

HowToGetBigFast.com's

STARTER REPORT

Audio Recording Transcript

Feel Free To Pass This on to Your Friends

Kash: Hey everyone, Kash Chowdhury here. I'm with Tyrell Parenteau and we're from HowToGetBigFast.com. Just to start out a little background.

People are always asking us for advice in the gym. They want to know how to work out, what exercises to do, what to eat, what supplements to take. And as much as we love to help, there just isn't enough time in the day for us to help everyone. We have our own priorities in the day just like you. We like to go to the gym, but we like to get out of there as fast as we can too. We have other obligations that take our time aside from helping out folks in the gym. So after lots and LOTS of convincing from our friends, almost begging actually, we finally decided to start out this

website as a resource to help out people just like you. Particularly the hardgainer, skinnier guys, and beginners who want to learn how to put on muscle fast. Just so you know what you have to do to get where you want to be. We've been there. Combined between the two of us, there's almost twenty years of weightlifting experience. We've made a lot of mistakes, but we've also learned a lot of things that work really, really well. We're here to save your time so you don't make those mistakes and you can get to where you want to be a lot faster. So just to start out, we're going to talk about some of the more common misconceptions about working out. This is stuff that you **NEED** to know so you can avoid it. There's a lot of bad information floating around out there and some is completely useless.

Tyrell: The first thing that I notice when I'm in the gym is all the new guys young and old that do not use proper technique when they're lifting their weights. I've seen all sorts of problems like over arching backs while doing a bench press and bicep curls using momentum to get the

weights up. This movement no longer uses the bicep, but puts your shoulder and back at risk of injury.

I see guys doing partial reps in their sets and are hardly working their muscles at all. They brag about being able to squat three-hundred pounds, but in reality with proper form, they would probably be lifting one-hundred pounds less. People need to realize how important it is to have full control over the weights they are lifting in the gym. If you are not comfortable with the weight you are using, that's an obvious sign it's beyond your strength. Take your time in the gym and understand it takes many hours of hard work and dedication to get where you want to be. Sloppy form is one of the first things that need to be corrected.

Kash: Yeah, sloppy form really can increase the chance of injury since it can put your body through some potentially straining movements. Even though a lot of the time guys can be doing it right, they are just doing too much of it and end up overtraining. A huge, HUGE thing when guys start working out is that they tend to think the more you

workout the bigger you're going to get. So they end up doing exercise after exercise, set after set, one bodypart after another.

For example there'll be a guy working out his chest and he'll start doing flat barbell bench press, then flat dumbbell bench press, then incline bar bench press, then incline dumbbell bench press, then decline bar bench press, then dumbbell flyes, then cable flyes, and on and on...dips and all. He'll end up doing sometimes twenty or more sets for a given bodypart in his workout and he's in the gym for a couple hours *at least*.

But here's a big tip: **When you train like this, you actually end up decreasing your body's own production of testosterone and growth hormone levels which are *essential* for you to get bigger.** You want to be increasing these hormone levels, not decreasing them by overtraining. These hormone levels won't go back up until you rest and a lot of guys don't rest enough. They're often training every single day, not sleeping enough, partying, drinking, doing drugs, working out bodyparts while they're still sore. Now I'm not pushing the eight hours a day of sleep like you've been hearing all your life because I know that not everybody

can get this or even needs this. But adequate rest is what is gonna definitely help you get bigger. Growing is done after the gym NOT when you're working out like a lot of people still tend to think. When you're working out, you're actually causing small tears in your muscle and your body repairs them by adding proteins to them, making them bigger and thicker, which in turn makes you stronger and larger. The only thing that does that is when you rest and repair. That's how you grow.

Tyrell: The number one thing that I live by in bodybuilding is quality over quantity. Meaning it's much more important to use proper form while lifting weights compared to the number of reps you perform. I see guys blasting out fifteen or so reps while benching but they're only doing partial reps. They would get a lot more out of their workouts if they slowed down their reps, and performed a full range of motion during their sets.

Kash: Another big part of the puzzle is nutrition. The number one reason why you're probably not getting any bigger and most guys don't

get bigger (I know it was my problem for a long time) was that they're not eating enough calories. Lack of calories is probably the biggest reason holding you back from putting on the size you want. In order of importance it would be calories, then protein, then carbs, and then fat. Fat probably takes care of itself the way you're eating right now. But the bottom line is that guys just don't eat enough.

Tyrell: The number one problem with most guys' diet is they tend not to eat right after their workouts. Without a meal following a strenuous training session, your body is lacking the nutrients it needs to grow and repair itself. You want to get a high protein and carbohydrate meal within one hour following your workout.

Kash: Speaking of protein, that brings up the subject of supplements. There's a lot of people out there that are either pro-supplement or dead-set against them. We kinda stand in the middle and we're just saying that supplements are not all bad, but they're not all good either. There's some excellent supplements out there, but there's also some completely useless ones too. We've tried a lot of them. We know which ones are

good and which ones are bad. Which ones are all hype, and which ones are a solid bang for your buck. We can help you to find those and tell you which ones they are so you can find them and use them too.

Tyrell: If you're anything like I was when I first started training, you're probably brainwashed by all the supplement companies who have all these ridiculous ads in magazines claiming to get you huge or shredded by taking their latest pill or whatever supplement they're selling. I know some guys that blow all their money on an entire line of supplements believing it is the answer to their problem. I agree with Kash that they're not all bad because some of them are really good products, but supplements are definitely not the answer you're looking for to get the results you want.

Kash: There's this whole magic pill thing and this even goes to steroids. You and me both, we know lots of guys that have taken steroids, and still take steroids but have little or nothing to show for it. You wouldn't even be able to tell that they're on anything. There's the 140 pound kid who's just starting to work out and thinks he's going to start taking

steroids and gain sixty pounds. But he's never set foot in the gym before and lifted a weight. It's like he thinks he needs to have them just to be in the gym but they don't know how to workout properly to begin with.

Yeah they can make you big, but if you don't know what you're doing and you don't know how to train (which is often the case with guys who jump into steroids when they first start working out) they don't do it properly, and they don't gain as much, not nearly as much as they possibly could. Steroids are the only thing helping them out and as soon as they stop, everything disappears. They haven't learned anything about training or diet, or anything else for that matter. That's not to say that we're pro-steroid, we're just saying that guys think of it as a magic pill, which it's not. Professional bodybuilders put a tremendous amount of work into their physiques. You need to know what you're doing or else you could be setting yourself up for spending a lot of money, time, and potential for major injury. That's why you've stumbled onto this site: to learn all this stuff without all the fluff.

Tyrell: That concludes our first audio session. Please sign up with your name and email address for our next coming up audio.

Kash: We'll be sending everyone an email address that you can send your questions and comments to, and we'll be answering those in upcoming audios. We hope you enjoyed this and we hope to hear from you soon.

Thanks again from HowToGetBigFast.com