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How To Successfully Build Muscle On a Vegan Diet

**3 Secrets That Helped Me Build
7.25 lbs Of Muscle In 28 Days**



BONUS
How I Gained
10.1 lbs with
3 Meals &
4 Exercises

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How To Successfully Build Muscle On a Vegan Diet

*3 Secrets That Helped Me Build
7.25 lbs of Muscle In 28 Days*

by Thomas Tadlock, M.S.

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How To Successfully Build Muscle On a Vegan Diet

Version 14.02

***“People eat meat and think they will become as strong as an ox, forgetting that the ox eats grass.”
-Pino Caruso***

A vegan diet, often referred to as a plant-based diet, is a diet that is completely devoid of animal products. More people are choosing to go vegan now than ever before, because of the vegan diet's vast, clinically proven health and disease preventing benefits. Some of these benefits include weight loss, increased energy, and resistance to diseases such as type-2 diabetes, heart disease, and cancer just to name a few. Additionally, many people are going vegan, because of the positive environmental impact that it has. Currently, a third of the land on our planet is used to raise farm animals. One large factory farm can create as much waste as the entire city of Los Angeles.

The vegan diet also saves animals from unnecessary suffering. This is the reason I decided to go vegan.

Despite the health, environmental, and ethical benefits of a vegan diet, many non-vegans who exercise to build muscle and muscle tone, especially non-vegan bodybuilders, are hesitant to switch to a vegan diet, because of the fear that it might make them lose muscle and strength. Because of the lack of protein-rich meat, eggs, fish, and dairy in a vegan diet, many vegans find it very difficult to build muscle.

For many vegans, it seems unattainable to be both vegan and muscular. These vegans choose to sacrifice a muscular physique for the greater good of their health, the planet and the animals.

This creates a moral dilemma for many non-vegans who want to build a healthy, sexy, muscular physique. The farming of animals has a 40%

larger carbon footprint than all the gas powered vehicles around the globe combined. Precious, oxygen generating, rainforests are being cut down worldwide to make more land available for raising cattle. The oceans are nearly 90% depleted of its marine life from commercial fisherman. The consumption of meat and dairy is also directly correlated to dramatically higher rates of cancer and diabetes.

Their animal-based diets come at the ethical and environmental cost to the planet as well as the risk to their health mostly without their awareness.

The good news is that it is not impossible to be both vegan and muscular. In fact, it's very possible to gain as much as 7.25 pounds or even 10.1 pounds in as little as 28 days on a vegan diet, and become stronger than ever. I know, because I've done it.

Check out the progression pictures in the following pages from my 4th and 5th attempts at building muscle on a vegan diet.

Vegan Muscle Attempts #1, #2, #3 How To Fail At Building Muscle On A Vegan Diet

***“I have not failed. I’ve just found
10,000 ways that won’t work.”
-Thomas A. Edison***

It took me 9 months to figure out how to do it right. I made 3 attempts with different vegan muscle building programs that I picked up from different books.

In the first attempt, I simply tried doing my typical muscle building routine that I’ve always used successfully when I used to eat meat. Only, I swapped out the meat with lots of processed veggie hot dogs, nuggets, and burgers.

It was an utter failure. I got fatter and weaker. My blood pressure and resting heart rates began to rise, and my energy levels dropped.



In my second attempt, I followed “The Meatless Machine II” plan that was in Tim Ferriss’ The 4-Hour Body. I needed to modify that plan slightly so that it didn’t contain any animal products. But sadly, after 28 days, I had virtually zero muscle or strength to show for it. Four months into being vegan, watching my physique degrade, I began to feel frustrated.



In my 3rd attempt, I tried to combine the nutrition strategy that I read in vegan bodybuilder Robert Cheeke’s book, Vegan Bodybuilding & Fitness (Paperback <http://amzn.to/1gciAO5> | Kindle <http://amzn.to/1ioWuqH>), and the Colorado Experiment workout

that's featured in The 4-Hour Body (Hardcover <http://amzn.to/1gjCenE> | Kindle <http://amzn.to/1naq4q9>).

The Colorado Experiment was a piece in Ferriss' book that featured a bodybuilder who gained 63.21 lbs of muscle in 28 days. My thought was to copy the workout routine, while doing Cheeke's meal plan.

For some reason, I couldn't seem to get it right. After 28 days, I gained 2 total pounds and just a little bit of strength.

I was definitely doing something wrong. There must have been something I was missing. Maybe I misread the guidelines in Cheeke's book, or maybe I should have followed his workout plan.



This was getting depressing, and my body was looking the worse I can ever remember it being.

It wasn't until the 4th attempt that I finally built muscle. It came to me one morning. I had a spark of intuition and decided to forget all the books and guides that I've read and put together a strategy that I think would work, based on my successful non-vegan personal experience, education, and work with over 20,000 students.

This attempt worked, and the results amazed me. Check out the progression pictures below.



Then, many years later, after studying the nutrition and workout programs of the top vegan bodybuilders in the world, I experimented with a drastically different approach and did a 5th attempt. The 5th attempt was my most successful, which built even more muscle and I gained 10.1lbs in 28 days. Check out the progression pictures below from my 5th, *even more successful*, attempt.



In this guide, I will go over both strategies. I will show you the key principles that I used to successfully build muscle on a 100% plant-based vegan diet in my 4th and 5th muscle building attempts.

I offer both to you so that you may choose a strategy that fits your preferences.

No matter which of the two strategies you chose, what I can promise you is if you apply these principles and follow the advice that I lay out in this book, I guarantee you will be able to build dramatically more strength, tone, and muscle on a vegan diet.

Vegan Muscle Attempt #4 3 Secrets That Helped Me Build 7.25 lbs Of Muscle In 28 Days

***“No amount of skillful invention can replace
the essential element of imagination.”
-Edward Hopper***

Frustrated with my weak, scrawny body, after 3 unsuccessful attempts to build muscle on a vegan diet, I was getting desperate. I was almost considering changing careers and getting out of the fitness business. After all, how was I supposed to market myself as one of the world’s top experts in body transformation if I couldn’t figure out how to get a cut and jacked body myself?

Then one morning it came to me. It felt like a download from the heavens. It came in the form of 3 powerful principles that I was not applying 100% in my previous attempts, and it seemed obvious to me this time that if I put them all together it would work.

I don’t mean to spoil the story, but it did work. I gained 7.25 lbs in 28 days, gained much of my lost strength back, and looked amazing.

Let’s go over these powerful principles that I combined to finally build some solid vegan muscle.

Step 1: Perform Muscle Building Exercises At A Muscle Building Tempo With Muscle Building Weight

Resistance training is the form of exercise that builds muscle. What do I mean by resistance training? I’m talking about weights, cables, bands, body weight... in other words, you need to do exercises that make your muscles strain hard and get fully exhausted in a very short period of time. Some great exercises are squats for the legs, bench presses for the chest, heavy rows for the back, and military presses for the shoulders.

In addition to doing the right exercises, you have to use the right resistance. How much resistance? You want to choose the heaviest weight that you can only do 6 to 12 repetitions with.

Now, assuming that you are always using the heaviest weight possible for each set, why 6 to 12 repetitions? I will give you four reasons.

Reason 1: after painstakingly examining over 50 research studies that have shown increased muscular size in its participants using exercise. The average repetition range that caused muscle gain in the greatest number of studies was between 6 and 12 repetitions.

Reason 2: after interviewing over 50 professional and amateur bodybuilders, the repetition range that the great majority of them have claimed to use to build their muscle mass was between 6 and 12 repetitions.

Reason 3: having personally trained over 20,000 personal training clients in my lifetime, out of the students who desired muscle mass, the 6 to 12 repetition range produced the greatest amount of muscle mass and tone in the shortest amount of time.

Reason 4: in my personal experience, performing the heaviest sets of 6 to 12 repetitions has produced the greatest amount of muscle in my body, versus any other repetition range that I have used. I have used anywhere from 1 to 4 repetitions and 20 to 40 repetitions for periods of time. But none of them come close to helping me build as much muscle as the 6 to 12 repetition range.

On top of doing 6 to 12 repetitions, you want to make sure that you are moving at a slow, controlled tempo. You want to choose a speed that makes you go to complete exhaustion in 40 to 70 seconds, while still doing only 6 to 12 repetitions.

This was something that I didn't add to my training program, and eventually my clients' training programs, until 2004, when I received

a personal training certification from the National Academy of Sports Medicine.

In their personal trainer curriculum, they taught about the use of repetition tempo to elicit very specific results. Longer tempos created the greatest endurance adaptations in the muscle, without building a lot of muscle. Short tempos created the greatest strength and power adaptations, without building a lot of muscle. The medium tempos, which only allowed you to complete 6 to 12 repetitions in 40 to 70 seconds caused the greatest amount of muscle cell growth.

Adding tempo control to my training added a level of intensity I never felt before, and gains I have never knew were possible.

It takes a little trial and error to discover the right weights, when combining tempo to the repetitions ranges, but if you document your workout with a pen and pad, you'll do great.

Step 2: Muscle Building Vegan Nutrition

Building muscle requires not only heavy weight training done properly, but the right nutrition to support it.

Building muscle, and any tissue, requires a high amount of nutrients. What nutrients do I mean? I'm talking about vitamins, minerals, phytonutrients, and enzymes. What foods have the greatest amount of nutrients? Vegetables, by far have the greatest nutrient density, and you want to consume at least 3-6 servings every day to maximize your muscle gain.

How much or how big is a serving? I'll make this one easy for you. Chow down until you are FULL. That's right, fullness is something that many of us who are trying to lose a lot of weight train ourselves to avoid. When it comes to muscle building, you need to eat to fullness. The biggest, baddest bodybuilders out there have stories of eating to the point of vomiting in order to create bigger muscle gains than their competition.

When I went through my rapid vegan muscle building phase, I was force-feeding myself as many vegetables as I possibly could. Thankfully, I have a powerful Vita-mix blender and used it to create green vegetable smoothies. Green vegetable smoothies are easier to get down, allowing you to get more precious, nutrient dense veggies into your system.

To build muscle, you also need a high amount of protein. How much protein? In my experience, working with over 20,000 clients, 1.25 grams of protein for every pound of body weight has always worked as a starting point.

I know this seems incredibly high! But hear me out first. Start at 1.25 grams per pound of bodyweight for at least 1-2 weeks and measure your results. If you're packing on some visible mass and getting strong like the incredible hulk in the gym, then it's working. Then you can start backing down your protein lower and lower until you no longer see those gains.

Some body builders have discovered they can get by on a little more than 60% of their bodyweight in grams of protein. The best strategy to guarantee muscle is to overshoot, get the muscle, then back it down until you stop growing muscle.

The biggest question I get from my fellow vegans is “where do you get your protein from?” I have seen the greatest amount of muscle built in my body and my clients using tofu, tempeh, and vegan protein powder.

VEGAN PROTEIN POWDERS I HAVE USED

(from favorite to least favorite)

Warrior Force Elite Green Cool Green (<http://amzn.to/1hYJ71a>)

PlantFusion Vanilla Bean (<http://amzn.to/1k8bcEf>)

Sunwarrior Warrior Blend Vanilla & Chocolate (<http://amzn.to/1fyt5Qw>)

Vega Sport Performance Protein Vanilla (<http://amzn.to/1fikicl>)

Warrior Force Warrior Food Extreme Choc Plus (<http://amzn.to/1dGaJHu>)

Pure Vegan Pea Protein Vanilla (<http://amzn.to/MZxrQm>)

Please note that there are many many many sources of protein that do not involve soy products and powder.

However, myself, my clients, and the most winning successful pro vegan body builder in the world, Torre Washington, use tofu, tempeh, and vegan protein powder for the majority of our daily muscle building protein.

Muscle building also requires a high amount of complex carbohydrates. The best sources of complex carbohydrates come from oatmeal, beans, and pasta. Bread, rice, and potatoes are also great complex carbohydrates to be used within 30 minutes after a workout.

Finally, the right mixture of omega-3 and omega-6 fats are essential for building rock-solid vegan muscle. These are easy to find. The best sources of omega-3 fats come from flax seed oil and flax seeds. Have a few tablespoons each day. My favorite nuts are great sources of omega-6 fats. Raw almonds, peanuts, and cashews are delicious and will help build muscle fast.

Step 3: Time it just right

For building muscle, the timing of your meals, workouts, and sleep is essential. Make sure your workouts are done no later than 3 hours before your intended bed time. Why? Working out too close to bed time can delay your ability to be tired enough to fall asleep by several hours.

To build muscle fast, you need to sleep to the point you feel fully rested and refreshed the next morning. For most, that's at least 8 hours of sleep per night. For you, it may be more or less. Either way, you don't want anything to sabotage your sleep, because that's where A LOT of muscle growth takes place.

Working out before your first meal, or before your first meal has time to digest, can also slow down your muscle building. Why? Because you need the calories from the food that you are eating to fuel your workout. However, it can take up to 3 hours for a meal to digest and

the calories be made available to help you get the best workout possible. Time your workout at least 1-2 hours after a meal.

Like I mentioned before, plan to eat a protein, carbohydrate, and fat rich meal within 30 minutes of your workout. Why? Because you have a cascade of hormones and biological processes that are occurring right after your workout that will take those extra carbs, protein, and fats and boost your muscle building speed.



The Results?

As I mentioned before, I gained 7.25 lbs after 4 short weeks. I worked out an average of about 4 to 5 times a week.

The most difficult part of the process was getting all of the protein in my stomach. Since my weight at the time was close to 200 lbs, my protein goal was around 225 grams per day. I would even shoot to get around 250 grams per day just to be safe. Since my primary sources of protein were pea protein powder and tofu, which meant I was eating 3 whole blocks of tofu a day and 6 scoops of disgusting pea protein a day.

After I finished my 4 weeks, I had a hard time sticking with the high protein. After a few more weeks, I started to taper down my protein intake. I ate

fewer blocks of tofu and fewer shakes. After 6 more weeks, I was down to eating, at most, 1 block of tofu a day and no protein shakes.

The shakes were just too disgusting for me to continue drinking them. Have you ever had something too often that you just get sick at the sight of it? That was where I was with the pea protein shakes.

Concurrently, as I tapered my protein intake down, I also changed my training style. Instead of spending an hour a day in the gym, I was spending 3 to 4 hours a day in the gymnastics center working on explosive jumps and flips.

Since I couldn't maintain my high protein intake and wasn't lifting heavy weights, I watched my muscle mass come back down to where I started.

Back to square one.

I knew that if I wanted to build my muscle mass back up, I would just have to suck it up and put down those protein shakes and blocks of tofu.

I became content with working on my gymnastics skills for a while and thought that maybe I would return to muscle building.

What was important to me was that I figured out SOME way to successfully build muscle.

I knew that I would eventually want to achieve a muscular physique again, but my stomach just couldn't hack it at the time.

Less Protein & 3 Meals a Day?

***“Doubt is the father of invention.”
-Ambrose Bierce***

Shortly after the success of my last vegan muscle building attempt, I met a professional bodybuilder who made me doubt every belief I had ever had about protein.



I met Torre “Tha Vegan Dread” Washington at the Vegan Health & Fitness Expo in Los Angeles, CA. I was standing with my wife next to a stage where professional photographers were shooting fit vegans.

I had my back turned to the stage, talking with my wife, when I noticed her eyes bulge out of her skull. I turned around to see what she was reacting to, and then I noticed my eyes bulge out of my skull and I uttered outloud, “What the F**K!?”

Behind me was the most ripped and massive vegan man standing their shirtless with long dreadlocks dangling from his head. His muscular size was far beyond anything I had ever seen on any vegan fitness forum and

even Robert Cheeke’s book, [Vegan Bodybuilding & Fitness](http://amzn.to/1gciAO5) (Paperback <http://amzn.to/1gciAO5> | Kindle <http://amzn.to/1ioWuqH>).

I quickly introduced myself to Torre and we hit it off immediately. He turned out to be the nicest, most humble guy. We talked training and nutrition, and then we got to the topic of protein. What he told me blew me away.

Torre weighs around 165 lbs and consumes between 110 to 160 grams of protein a day. That's far less protein than what I was consuming on my last successful attempt, and the idea of eating less protein and getting just as massive really intrigued me. I thought this could be something worth experimenting with in the future.



Recently, I met another incredible vegan athlete who took first place in the fit model category of the 2012 Naturally Fit Supershow, Chad Byers. Chad has a physique that makes your jaw drop from every angle. It's as close to a perfect physique as you can get by Men's Health magazine standards.

One of Chad's most distinguishing features are his massive arms. After interviewing Chad about how he built those arms on a vegan diet, he revealed something to me that made me flip out. What he told me flew against the grain of everything I ever thought I knew about building muscle.

He told me that he built and maintained his massively muscular physique on only 3 meals a day.

"Are you F**KING kidding me?" I said to him.

It was true, he showed me what he was eating. It turned out that he was getting the

equivalent of 6 or more meals a day squeezed into 3 gigantic ones.

It took a little research, but I did, in fact find some research studies that showed you could build and maintain muscle on only 3 meals a day. Chad was a living, breathing example.

What I learned from Torre and Chad turned my whole paradigm of vegan bodybuilding nutrition upside down. It made me very curious about the possibilities of using less protein and fewer meals. What if it was possible to gain muscle without having to eat as much protein as a typical bodybuilding nutrition plan would recommend, and with half the meals?

This alone could make it far more possible for anyone, especially the busy family man or women who has too much going in their day to prepare 6 meals a day and carry them with them everywhere they go.

My brain began obsessing, and I began a period of being a mad scientist to experiment with and explore the possibilities of making vegan muscle building easy.

Vegan Muscle Attempt #5 The Easiest Way To Build 10.1 lbs Of Muscle In 28 Days

***“I don’t think necessity is the mother of invention. Invention, in my opinion, arises directly from idleness, possibly also from laziness – to save oneself trouble.”
-Agatha Christie***

After the success of my last vegan muscle building attempt, I soon began to realize that it was going to be difficult to maintain. The protein consumption was very difficult to stomach every day, and the workouts were just long, complicated, and brutal.

I had eaten on a 2 to 3 hour basis for many years in the past, but with a family and business to manage, plus a very full travel schedule, it was getting old fast.

Chad Byers gave me an idea for the ultimate busy person’s muscle building meal plan using 3 meals a day. Building muscle on 3 meals a day would be a real game changer for so many. So I created a 3 meal-a-day muscle building plan.

Also going along with the theme of making vegan bodybuilding nutrition easier to do, I thought about how I could also simplify vegan bodybuilding weight training.

The traditional bodybuilding weight training routines that I have been taught involve a myriad of exercises for each muscle part. Typically, it involves doing 2 to 4 different exercises for each major muscle group, performing 3 to 4 sets, and 8 to 12 reps each. Focus on 1 or 2 muscle groups at a time, and train them once or twice a week.

Those workouts were way too complicated. I needed to simplify them, so I did. I came up with a simple, 4 exercise workout plan and put it to the test.

I used myself as a test subject and applied my 3 meal a day, 4 exercise vegan bodybuilding plan to myself over the course of 4 weeks and filmed every single workout. (Watch them all free here <http://MyVeganBodyTransformation.com>)

Do you know what happened?

I gained 10.1 lbs, 1.25” on each arm, shrunk my waist, nearly doubled all of my lifts in the easiest, no stress way I have ever experienced.

This was no doubt the easiest body transformation experience I have ever had.

I believe in simplicity. I believe simple is doable, and what’s doable gets results.

Below are the 3 key steps to applying the easiest and fastest vegan muscle building system ever created.

Step 1: 3 Vegan Muscle Building Meals A Day

You’re going to eat 3 gigantic whole food meals a day. You can have more if you like, but if you’re busy like me then 3 is an ideal number of meals.

The key to making 3 meals a day build muscle on your body is that those meals are packed with as many nutrients as humanly possible. In order to accomplish this, your meals will consist of almost nothing but whole foods and you will need to eat so much that you reach an uncomfortable state of fullness.

Here is a small list of some of my favorite whole foods that I eat mainly raw to get maximum nutrient value out of:

- Broccoli
- Kale
- Pluots
- Bananas
- Apples
- Tomatoes
- Avocados



I know that this list may seem very small, and it is. But really, this represents about 80% of everything that I ate during those 28 days, and it worked beautifully.

These are ingredients that you can also buy in bulk. I purchase bananas and tomatoes by the case and save a lot of money.

You can put these ingredients in a blender and make a gigantic smoothie out of the, which is what I do, or you can chew them individually. It doesn't matter as long as you are eating to absolute uncomfortable fullness.

If you are eating to uncomfortable fullness, then you are eating the equivalent of 6 bodybuilding meals squeezed into 3.

What about the protein?

One of the ideas I was testing is one that comes from Dr. Doug Graham and Dr. Caldwell Esselstyn. They claim that your body only needs 5% to %10 of its calories from protein in order to build muscle.

Taking all of the amino acids that come from eating the ingredients listed above to uncomfortable fullness yielded about 50 grams of protein a day for me.

I added 1 to 3 scoops of protein powder, either in between meals or to the smoothies, as a muscle insurance policy, which made my total protein intake come out to about 65 to 98 grams a day.

For a 200 pound guy like me, that's less than half of what the traditional bodybuilding guidelines would recommend.

I can't tell you *how* it worked, but I can definitely say that after becoming 10 lbs heavier and twice as strong, it worked.

Check out “My Vegan Bodybuilding ‘Meal Plan’” video, positioned just after Day 15, where I filmed an entire day of eating during my 28 day vegan muscle transformation.

Here's the URL:

<http://MyVeganBodyTransformation.com>

Step 2: 4 Muscle Building Exercises

To simplify the exercise component of building muscle fast on a vegan diet, I painstakingly studied the biggest, baddest physiques of all time. I studied their workout routines. I also studied the athletes who seemed to get the biggest the fastest, without “trying” to be a bodybuilder.

What I noticed was powerlifters and football players are by far the biggest group of non-bodybuilder athletes. A powerlifter's soul focus is lifting as much weight as humanly possible. A football player's

focus is to be able to access maximum strength, while being in a state of fatigue.

What I found very intriguing was that both powerlifters and football players do the same lifts!

They focus on 3 basic movements: squats, deadlifts, and presses.

This is where I had a big AHA! moment. These athletes are building massive muscles doing just 3 different exercises. Squats built the legs, deadlifts built the erectors of the spine, and presses built the arms, chest, and shoulders.

If I added rows as a 4th movement that built the lats and scapula retractors, then we'd have a complete muscle building program with just 4 exercises!

Looking at this, I had a thought, what if I simply trained these 4 moves as hard as I could, doing lots and lots of sets?

Traditional bodybuilding routines recommend 3 to 4 sets of 3 to 4 exercises for each body part, once or twice a week. What if I simply did 9 to 16 sets of 1 exercise for each body part, up to four times a week?

Well, it was worth a shot. The simplicity and elegance of this idea was just too appealing.

After 4 weeks, I nearly doubled the weight and lifts of nearly every lift. It worked like a charm. In fact, it worked better than any of the traditional, multi-exercise approaches I ever took in the past.



Squat



Deadlift



Step 3: Train the Whole Muscle

Perhaps the biggest factor that I see slowing keeping the results of gym-goers, vegan and non-vegan, who aspire to put on lots of muscle fast is their only working a portion of their muscles. Let me explain.

Every skeletal muscle (those are the muscles that move your limbs), in your body is comprised of three categories of muscle fiber types, red, pink, and white.

If you cut out your chest muscles, back muscle, leg muscles, arm muscles, you'd see that it's made up of a blend of all three of those muscle fiber types.

Now, here's the most important piece of information I could ever tell you about muscle fiber types that could unlock one of the biggest keys to you gaining strength and muscle size faster than you ever dreamed.

Muscle fiber types need to be trained very differently in order to grow!

Red muscle fibers grow when you go to muscular failure with 20 to 40 reps.

Pink muscle fibers grow when you go to muscular failure with 6 to 15 reps.

White muscle fibers grow when you go to muscular failure with 1 to 5 reps.

Now here's a tidbit of info that might make you say "AHA!" Your genetics determines how much of each muscle fiber type you have in each skeletal muscle.

How many bodybuilding articles have you read suggest a rep range of 8 to 12 for maximum hypertrophy (muscle growth)?

People who were born with the most pink muscle fibers in their muscles are the ones who will get the best in that rep range. That's not me, and it's probably not you too.

In order to grow muscles, even if you've been skinny and scrawny like me all your life, you need to train all the muscle fiber types.

Pyramids and drop sets are two of my favorite strategies for training all the muscle fiber types with a single exercise.

Pyramids

An example of a pyramid chest workout would involve using a bench press and starting with a the highest weight that forces you to quit between 20 and 30 reps. If you don't have a spotter, use a smith machine.

Increase the weight by 20 lbs every consecutive set, banging out as many reps as you possibly can. Keep doing this until you get to a weight that forces you to quit after 2 or 3 reps.

Then, take off 20 lbs after each consecutive set and continue to bang out as many reps as possible until you come back to your starting weight.

That is a complete pyramid and will thoroughly train all the muscle fiber types in your chest.

Drop Sets

An example of a drop set for the biceps would be using the heaviest weight possible for 2 to 5 repetitions of a biceps cable curl.

Then, after reaching muscular failure, immediately decrease the weight by 1 to 2 plates and bang out as many reps as you can.

Once you reach muscular failure again, decrease the weight and repeat.

How many sets you do depends on how much pain you are willing to take. My drop sets typically go for about 5 sets. I will go until I've reached a total of 20 to 30 repetitions so I know that I've trained all of my muscle fiber types.

CONCLUSION

Congratulations! You now know what it takes to successfully build muscle on a vegan diet. Not only will you be able to improve the size and strength of your muscles, but you'll also better your health and help the planet at the same time. I wish you massive success and hope

you enjoy the rewards of going vegan and building a strong, muscular body at the same time.

Get ripped and shredded on a vegan diet my friend! Letting the world know how you got your amazing body is the ultimate form of vegan activism.



Thomas featured in upcoming documentary, Game Changers, with Bonebreaker Barbell, James “Lightning” Wilks, and Rip Esselstyn



Thomas showing off his physique for the Vegan Bodybuilding facebook group’s “Flex Friday.”

If you enjoyed this special guide, and would like to build more vegan muscle faster please check out my vegan muscle building program, where participants have gained muscle faster and easier than ever before. I coach you step by step how to do it through video coaching sessions, tutorials, and step by step nutrition strategies.

Go to VeganMuscleProject.com.



If your ultimate dream body on a vegan diet includes looking super lean and tight, please check out our results-record breaking vegan body transformation programs like The 10 Day Vegan Tummy Tightener, where the average number of inches lost from the waist has been 2.2 inches in 10 days. For most, that has gotten them to the next lower pant size.

Go to VeganTummyTightener.com.

Master Trainer Thomas Tadlock's

10 DAY VEGAN TUMMY TIGHTENER

38 39 40 41 42 43 44 45 46
16 17 18 19 20 21 22 23 24

The Complete Digital Personal Training System For Shrinking Your Waist Fast

- WORKOUTS
- EATING PLAN
- RECIPES
- VIDEO TRAINING
- SHRINK

The advertisement features a central image of a woman's midsection with a yellow measuring tape wrapped around her waist. The text '10 DAY VEGAN TUMMY TIGHTENER' is prominently displayed in large, bold, green and white letters. Below the title, the text 'The Complete Digital Personal Training System For Shrinking Your Waist Fast' is written in white. To the right of the main image, a vertical list of program components is shown in white and green text: 'WORKOUTS', 'EATING PLAN', 'RECIPES', 'VIDEO TRAINING', and 'SHRINK'. Below this list are four small video thumbnails showing a person performing various exercises in a gym setting.

To stay fit, ripped, and healthy while saving our planet, be sure to tune in to our online Vegan Body Revolution Radio Show On Itunes (<http://bit.ly/1qnl3JT>).

I want to thank you from the bottom of my heart for taking the time to read my free muscle building guide.

Yours In Health,

Thomas Tadlock

P.S. I'd love to hear your comments about this guide, so if you prefer to email me rather than posting a comment on our facebook fan page, feel free to send your comments to info@smoothieshred.com and don't forget that my website has lots of articles and free videos to help you build your ultimate dream body on a 100% plant-based vegan diet.

