

AMPT

UNLOCK YOUR MUSCLE BUILDING POTENTIAL

A comprehensive guide to
building muscle

WWW.ASHLEYMUNNPT.COM



WELCOME TO A COMPREHENSIVE GUIDE TO **BUILDING MUSCLE**

AMPT

I have been lucky enough to have been a trainer for well over a decade now and i have seen and experienced a lot of different training styles and methods, some that worked, some that didnt. But its trial and error in some cases just not the rite fit for the individual. in this E-book i want to establish a method that suits you in terms of building muscle.

In this guide we will cover the ins & outs of building a impressive muscle structure, setting goals along the way, nutrition and how to implement that and why the AMPT app is the perfect way to do so.

We will also dive into how certain training styles can maximise the growth potential and we will create a plan to trial and get a feel for what your new training split could look like.

This is a entry level guide but the methods are not for the entry level gym goer, this is a brief intro into really transforming your physique the way i coach my clients too.

Enjoy

ASHLEY



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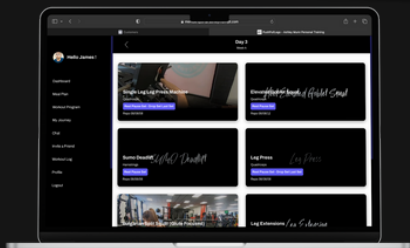
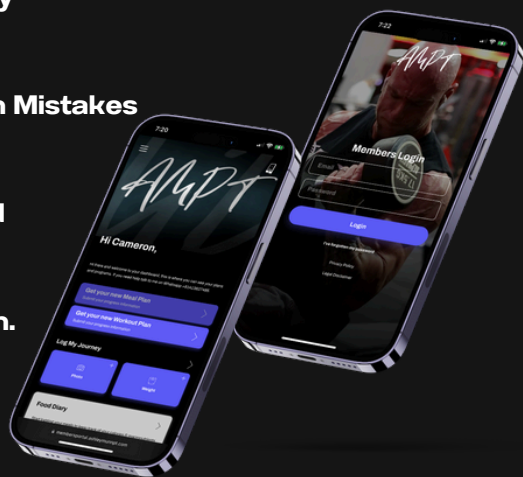
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**Tailored training plans.
Workouts based on you.
Around the clock coach
access.**

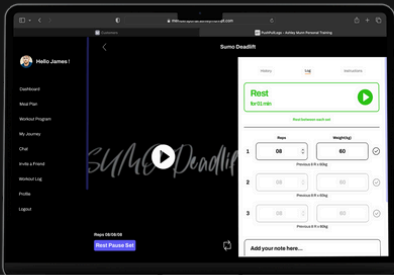


CHAPTER 1
**UNDERSTANDING
MUSCLE GROWTH**

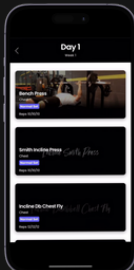
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Building muscle isn't just about lifting weights; it's a complex physiological process. When you engage in resistance training, your muscle fibres undergo microscopic damage. This damage triggers a series of events that lead to muscle repair and growth. To achieve optimal muscle growth, you need to understand the science behind it. (if you want all the geeky stuff reach out i can forward a load over to you) there's just a bit too much for this book.

The AMPT app can be your guide in this journey. With its exercise library and workout tracking features, it ensures that you engage in the right exercises and progressively increase your training intensity to stimulate muscle growth effectively.



Fully trackable
manage progress within your program.



Totally built around your goals
and results based.

Prime Triggers for Muscle Growth:

Resistance Training:

The cornerstone of muscle growth is resistance training. This involves subjecting muscles to resistance or weight, which creates micro-tears in the muscle fibers.

The body's response to these micro-tears is to repair and reinforce the muscle fibers, leading to growth.

Progressive Overload:

To stimulate muscle growth continually, it's essential to gradually increase the resistance or workload over time.

This progression challenges the muscles, forcing them to adapt and grow to handle the increased stress.

Protein Intake:

Adequate protein consumption is vital for muscle repair and growth.

Aim for a daily intake of about 1.2 to 2.2 grams of protein per kilogram of body weight.

Nutrient-Rich Diet:

A balanced diet that includes a variety of nutrients, vitamins, and minerals supports overall health and muscle growth.

Focus on whole foods like lean meats, fish, fruits, vegetables, and complex carbohydrates.

Adequate Rest and Recovery:

Muscles need time to repair and grow, which occurs during rest and sleep.

Ensure your clients get enough quality sleep and incorporate rest days into their training programs.

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For someone who is consistently training with a well-structured resistance training program, eating a balanced diet, and getting adequate rest, a reasonable estimate for muscle growth might be around 0.25 to 0.5 pounds (0.1 to 0.2 kilograms) of muscle per week. This translates to approximately 1 to 2 pounds (0.45 to 0.9 kilograms) of muscle growth per month.

It's important to understand that these are rough estimates and that muscle growth is not always linear. Progress may be faster initially for beginners and then slow down as one becomes more experienced. Additionally, other factors like age, hormonal levels, and individual genetics can influence the rate of muscle growth.

Lastly, keep in mind that the quality of your training program, including exercise selection, intensity, and progression, plays a significant role in determining your rate of muscle growth. Working with a qualified personal trainer or fitness expert can help you design an effective program tailored to your goals and maximize your muscle-building potential.



THE ONLY THING
BETWEEN A BETTER
VERSION OF YOU IS
A EXTRA FEW % OF
EFFORT



CHAPTER 2

SETTING CLEAR GOALS

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Goal setting is crucial for several reasons. Firstly, it provides direction and purpose in our lives. When we set clear and specific goals, we have a target to work towards, which helps us stay focused and motivated. Without goals, we may feel lost or unsure of what we want to achieve

We all have goals, goals to be rich and successful, professional goals but if youve got a copy of this E-Book, youve got a goal to add muscle to your physique because your not happy with how your currently looking.

SMART Goal Setting:

- * SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound.
 - * Let's break down each component:
- * Specific: Clearly define your goal. Ask yourself: What exactly do I want to accomplish?
- * Measurable: Make your goal quantifiable. How will you know when you've achieved it?
- * Achievable: Ensure your goal is realistic and attainable given your resources and constraints.
 - * Relevant: Is this goal relevant to your overall objectives and values?
- * Time-bound: Set a deadline for achieving your goal. This adds urgency and focus.

Examples of SMART Goals:

- * Instead of saying, "I want to get in shape," you could say, "I want to lose 10 pounds in the next three months by going to the gym three times a week and eating healthier."
- * Instead of saying, "I want a better job," you could say, "I want to land a project management role within my current company within the next year by completing a relevant certification."
- * Use the SMART criteria to ensure your goals are specific, measurable, achievable, relevant, and time-bound.
 - * Remember, it's okay to adjust your goals as circumstances change.
 - * Keep your goals visible and stay motivated to make your dreams a reality.

I had a goal, i still do, it does take time and effort but apply the right techniques and trust the resources your given you can go beyond what you expect



**Our results based programming
doesnt miss.**

"NOTHING IS
IMPOSSIBLE,
THE WORD
ITSELF
SAYS 'I'M
POSSIBLE'!"

CHAPTER 3

NUTRITION FOR BUILDING MUSCLE



Muscle building is not solely about pumping iron at the gym; it's a holistic process that involves exercise, recovery, and, most importantly, proper nutrition. Think of your muscles as a high-performance engine; without the right fuel, they won't function optimally or grow as desired.

The Building Blocks of Muscle

Let's start by understanding the basic building blocks of muscle tissue: proteins.

Proteins are the essential nutrients responsible for muscle repair, growth, and maintenance. When we engage in resistance training or any form of exercise, we create microscopic tears in our muscle fibers. It's during the recovery process that these tears are repaired, and muscles become larger and stronger. Proteins are the superheroes that facilitate this repair.

Protein: The Hero of Muscle Growth

Adequate protein intake is essential for muscle growth for several reasons:

- * **Muscle Protein Synthesis (MPS):** Consuming protein-rich foods triggers MPS, a process where your body creates new muscle protein to replace damaged tissue. This is how muscles grow.
- * **Amino Acids:** Proteins are made up of amino acids, the building blocks of muscle. Essential amino acids, which we must obtain through our diet, are crucial for muscle repair.
- * **Satiety and Weight Management:** Protein-rich foods help control appetite, making it easier to maintain a calorie-controlled diet conducive to muscle growth.

The Role of Carbohydrates

While proteins are vital, carbohydrates are the energy source that allows us to power through workouts and recover effectively. Carbs replenish glycogen stores in muscles, providing the energy needed for lifting weights and engaging in resistance training.

Fats: The Unsung Heroes

Healthy fats also deserve a spot on our plate. They aid in hormone production, including testosterone, which is essential for muscle growth. Furthermore, fats help transport fat-soluble vitamins that are crucial for overall health.

Micronutrients: The Support Crew

Don't forget about vitamins and minerals! These micronutrients play a crucial role in muscle function, energy production, and overall health. For instance, vitamin D helps with calcium absorption, which is essential for muscle contractions.

Timing Matters: Pre and Post-Workout Nutrition

To maximize muscle growth, consider timing your meals. Eating a balanced meal with protein and carbohydrates before a workout provides the energy needed to perform at your best. Post-workout, a combination of protein and carbohydrates aids in recovery by replenishing glycogen stores and initiating muscle repair.

Hydration: Often Overlooked but Essential

Water is often overlooked, but it's crucial for maintaining the balance of fluids in your body. Proper hydration ensures that your muscles function optimally and that nutrients are transported efficiently.

In conclusion, nutrition is the unsung hero of muscle building, promoting significant muscle growth when properly managed. A diet rich in protein, carbohydrates, healthy fats, and essential micronutrients provides the necessary fuel for your muscles to repair and grow. Remember, a well-balanced diet, tailored to your specific goals and needs, combined with a structured workout routine, will yield the best results on your journey to achieving significant muscle growth.

Supplementation can play a valuable role in supporting muscle building and overall fitness, but it's essential to understand that supplements should complement a balanced diet and training regimen. Here are some key reasons why supplementation is important when building muscle:

1. Meeting Nutrient Needs:

- * Building muscle requires an adequate intake of essential nutrients like protein, vitamins, and minerals. Sometimes, it can be challenging to get all these nutrients from whole foods alone. Supplements can fill nutritional gaps and ensure you have the necessary building blocks for muscle growth.

2. Protein Intake:

- * Protein is crucial for muscle repair and growth. While whole food sources like lean meats, fish, and dairy are excellent protein sources, protein supplements like whey protein can provide a convenient and easily digestible way to meet your protein requirements, especially post-workout.

3. Convenience:

- * Supplements offer convenience, especially for individuals with busy schedules. They are quick and easy to consume, making it simpler to meet your nutritional needs, even when you're on the go.

4. Faster Recovery:

- * Some supplements, such as branched-chain amino acids (BCAAs), can help reduce muscle soreness and improve recovery after intense workouts. This can allow you to train more frequently and with greater intensity, ultimately aiding muscle growth.

5. Creatine for Strength:

- * Creatine is a well-researched supplement that can enhance strength and power during high-intensity, short-duration activities like weightlifting. It can help you lift heavier weights, leading to greater muscle stimulation.

6. Nutrient Timing:

- * Supplements like fast-digesting protein shakes and carbohydrate supplements can be strategically consumed around workouts to optimize nutrient delivery to muscles when they need it most, promoting muscle recovery and growth.

7. Targeted Nutrients:

- * Some supplements contain specific nutrients like beta-alanine, which can help improve endurance during workouts, or fish oil, which supports overall health and may reduce inflammation, aiding in recovery.

8. Adaptation and Plateaus:

- * Over time, your body may adapt to your training and nutritional habits, leading to plateaus in muscle growth. Supplements can introduce new elements to your routine, potentially breaking through these plateaus.

9. Specific Goals:

- * If you have specific fitness goals, such as bodybuilding or competitive strength training, certain supplements like pre-workouts, intra-workout formulas, and specialized protein blends may be tailored to support those objectives.

10. Health Considerations:

- * Some individuals may have dietary restrictions, allergies, or medical conditions that make it challenging to obtain certain nutrients from food alone. Supplements can help bridge these gaps and maintain overall health.

WHAT THE APP DOES FOR YOU

1. Customized Workout Plans:

One of the most critical aspects of muscle growth is following a well-structured workout plan. AMPT takes the guesswork out of this process by offering customized workout plans tailored to your specific goals. Whether you're aiming to build strength, increase endurance, or maximize hypertrophy, the app designs a plan that aligns with your objectives.

2. Progress Tracking:

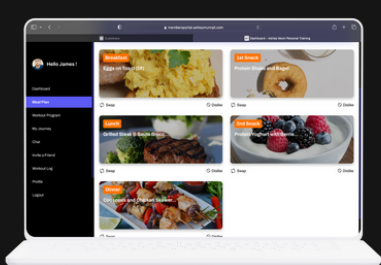
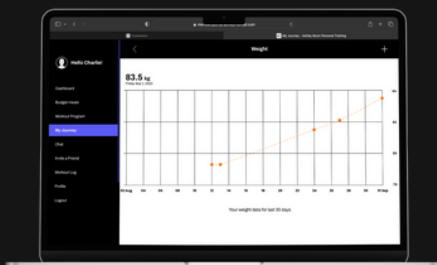
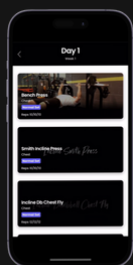
Tracking your progress is essential for staying motivated and ensuring you're on the right path. AMPT's built-in tracking features allow you to monitor your workout performance, including sets, reps, and weights lifted. This data helps you make informed decisions about when to increase intensity and push your boundaries for optimal muscle growth.

3. Nutrition Guidance:

As we've discussed, nutrition is a cornerstone of muscle growth. AMPT doesn't just stop at workouts; it provides comprehensive nutrition guidance. The app offers meal planning features, allowing you to create balanced, goal-specific meal plans that ensure you're getting the right nutrients for muscle recovery and growth.

4. Meal Logging:

To support your nutrition goals, AMPT lets you log your meals and track your daily calorie intake. This helps you stay accountable and make necessary adjustments to your diet to meet your muscle-building needs.



CHAPTER 4

Effective Training Principles



THE AMPT METHOD

Rest-Pause Training and Progressive Overload. These strategies can help you optimise your workouts and achieve significant muscle growth.

Rest-Pause Training:

Rest-pause training is a high-intensity technique designed to push your muscles to their limits, leading to increased muscle hypertrophy and strength gains. This technique involves brief rest intervals during a set allowing you to extend a set beyond the point of muscle failure. Here's a detailed description of how it works:

How to Perform Rest-Pause Training:

- * **Select Your Exercise:** Choose a compound exercise (e.g., bench press, squat, or deadlift) or an isolation exercise (e.g., bicep curls or leg extensions) that targets the muscle group you want to work on.
- * **Warm-Up:** Always begin with a proper warm-up to prevent injury and prepare your muscles for the upcoming challenge.
- * **Choose the Weight:** Select a weight that you can lift for about 6-8 repetitions with good form, but no more.
- * **Perform Your Set:** Lift the weight until you reach muscle failure, meaning you can't complete another full repetition with proper form. This typically occurs after 6-8 reps.
- * **Rest Briefly:** Take a short 15-20 second rest. This is not a complete recovery; it's just enough time to catch your breath.
- * **Continue the Set:** Pick up where you left off and perform as many more reps as you can until reaching failure again.
- * **Repeat:** Continue this process for a total of 2-3 rest-pause intervals within one set.

Key Benefits of Rest-Pause Training:

- * **Increased Muscle Stress:** Rest-pause training extends your time under tension, leading to greater muscle stress and growth stimulation.
- * **Efficient Workouts:** You can achieve muscle growth with shorter workouts due to the intensity of rest-pause training.
- * **Strength Gains:** This technique can help break through strength plateaus.

Progressive Overload:

Progressive overload is a fundamental principle of muscle building. It involves systematically increasing the stress on your muscles over time to force them to adapt and grow. Here's a detailed description of how it works:

How to Implement Progressive Overload:

- * **Start with a Baseline:** Begin with a manageable weight or resistance level for your exercises.
- * **Consistent Resistance Increase:** Over time, aim to increase the resistance (weight) you lift gradually. This can be done by adding more weight to the bar, using resistance bands, or increasing the intensity in some way.
- * **Controlled Repetitions:** Maintain proper form and control during each repetition. It's not about lifting the heaviest weight possible but about gradually and safely increasing the load.
- * **Set Repetition and Set Goals:** Track your progress and set specific repetition and set goals. For example, if you started with 3 sets of 8 reps, aim to increase to 3 sets of 10 reps with the higher weight.
- * **Vary the Variables:** Beyond weight, you can also vary other training variables like tempo, rest periods, and exercise selection to keep challenging your muscles.

Key Benefits of Progressive Overload:

- * **Consistent Muscle Growth:** Progressive overload ensures a continuous stimulus for muscle growth.
- * **Strength Gains:** As you increase the resistance, your strength will improve.
- * **Injury Prevention:** It encourages gradual and controlled increases, reducing the risk of overtraining or injury.

Incorporating both rest-pause training and progressive overload into your workout routine can help you break through plateaus and achieve remarkable muscle growth. Remember to prioritize safety and proper form while performing these techniques, and always consult a fitness professional if you're unsure about your training program.

Negative Reps (Eccentric Training):

Negative reps, also known as eccentric training, are a powerful technique used in resistance training to stimulate muscle growth. This approach focuses on the "eccentric" or lowering phase of an exercise, where the muscle lengths under tension. Here's a detailed explanation of negative reps:

How It Works:

- * Negative reps involve emphasizing the lowering phase of an exercise while controlling the weight's descent.

- * This phase is often where the muscle experiences the most tension and microscopic muscle fiber damage, which is crucial for muscle growth.

- * It's called "negative" because it's the opposite of the concentric phase (lifting the weight).

Benefits of Negative Reps:

- * **Increased Muscle Damage:** The controlled lowering phase places significant stress on muscle fibers, leading to more micro-tears and subsequent growth during recovery.

- * **Strength Gains:** Negative reps can help increase strength during the eccentric portion of an exercise, which can translate to better overall performance.

- * **Time Under Tension:** They prolong the time the muscle is under tension, which is a key factor for muscle growth.

Example:

- * Let's consider the bicep curl. During the concentric phase, you lift the dumbbell. During the eccentric phase (negative rep), you focus on lowering it slowly and under control, feeling the resistance.

Safety Precautions:

- * Negative reps can be more challenging and may lead to muscle soreness.

- * Ensure you have a spotter or use appropriate equipment when attempting heavy negative reps.

2. Drop Sets (Strip Sets):

Drop sets are another potent technique used by bodybuilders and fitness enthusiasts to push their muscles to the limit. This technique involves performing a series of consecutive sets with decreasing resistance or weight. Here's a detailed description of drop sets:

How It Works:

- * Start with a relatively heavy weight and perform a set to failure (i.e., until you can't perform another repetition with proper form).

- * Immediately reduce the weight (typically by 20-30%) and continue with another set to failure.

- * Repeat this process for several "drops" or reductions in weight.

Benefits of Drop Sets:

- * **Muscle Fatigue:** Drop sets induce rapid muscle fatigue by working muscles to exhaustion, stimulating muscle growth.

- * **Variation:** They introduce variety into your routine, which can help break through plateaus.

- * **Time-Efficient:** Drop sets allow you to effectively target multiple levels of muscle fibers in a single workout.

Example:

- * If you're performing a bench press, you might start with a heavy weight for 6-8 repetitions to failure, then immediately reduce the weight and perform another set until failure, and so on, until you've done several "drops."

Safety Precautions:

- * Be cautious not to compromise form in pursuit of extra repetitions.

- * Use drop sets sparingly in your routine to avoid overtraining.

Both negative reps and drop sets are advanced training techniques that can be incorporated into your workout regimen to challenge your muscles, induce growth, and break through plateaus. When used wisely and in conjunction with proper nutrition and rest, they can be priceless tools in your muscle-building arsenal. However, remember that proper form and safety should always be a priority in any training program.

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Using advanced training techniques in the AMPT app to enhance the experience for your clients can significantly elevate their fitness journey. Here are detailed descriptions of how you can implement advanced training techniques within the app:

1. Periodization:

Periodization is a systematic approach to training that involves dividing the training program into distinct phases. In the AMPT app, you can use this technique to create periodized training plans for your clients. These plans can include phases for strength, hypertrophy, endurance, and recovery. For example, you might design a 12-week program that starts with a strength-building phase, transitions to a hypertrophy phase, and ends with a deload or recovery phase.

2. Supersets and Giant Sets:

Supersets involve performing two exercises back-to-back with minimal rest in between. Giant sets take this concept further by incorporating three or more exercises in succession. You can use the AMPT app to design workouts that incorporate supersets or giant sets to increase intensity and stimulate muscle growth. For instance, a chest workout might include supersets of bench press followed by dumbbell flies.

3. Drop Sets:

Drop sets are an advanced intensity technique where you perform a set of an exercise to failure and then immediately reduce the weight and continue the set. You can program drop sets into the AMPT app by specifying the number of drop sets and the weight reductions. This technique can be effective for pushing clients to their limits and promoting muscle growth.

4. Pyramid Training:

Pyramid training involves gradually increasing or decreasing the weight and/or repetitions with each set. This can be done in ascending (increasing weight, decreasing reps) or descending (decreasing weight, increasing reps) fashion. The AMPT app allows you to create pyramid-style workouts that challenge clients' strength and endurance in a structured manner.

5. Time-Under-Tension (TUT):

Time-under-tension refers to the duration that a muscle is under load during an exercise. You can manipulate TUT to increase muscle fiber recruitment and stimulate growth. In the AMPT app, you can specify the tempo for each exercise (e.g., 3 seconds up, 3 seconds down) to control TUT and ensure clients perform movements with the desired cadence.

6. Eccentric Training:

Eccentric training focuses on the eccentric (lowering) phase of an exercise, which is often the most challenging. You can incorporate eccentric training into the AMPT app by programming exercises with a slow and controlled eccentric phase. For example, a squat with a 5-second descent can be programmed to emphasize eccentric strength.

7. Functional Training and Complex Movements:

For clients seeking functional strength and athleticism, you can use the AMPT app to design workouts that involve complex movements like kettlebell swings, Olympic lifts, or bodyweight exercises. Incorporate multi-joint movements that challenge stability and coordination to enhance overall fitness.

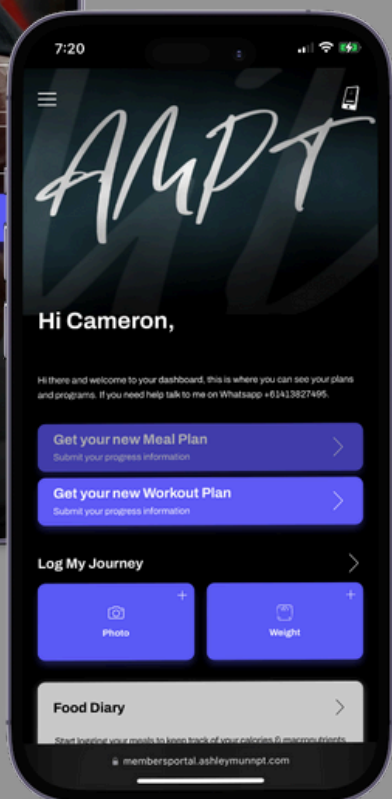
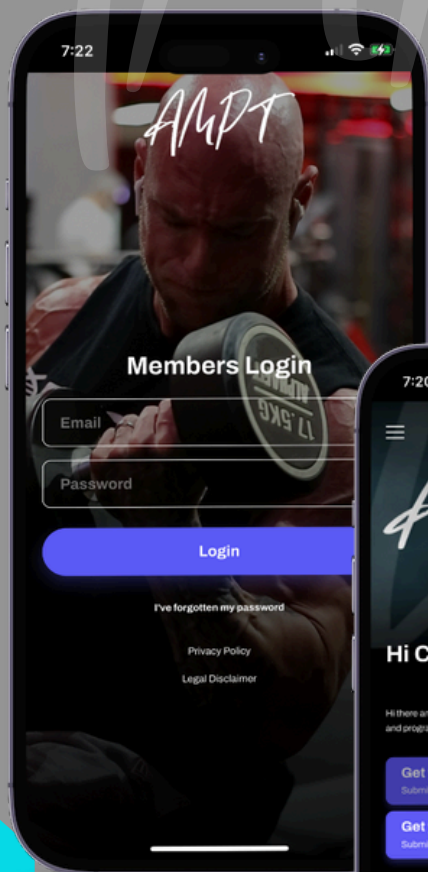
8. Progressive Overload:

Lastly, the foundation of muscle growth is progressive overload. You can use the AMPT app to track clients' progress over time by regularly increasing the weight, reps, or intensity of their workouts. The app's tracking features allow you to ensure that clients are consistently challenging themselves and progressing toward their goals.

Incorporating these advanced training techniques within the AMPT app can provide your clients with a diverse and challenging workout experience. Remember to customize these techniques to your clients' individual goals, fitness levels, and preferences to ensure their success and satisfaction.

CHAPTER 5

TRACKING PROGRESS





Tracking progress during sessions

1. Open the AMPT App:

** Ensure you have the AMPT app installed on your device and logged into your account.*

2. Select the Workout:

** Choose the workout plan or session you want to track. This could be a pre-designed workout plan you've created for your client or a workout from the app's library.*

3. Set Up Your Workout:

** Before starting the workout, review the exercise list, sets, reps, and weights (if applicable).*

Ensure everything is set up according to the client's goals and fitness level.

4. Begin the Workout:

** Once you're ready to start, press the "Start Workout" button within the app.*

5. Follow Exercise Instructions:

** As you progress through each exercise, follow the on-screen instructions provided by the app. This may include details on form, tempo, and rest intervals.*

6. Record Sets and Reps:

** After completing a set, use the app to record the number of reps and the weight lifted (if applicable). Some workouts may use bodyweight exercises, so you can simply record the number of reps completed.*

7. Monitor Rest Intervals:

** The app may include built-in rest intervals between sets. Use this time to rest and recover as indicated by the app.*

8. Track Progress and Form:

** During the session, you can monitor your client's form and provide real-time feedback to ensure they are performing exercises correctly and safely.*

9. Record Notes (if necessary):

** If your client experiences any discomfort or if there are specific observations you want to make, you can record notes within the app. This can be useful for future reference and adjustments to the training plan.*

10. Review Metrics:

** The AMPT app may provide real-time metrics such as workout duration, calories burned, and heart rate data if integrated with a fitness tracker. Use these metrics to gauge the intensity of the session.*

11. Analyze Performance:

** After completing the session, take a moment to analyze the data and assess your client's performance. Are they meeting their goals, maintaining proper form, and pushing themselves appropriately?*

12. Save and Exit:

** Once the workout is complete, save the session within the app. This stores the data for future reference and allows you to track progress over time.*

13. Post-Workout Summary:

** The AMPT app may provide a post-workout summary that includes key details like total sets, reps, weights lifted, and any personal records achieved. This can be motivating for your client.*

14. Adjust Future Workouts:

** Use the data collected during the session to adjust future workouts and optimize the training plan to help your client reach their goals.*

By following these steps, you can effectively track progress during a session using the AMPT app. The app's features and real-time feedback mechanisms make it a valuable tool for both trainers and clients in achieving fitness goals.

CHAPTER 6

REST & RECOVERY



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Many individuals underestimate the importance of rest and recovery in their muscle-building journey. While it might seem counterintuitive, muscles don't grow during your workouts; they grow when you rest. This is when your body repairs and strengthens the damaged muscle fibres.

AMPT's recovery tracking feature can help you schedule and prioritize rest days. By understanding your body's recovery needs, you can prevent overtraining and maximise muscle growth.

Rest days are an essential part of any fitness routine, and the AMPT app can be highly beneficial for managing nutrition during these days. Here are the benefits of using AMPT on rest days for nutrition purposes:

1. Maintaining a Consistent Diet:

* AMPT helps users adhere to a consistent nutrition plan. On rest days, it's crucial to maintain proper nutrition to support muscle recovery and overall well-being. The app allows users to stick to their meal plans and avoid deviating from their dietary goals.

2. Proper Macronutrient Balance:

* Nutrition is not just about calories; it's about getting the right balance of macronutrients like protein, carbohydrates, and fats. On rest days, when energy expenditure is lower, users can adjust their macronutrient intake using AMPT to ensure they are providing their bodies with what they need for recovery and repair.

3. Meal Timing and Frequency:

* The app can help users plan their meals and snacks on rest days to avoid long periods without food. Proper meal timing ensures a steady supply of nutrients to muscles for recovery and helps prevent muscle breakdown.

4. Hydration Management:

* Staying hydrated is essential on rest days as well. AMPT can remind users to drink water regularly, helping maintain optimal hydration levels for recovery and overall health.

5. Nutrient-Dense Foods:

* On rest days, focusing on nutrient-dense foods is crucial. The app can suggest and track the consumption of foods rich in vitamins, minerals, and antioxidants that support the body's recovery processes.

6. Tracking Micronutrients:

* Rest days are an excellent time to focus on getting essential vitamins and minerals from whole foods. The app can help users track their micronutrient intake, ensuring they meet their daily requirements for overall health and recovery.

7. Managing Supplements:

* If users take supplements as part of their nutrition regimen, the app can help them schedule and track supplement intake on rest days, ensuring they are used effectively to support recovery.

8. Reducing Overeating:

* Some individuals may be tempted to overeat on rest days due to reduced physical activity. AMPT can provide guidance on portion control and help users avoid excessive calorie intake, preventing unwanted weight gain.

9. Stress Reduction:

* Proper nutrition can also have a positive impact on mental health and stress management. On rest days, users can focus on incorporating foods that support mood and relaxation, and the app can provide recommendations in this regard.

10. Goal Adjustment:

* Depending on individual goals, rest days may require specific adjustments to nutrition. For example, someone aiming for fat loss might reduce calorie intake slightly on rest days, while someone focused on muscle gain may maintain or slightly increase calorie intake. AMPT can help users make these adjustments based on their goals.

In summary, the AMPT app can be a valuable tool for managing nutrition on rest days. By providing guidance on meal planning, macronutrient balance, hydration, and micronutrient intake, the app supports users in optimizing their nutrition for recovery, overall health, and long-term fitness success.

CHAPTER 7

AVOIDING COMMON MISTAKES IN MUSCLE GROWTH



Muscle growth, also known as hypertrophy, is a goal for many individuals who engage in resistance training and weightlifting. However, there are several common mistakes people make in their approaches to muscle growth that can hinder progress or even lead to injury. Let's explore these mistakes:

1. Neglecting Progressive Overload:

* **Mistake:** Failing to consistently increase the resistance (weight) or intensity of workouts.

* **Impact:** Without progressive overload, muscles don't receive the stimulus needed for growth. Sticking to the same weights and repetitions can lead to stagnation.

2. Inadequate Nutrition:

* **Mistake:** Not paying enough attention to diet and nutrition.

* **Impact:** Proper nutrition, including sufficient protein intake, is essential for muscle repair and growth. Without it, progress will be slow, and recovery may be compromised.

3. Lack of Consistency:

* **Mistake:** Inconsistent training schedules and frequent breaks.

* **Impact:** Muscles require consistent stimulation to grow. Irregular workouts can impede progress and hinder muscle adaptation.

4. Overtraining:

* **Mistake:** Excessive training without sufficient rest and recovery.

* **Impact:** Overtraining can lead to muscle fatigue, increased risk of injury, and decreased performance. Adequate rest is essential for muscle repair and growth.

5. Poor Exercise Form:

* **Mistake:** Performing exercises with incorrect form or improper technique.

* **Impact:** Poor form can lead to injuries and reduced muscle engagement. It also limits the effectiveness of the exercise in targeting the intended muscle groups.

6. Not Prioritizing Compound Movements:

* **Mistake:** Focusing too much on isolation exercises and neglecting compound movements.

* **Impact:** Compound exercises like squats, deadlifts, and bench presses engage multiple muscle groups simultaneously, leading to more efficient muscle growth.

7. Ignoring Muscular Imbalances:

* **Mistake:** Neglecting weaker muscle groups.

* **Impact:** Muscular imbalances can lead to injuries and hinder overall strength and aesthetics. Balanced training is essential for symmetry and stability.

8. Overemphasizing Cardiovascular Training:

* **Mistake:** Prioritizing cardio over resistance training.

* **Impact:** While cardiovascular exercise is important for overall health, excessive cardio can interfere with muscle growth by burning too many calories and impeding recovery.

9. Not Tracking Progress:

* **Mistake:** Failing to monitor and record workout progress.

* **Impact:** Tracking progress helps adjust training variables effectively. Without it, you may not know if you're making gains or need to make changes to your routine.

10. Neglecting Recovery and Sleep:

- **Mistake:** Not prioritizing sleep and recovery strategies.

- **Impact:** Sleep is crucial for muscle recovery and growth. Inadequate rest can impair your body's ability to repair and build muscle tissue.

11. Unrealistic Expectations:

- **Mistake:** Expecting rapid results or setting unrealistic goals.

- **Impact:** Building muscle takes time and consistent effort. Unrealistic expectations can lead to frustration and disappointment.

Avoiding these common mistakes and adopting a well-balanced, science-based approach to muscle growth that includes progressive overload, proper nutrition, consistent training, and adequate recovery will help you achieve your fitness goals more effectively and safely. Consulting with a fitness professional or trainer can also provide valuable guidance and support in your muscle-building journey.

CHAPTER 8

MOTIVATION



Motivation

Staying motivated throughout a fitness program can be a challenge, but the combination of the AMPT app and your coaching services can provide invaluable support to keep clients motivated. Here's how you can leverage these tools to maintain high levels of motivation:

1. Goal Setting and Tracking:

*** AMPT App:** The app's goal-setting feature allows clients to set clear, achievable fitness goals. Tracking progress toward these goals provides a tangible sense of accomplishment.

*** Coach:** As a coach, you can help clients set realistic and specific goals. Regularly review their progress and celebrate milestones together. Offer encouragement when they reach significant achievements.

2. Personalization:

*** AMPT App:** The app's personalized workout and nutrition plans cater to individual needs and preferences, making clients feel that their fitness journey is designed just for them.

*** Coach:** As a coach, personalize workouts even further based on client feedback and performance. Tailor the program to align with their evolving goals and preferences.

3. Real-Time Feedback:

*** AMPT App:** The app provides immediate feedback on exercise form, performance, and metrics during workouts, ensuring clients stay engaged and informed.

*** Coach:** Offer real-time feedback and adjustments when clients share their workout data with you. Address concerns, provide positive reinforcement, and help them correct form or technique as needed.

7. Variety in Workouts:

*** AMPT App:** Keep clients engaged by regularly changing their workout routines. The app offers a variety of exercises and workout plans to prevent boredom.

*** Coach:** Monitor your clients' preferences and adapt workouts accordingly. Introduce new exercises or training techniques to keep things fresh and exciting.

8. 24/7 Access to Resources:

*** AMPT App:** Clients can access workout plans, nutrition guidance, and motivational content anytime, anywhere, providing flexibility and convenience.

*** Coach:** Be accessible and responsive to client inquiries and concerns, providing timely guidance and support whenever they need it.

CHAPTER 9

DEMO TRAINING PLAN



Workout program

here's a sample progressive overload push-pull-legs (PPL) workout program. This program is designed for those who have experience with resistance training and want to continue making progress by gradually increasing the intensity of their workouts. Please note that it's essential to start with appropriate weights and progress gradually to prevent injury.

Push-Pull-Legs (PPL) Workout Program

Day 1: Push (Chest, Shoulders, Triceps)

- * **Bench Press:**
 - * Warm-up set: 2 sets x 12 reps
 - * Working sets: 4 sets x 8-10 reps
- * **Overhead Shoulder Press:**
 - * Warm-up set: 2 sets x 12 reps
 - * Working sets: 4 sets x 8-10 reps
- * **Incline Dumbbell Press:**
 - * 3 sets x 8-10 reps
- * **Lateral Raises:**
 - * 3 sets x 12 reps
- * **Tricep Dips:**
 - * 3 sets x 10-12 reps

Day 2: Pull (Back, Biceps)

- * **Pull-Ups or Lat Pulldowns:**
 - * Warm-up set: 2 sets x 12 reps
 - * Working sets: 4 sets x 8-10 reps
- * **Bent-Over Rows:**
 - * Warm-up set: 2 sets x 12 reps
 - * Working sets: 4 sets x 8-10 reps
- * **Face Pulls:**
 - * 3 sets x 12 reps
- * **Barbell or Dumbbell Curls:**
 - * 3 sets x 10-12 reps
- * **Hammer Curls:**
 - * 3 sets x 10-12 reps

Day 3: Legs (Quads, Hamstrings, Calves)

- * **Squats:**
 - * Warm-up set: 2 sets x 12 reps
 - * Working sets: 4 sets x 8-10 reps
- * **Romanian Deadlifts:**
 - * Warm-up set: 2 sets x 12 reps
 - * Working sets: 4 sets x 8-10 reps
- * **Leg Press:**
 - * 3 sets x 10-12 reps
- * **Lunges:**
 - * 3 sets x 10-12 reps per leg
- * **Calf Raises:**
 - * 4 sets x 12-15 reps

Progression and Tips:

- * Start with weights that allow you to complete each set with proper form and control. Focus on mastering the movements.
- * Increase the weight gradually as you become more comfortable with the exercises. Aim to add a small amount of weight (e.g., 2.5-5 pounds) each week or every other week.
- * Rest between sets should be around 1-2 minutes to allow for adequate recovery.
- * Maintain a balanced diet with sufficient protein to support muscle growth and recovery.
- * Warm up before each workout with light cardio or dynamic stretching.

* Track your progress, including weights lifted and repetitions, to ensure progressive overload. This PPL workout program can be performed in a 3-day cycle (e.g., PPL-rest-PPL-rest) or adjusted to your schedule. Remember that progressive overload is about gradually increasing the intensity over time, so be patient and stay consistent to see long-term gains in strength and muscle size. Always consult with a fitness professional or physician before starting a new workout program, especially if you have any underlying health conditions or concerns.

Diet

Certainly, here's an example of a high-protein muscle gain diet for a day that provides over 3000 calories.

This diet is designed to support muscle growth and repair:

****Breakfast (700-800 calories):****

- Scrambled Eggs with Spinach and Feta:
 - 3 large eggs
 - 1 cup of fresh spinach
 - 1/4 cup of crumbled feta cheese
 - 2 slices of whole-grain toast
 - 1 medium avocado
- 1 serving of Greek yogurt with honey and berries

****Mid-Morning Snack (300-400 calories):****

- Protein Shake:
 - 1 scoop of whey protein powder
 - 1 banana
 - 1 tablespoon of almond butter
 - 1 cup of almond milk
- A small handful of mixed nuts

****Lunch (700-800 calories):****

- Grilled Chicken Breast Salad:
 - 6 oz (170g) of grilled chicken breast
- Mixed greens (lettuce, spinach, arugula)
 - Cherry tomatoes
 - Cucumber slices
 - Red bell pepper strips
 - Balsamic vinaigrette dressing
- Quinoa or brown rice (1 cup cooked)

****Afternoon Snack (300-400 calories):****

- Greek Yogurt Parfait:
 - 1 serving of Greek yogurt
- 1/2 cup of granola (choose a high-protein variety)
- Mixed berries (blueberries, strawberries)

****Pre-Workout Snack (300-400 calories):****

- Whole-grain toast with almond butter
 - Sliced banana on top

****Dinner (700-800 calories):****

- Baked Salmon Fillet:
 - 6 oz (170g) of salmon
- Seasoned with olive oil, lemon, and herbs
 - Steamed Broccoli and Asparagus
- Quinoa or brown rice (1 cup cooked)

****Evening Snack (200-300 calories):****

- Cream of rice (85g) with whey protein and 85% dark chocolate (20g)

****Notes:****

- This diet provides over 3000 calories, which may be suitable for individuals with high energy expenditure and muscle-building goals.
- Adjust portion sizes based on your specific calorie and protein needs. You can add or reduce servings to align with your daily goals.
 - Stay hydrated throughout the day by drinking plenty of water.
- Ensure you're meeting your daily protein intake goal, which can vary depending on your weight, activity level, and goals. Aim for at least 1.2 to 2.2 grams of protein per kilogram of body weight.
- It's essential to balance your macronutrients, including carbohydrates and healthy fats, to support overall health and energy levels.

THE APP

PACKAGES FOR YOU



12 or 16 weeks.

Weekly & monthly available

- ✓ **2 x 20min 1-on-1 Calls Per Week**
(1 = Catch-Up/Check-in, 2 = Q&A/Workshop)
- ✓ **1-on-1 WhatsApp Access**
- ✓ **Training and Technique Video Analysis**
- ✓ **Personalized Workout Program**
- ✓ **Customized Meal Plan**
- ✓ **Range Of Diet Options and Recipes**
- ✓ **Shopping List, Eating out widget**
- ✓ **Video Demonstrations for every Exercise**
- ✓ **Home and Gym Based Programs**
- ✓ **Exclusive Mobile App**
- ✓ **Email Support**
- ✓ **Private Whatsapp Group**

This is my signature, premium product

THE APP

PACKAGES FOR YOU



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LET ME GET YOU
STARTED.

QR code will take you directly to my questionnaire, where i can find out a bit of info before scheduling a call