

# **Muscle building for hardgainers**

From skinny to muscular for men and women



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## Preface

"You'll never really get muscular." 'Look at those thin wrists of yours, they'll break when you try!' These comments and many more have been thrown at me on a regular basis. And indeed, I was very skinny and definitely had thin wrists. And I still do. The problem is that many skinny people actually believe these comments. *You're built that way and you'll never be muscular.* But what if I tell you this is nonsense? All 'bullshit'. Not true. You too can build muscle mass! And while doing that, you will get muscle definition faster because of your physique.

There are many people like you, so-called 'hardgainers'. People who are struggling to gain weight. Consider yourself lucky. In any case, this means that you are less likely to gain too much fat and develop associated diseases and ailments. And look at Frank Zane or, more recently, Jeff Cavaliere. Both very muscular and both were once very skinny.

But it doesn't come naturally. You're going to have to work hard for it. Nothing is free in life and neither is this. But if you invest the time and adopt the lifestyle that comes with it, you will definitely see results! This book is written especially for people who want to go for it. Thin, skinny, young or old, who want to build muscle mass. If you aren't skinny and have no lanky arms or legs, then put this book away; You will benefit less from this. Other programmes may be better.

So dear hardgainer, get to work and make sure those loose-fitting T-shirts become filled with muscle mass! Follow everything in this book to the letter. Don't skip a step! This applies to both the nutritional part and the muscle building programme. Everything is equally important. Only then will you see results and get the best out of yourself.

Read the theory carefully before you start. Don't go to your (home) gym without knowing exactly what to do there. Every session counts. Every repetition and movement counts. Every calorie counts. And... Every moment of rest counts. Start with chapters 1, 2 and 3 where you set out your goals and learn about the basics of nutrition and muscle