
SLEEP

- You will require more sleep when you start working out
- Resistance training can actually help you to sleep better
- Make sure that you get at least 8-9 hours sleep a night
- Don't workout too close to bedtime as it can be harder to get to sleep if not
- Avoid alcohol and caffeine as you get closer to bedtime
- Create a bedtime routine that includes a period of relaxation
- Go to sleep and wake up at similar times each day if possible.

SLEEP HYGIENE TIPS:



Exercise in the morning



Eat Tryptophan Rich Foods



Limit Exposure to Blue Light

THE JUICE BAR

The Juice Bar Clinic is a free and confidential service and we can advise on a wide range of Image and Performance Enhancing Drugs including Steroids, HGH, Tanning Agents and many others.

WE OFFER:

- Needle exchange
 - Advice on steroids and other image and performance enhancing drugs
 - Safer injecting advice
 - Injection site examination
 - Dry blood spot testing
 - Blood pressure and weight monitoring
 - Advice on diet, nutrition and health
 - Free condoms
 - Steroids specific leaflets
 - Support in reducing and/or stopping use of substances
 - Support in remaining abstinent
-

TEL: 01482 336675

MOBILE: 07506 713037

EMAIL: juicebar@ads-uk.org

LIVE CHAT: www.ads-uk.org/thejuicebar

THE JUICE BAR

HOW TO EFFECTIVELY SUPPORT MUSCLE BUILDING



TRAINING

In order for muscles to grow they need to be stressed. This is done through targeted training which damages the muscle fibres. It is the repair process after exercise that makes the muscle become bigger and stronger.

TYPES OF TRAINING:

- **Pack on muscle** – focus on heavy resistance training
- **Reduce body fat** – focus on cardiovascular (treadmill, bike, rowing machine)
- **Tone and increase fitness** – combine both.

Ensure that you have some cardiovascular training in your plan whatever your goal.

BUILDING MUSCLE:

- Look to train at least 3 or more times per week
- If you go to a gym, ask the fitness instructor to create a training plan
- Do 5 minutes of aerobic activity first to increase blood flow to muscles
- Try a combination of free weights and resistance machines.
- Ensure each set of exercises has 6-8 reps.
- Ensure each rep is slow and controlled
- Do 3-5 sets per exercise
- Rest for 60 seconds in between sets

- Increase the weight/resistance with each set you complete.
- Form is more important than the weight, get your technique right before increasing the weight.
- Ensure the weight isn't too heavy to avoid injury (ask for help if not sure)
- Working one muscle group hard per week is ideal to ensure optimal recovery, as rest is needed for muscle to repair.
- Therefore, try using a split routine (training different parts of the body on different days)

A TYPICAL SPLIT ROUTINE:

Day 1: Chest and triceps (plus cardio)

Day 2: Legs (thighs, glutes, hamstrings and calves)

Day 3: Rest

Day 4: Back and biceps (plus cardio)

Day 5: Rest

Day 6: Shoulders and trapezoids (plus cardio)

Day 7: Rest

- To assist with your muscle recovery, try having a protein shake after each workout.
- Also, stretch your muscles to reduce muscle tension and reduce the chances of injury.

DIET

- Eating the right food, at the right time, and in the right quantities is essential for muscle development.
- Protein, carbohydrates, and fats are all essential for muscle gain.

THE CALORIE RATIOS SUGGESTED BELOW ARE RECOMMENDED FOR BUILDING MUSCLE:

- **Carbohydrates** – your main source of energy – 40% of total calories (e.g. brown rice, brown pasta, wholemeal bread, sweet potatoes, oats)
- **Protein** – the building blocks of muscle – 40% of total calories (e.g. chicken, turkey, fish, lean beef, egg whites, whey protein)
- **Good fats'** – essential for growth and energy – 20% of total calories (e.g. nuts, oily fish, avocado, coconut oil)



- These percentages may be tweaked depending on your goals and training regime.
- The correct total of calories needed each day varies from person to person, and depends on your weight, gender and training regime.