and publisher have made every effort to ensure that the information in this book was correct at press time, the author and publisher do not assume and hereby disclaim any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause.

Before starting any new exercise program or diet, it's crucial to consult with a healthcare provider, especially if you have underlying health conditions, are taking medication, or have previously experienced injuries. The information provided in this guide is not a substitute for professional medical advice, diagnosis, or treatment.

Do not ignore medical advice or delay seeking it because of something you have read in this guide.

The workouts and exercises described in this guide can be strenuous and pose a risk of injury. It's essential to use proper form and technique to minimize the risk.

If you experience pain, discomfort, dizziness, or shortness of breath, stop exercising immediately and consult a healthcare provider.

The results mentioned in this guide are based on my experience and may not be typical. Individual results can vary based on age, metabolism, effort level, and adherence to the program.

RESPONSIBILITY

By using this guide, you acknowledge that you are participating at your own risk. I will not be held responsible for any injuries or health problems that may occur due to following the advice and tips in this guide.

TABLE OF CONTENTS

- 004** Glossary
- 005** About The Author
- 006** The Kitchen Guide
- 007** Why You're Here
- 008** Progressive Overload
- 009** What To Expect
- 010** Day 1 Foundation
- 011** Day 2: Nutrition
- 012** Day 3: Supplements
- 013** Day 4: Mindset
- 014** Day 5: Tracking
- 015** Day 6: Grow
- 016** Day 7: Now
- 017** What Next?
- 018** Connect With Me



Glossary

Anabolic: a metabolic state where the body builds up complex molecules from simpler ones, often leading to muscle growth.

Caloric Surplus: Consuming more calories than the body needs for maintenance is often necessary for muscle growth.

Compound Movements: Exercises that engage multiple muscle groups include squats, deadlifts, and bench presses.

Hardgainer: An individual who finds it difficult to gain weight, particularly muscle mass, usually due to a fast metabolism.

Hypertrophy: Increasing the size of muscle cells, typically through resistance training.

Macronutrients: The main nutrients the body needs in large amounts are carbohydrates, proteins, and fats.

Metabolism: The set of chemical reactions that occur within a living organism to maintain life, including energy production and storage.

Reps: The number of times you perform a specific exercise in one set. For example, doing 10 reps of bicep curls.

RPE: A scale measures your exercise's intensity from 1 (very easy) to 10 (maximum effort).

SETS: A group of repetitions performed without stopping. For example, doing 3 sets of 10 reps in bench press.

Strength Training: A group of repetitions performed without stopping. For example, doing 3 sets of 10 reps in bench press.

Superset: Performing two exercises back-to-back with little to no rest in between.

Testosterone: The primary male sex hormone plays a key role in developing male reproductive tissues and promotes secondary sexual characteristics, including increased muscle and bone mass.

Warm-up: A series of exercises is performed before the main workout to prepare the body and prevent injury.

Progressive Overload: The principle of gradually increasing the stress you put on your body during exercise. This can be achieved by increasing the weight lifted, the number of repetitions or sets, or the frequency of your workouts.

About Me

I'm a living example of transformative bodybuilding. Starting at 100 pounds and struggling to gain size, I now weigh around 200 pounds and can press over 120 pounds in each hand. My nearly two-decade journey is a testament to discipline and relentless growth.

My transformation was anchored by a focus on compound lifts like squats, deadlifts, and bench presses.

These exercises were the cornerstone of my workouts, performed when my energy levels were at their peak.

I also employed the pre-exhaust method, using isolation exercises like dumbbell flies before compound lifts to fatigue targeted muscle groups and maximize the impact of the main lifts.

Mentally, I channeled my emotions into my workouts, pushing past perceived limitations. This mental strategy instilled a discipline that fueled consistent growth.

Recovery was equally crucial. I incorporated deload weeks every 6-12 weeks and always warmed up before lifting. This approach minimized injuries and optimized muscle recovery, setting the stage for growth spurts.

I've gleaned key lessons, including the limited impact of isolation exercises compared to compound lifts. The focus is on long-term intake, averaged over weeks and months. Weekly weight checks and adding calorie-rich smoothies are pivotal for muscle growth.

The Kitchen Guide

Meal prep is key for consistent muscle gain, removing guesswork and poor last-minute choices.

For hardgainers, it's not just convenient; it's essential for ensuring adequate caloric intake.

Breakfast: Start your day with two eggs, 50-100g of oatmeal, and an apple.

Eggs offer protein and healthy fats, oatmeal provides slow-releasing carbs, and an apple adds fiber and vitamins.

Dinner: Prepare a batch of grilled or baked chicken breasts for the week.

Pair with rice or potatoes and steamed vegetables for a balanced meal rich in protein, carbs, and micronutrients.

Sunday Meal Prep Chicken:

Season and cook boneless chicken breasts.

Rice/Potatoes: Make a large batch for your carb source. Vegetables: Steam or roast veggies like broccoli and carrots.

Storage: Portion meals into airtight containers in the fridge.

Snacks

Prepare high-calorie smoothies with protein powder, nuts, and oatmeal for an extra 400 daily calories.

A few hours on Sunday sets you up for a week of nutritional success, crucial for hardgainers needing every calorie for gains.

Why You're Here

You're here because you're ready to break the cycle of effort without results.

I've been in your shoes, using a "mind over matter" approach to conquer tough workouts and shift my focus to my goals.

This guide is more than a 7-day workout plan; it's a blueprint for success.

Designed for those struggling to gain weight, it aims to transform both your body and mindset.

Ready for serious gains?

You're in the right place.

This guide is your key to unlocking a new level of performance.

Progressive Overload

Why It Matters:

Progressive overload is essential for muscle growth and strength. Without it, you won't see results.

How to Achieve It:

- **Up the Weight:** Increase when reps exceed targets.
- **Weekly Boost:** Add 5 lbs to compound lifts and 2.5 lbs to isolation exercises weekly.
- **Consistent Wins:** Raise weight after exceeding target reps in all sets for two workouts.

Considerations:

Effectiveness varies based on lifestyle, stress, and experience. Stick to one method to gauge its impact.

WHAT TO EXPECT

This 7-day guide is your all-in-one roadmap to jumpstart your muscle gain.

Designed for natural hardgainers like you and me, it covers:

- **Tailored Workouts:** Focused on compound movements and optimal rest.
- **Nutrition Plans:** High-calorie meal plans to fuel your growth.
- **Supplement Guidance:** Essentials that make a difference, no fluff.
- **Mindset Training:** Techniques to control your mind and optimize performance.
- **Progress Tracking:** A minimalist approach to monitor key metrics.
- **Rest and Recovery:** Actionable tips to recharge for the next session.

These methods are time-tested and will work in any era. This is the guide I wish I had; it would've accelerated my results. By the end, you'll have a solid foundation for becoming your best self. Ready for Day 1?

DAY 1: FOUNDATION

You might think you're eating enough, but if the scale doesn't agree, you're likely falling short on calories.

A structured meal plan can help you stay on track.

Use consistent utensils to measure your meals and focus on your daily caloric average for long-term results.

Today's Workout: The Foundation

Focus on squats, bench presses, and deadlifts, performing 5 sets of 5 reps for each. Rest for 3-4 minutes between sets.

Channel negative emotions to push your mental limits and optimize performance.

Post-Workout Meal and Warm-Up

Eat as soon as possible post-workout to meet your caloric needs.

Don't skip the warm-up; use circular motions and mobility exercises to prepare your muscles and nervous system.

DAY 2: NUTRITION

If you think you're eating a lot but not gaining weight, you're likely not consuming enough calories.

Check your weight weekly.

If it's dropping after four weeks, add more food, like 400-calorie smoothies.

If it's stable, you're maintaining; if it's rising, you're in a surplus.

Don't worry about missing a meal or two; it's the weekly and monthly average that matters.

Calories: The Building Blocks

To gain muscle, you need a calorie surplus.

It's not just about eating more, but eating the right foods for workouts and recovery.

DAY 3: SUPPLEMENTS

Supplements can elevate your gains.

Creatine is highly recommended, and pre-workouts help you push your limits.

Protein powders, like those from Transparent Labs, can help meet your protein goals.

Essential Minerals: Zinc and magnesium are key for hormone balance, especially for stress-prone hardgainers.

Multivitamins: NutraBio offers a quality multivitamin, notable for its form of vitamin B6.

Natural Boosters: Maca and cordyceps can boost performance without sleep disruption.

Today's Workout: Prioritize compound lifts like bench press, squats, and deadlifts. Take 2-4 minute rest periods for optimal recovery.

DAY 4: MINDSET

Your mindset is crucial for muscle gain.

Use mental control to push through pain and channel negative emotions into your workouts.

Imagine high-stakes scenarios to maximize results.

Caloric Daily Average

If you're not gaining weight, you're not eating enough. Check your weight weekly.

If it drops, add calories, like a 400-calorie smoothie.

If it's stable, you're maintaining; if it rises, you're in a surplus.

Weekly and monthly averages matter most.

DAY 5: TRACKING

In your muscle gain journey, focus on metrics that matter.

Today, we'll cover how to effectively track your progress in key lifts and the role of hypertrophy-focused workouts for muscle size.

Track Smart, Not Hard

I mainly tracked performance in key lifts like bench press, squats, and deadlifts, as well as PRs in exercises like bicep curls and weighted pull-ups.

This targeted approach let me focus on what truly contributed to my gains.

Today's Workout: Hypertrophy Focus

Start with compound lifts like squats, bench press, and deadlifts, taking 2-4 minutes of rest between sets for optimal muscle recovery.

DAY 6: GROW

Rest and Recovery Essentials

Rest is crucial for muscle growth, involving muscle repair, hormonal balance, and nervous system recovery.

During rest, stress hormones decrease and anabolic hormones like testosterone increase, aiding muscle growth.

Stress Impact

Elevated stress levels can break down muscle tissue, hindering growth.

Techniques like meditation can help manage stress.

Rest Timing

For hardgainers, 2-4 minutes between compound lifts like bench press and squats is optimal for full system recovery.

DAY 7: NOW

You've laid a strong foundation in training, nutrition, and mindset.

Now, consistency is your next step.

Today's Workout: Full-Body Blast

Focus on squats, deadlifts, bench press, pull-ups, and planks.

This engages all major muscle groups for a comprehensive workout.

Congrats!

You've finished the 7-day kickstart, but this is just your starting point.

The path to muscle gain is long but achievable.

You've got the tools; now keep pushing.

WHAT'S NEXT?

Congratulations on completing the 7-Day Hardgainer's Kickstart Guide.

You've taken the first, most crucial steps toward transforming your physique and life.

But what's next?

You've started your transformation journey, so what's next? Two options:

1. **Visit my blog** for ongoing tips and insights.
2. **Try the Gain Muscle Program:** An all-in-one solution for skinny guys, created by me, Nader, with 15 years of experience. It's a no-guesswork package to fast-track your gains.

Ready for the next step?

Click here to find out more.

CONNECT WITH ME

Thank you for being a part of this incredible journey towards optimal health and muscle gains.

Your support means the world to me, and I want to make sure we stay connected.

Here are all the ways you can keep up with the latest workouts, nutrition tips, and all things fitness:

Email

For personalized advice, updates, and exclusive content, shoot me an email at nader@fitfrek.com. I love hearing from you and will do my best to respond as quickly as possible.

YouTube

Subscribe to my YouTube channel [@fitfrek](https://www.youtube.com/@fitfrek) for in-depth videos on workouts, nutrition, and supplement reviews. Hit that notification bell so you never miss an upload!

Instagram

Follow me on Instagram [@nadergains](https://www.instagram.com/nadergains) for motivation, workout clips, and a behind-the-scenes look at my fitness journey.

TikTok

For quick and fun fitness tips, follow me on TikTok [@nadergains](https://www.tiktok.com/@nadergains). Let's keep the energy high and the gains coming!

Twitter

Join the conversation on Twitter [@dieselfitt](https://twitter.com/dieselfitt) where I share articles, thoughts on fitness trends, and engage with all of you.