

Want to Gain Muscle? Then Do the Math

Do you want to gain quality muscle without the extra fat? How about putting on 5-10lbs of muscle for the upcoming season. Here is the guide to gain that quality muscle and stay one step ahead of your competition. Your diet is just important as strength training when it comes to building muscle.

Your calorie consumption should come from 55-60% carbohydrates, 20-25% fat, and 20% protein. Your body primarily relies on carbohydrates as its main energy source. You should typically eat 3 meals per day as well as 1 or 2 snacks. This ensures that you are constantly fueling your body and keeping it prepared for peak competition. Once your calorie needs have been determined then a meal plan is developed to make sure that you are consuming enough calories at the correct times.

You first want to determine your calorie needs at your current body weight including exercise calories. You can use the Harris Benedict equation to determine this.

You first determine the Basal Metabolic Rate (BMR) by obtaining your actual body weight in kilograms and height in centimeters: 1 inch = 2.54 centimeters 1 foot = 12 inches

Example: 6'5"=77" 77" x 2.54cm = 195.6cm

1 pound of bodyweight = 2.2 kilograms

Example: 200 pound individual / 2.2 kilograms = 91.0 kilograms

The equation is as follows:

$66 + (13.7 \times \text{weight in kilograms}) + (5 \times \text{height in centimeters}) - (6.8 \times \text{your age}) = \text{Basal Metabolic Rate (BMR)}$

Determine your maintenance calories next: Basal Metabolic Rate x 1.3 = Your maintenance calories . Q.

3. Add 500 calories to your maintenance calories.

Total calories = maintenance calories + 500 calories

Here is an example of a basketball players calorie needs:

Joe is 18, 6'5" and 200 pounds.

$\text{BMR} = 66 + (13.7 \times 91.0 \text{ kilograms}) + (5 \times 195.6 \text{ centimeters}) - (6.8 \times 17) = 2175 \text{ calories}$

Maintenance calories:

$2175 \text{ calories} \times 1.3 = 2828 \text{ calories}$

Additional calories:

$500 + 2828$

Total Calories:

$2828 + 500 = 3328 \text{ calories}$ to create a muscle building environment.

Every two weeks you need to increase your calorie intake by an additional 500 calories until desired body weight is met.

These determinations should be done at least 8-12 weeks before a season begins so that you can gain muscle weight properly so that it doesn't compromise performance during the season.

You should be eating 3 meals a day along with 2 snacks every day. Follow your meal plan based on the calories you need to eat and when you need to eat them and this will help provide energy to the working muscles and help them recover quicker from the intense workouts.

It is important to also include a strength training program to meet your goal of increased muscle. It is key to add calories slowly to your diet so that you gain muscle and not unwanted fat. Gaining muscle is a slow process so make sure you give yourself 2-3 months prior to the season to try and achieve this goal.

Here are some good examples of carbohydrate and protein sources so that you can achieve your required calories.

High Carbohydrate Sources

Chocolate milk, Yogurt, Pudding, Blackeye peas

Navy beans, Pinto beans, Apples,

Applesauce, Bananas, Cherries, Dates, Dried

Fruit, Grapes, Orange juice, Oranges

Pineapple, Prunes, Raisins, Garbanzo beans

Lima beans, Potatoes, Non-sugary Cereals,

Brown Rice. Pancakes, Kidney beans, Fig Newtons, etc

Just stay away from fried foods

Fat or proteins are not going to provide that quick energy supply. Carbohydrates are the nutrients that will provide the quick continuous supply of energy. Protein is needed to help repair the muscles from training and provide essential amino acids to build new muscle. Your body only requires 0.9 grams of protein per pound of bodyweight. Any more protein than this will just be broken down and excreted. Your body will also be more likely to become dehydrated because of the increased protein. Here is a list of good protein sources.

Tuna Turkey Fish Hamburger, Chicken

Egg Whites, Beef, Chick Peas

Yogurt , Cheese, Milk, Peanuts

Peanut butter, Beans, Tofu,

Cottage Cheese, etc.

This is a foundation to start you on your way to gaining new muscle. Individualized meal plans based on your requirements can be created that will help you gain that edge over your competition.

**Remember to

1. Always plan ahead for what you are going to eat
2. Obtain adequate amounts of protein
3. Work on Flexibility
4. Supplement your diet with a fish oil and multi-vitamin

Let me know if I can help. Email me at architectsports@gmail.com

God Bless,

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