Twitter Thread by Francis Melia



Francis Melia
@CoachFHM

5 golden rules of building muscle ■■

THREAD ■■



1- ABSOLUTE ADHERENCE

If you wanna get anywhere in this gym game you need to stick to your training plan with ruthless consistency for fucking years.

That's what it genuinely takes.

I don’t wanna hear no lame excuses for missed sessions.

I’m sick of all these shit excuses from people as to why they can't train that day.

Bullshit, it just isn’t a priority for you.

Without adherence, you’ll get absolutely fuck all from your training and that’s a fact.

2- TRAINING INTENSITY

Quite simply, most people just don’t train hard enough in the gym. When it starts to hurt people throw in the towel.

GET COMFORTABLE BEING UNCOMFORTABLE!

That’s the only way.

Most sets should be taken to 0-3 reps in reserve (RIR) to elicit an optimal hypertrophic response.

If you can do 12 reps, but you stop at 6, you’re not training hard enough. Simple

3- MANAGING RECOVERY

No, you shouldn’t be training everyday. Your body recovers outside of the gym, not in it.

All this bullshit from the train everyday crowd “go hard bro, don’t be a pussy” needs to stop.

They’ll just end up injured, beat up and with dogshit results.

Get your 7-9 hours sleep every single night and make sure you manage other stressors in life as well.

Allow yourself some time to detach and chill out, it’s needed.

4- CONSISTENT NUTRITION

This is another area where lifters fall too often.

It’s gonna do a sweet fuck all for you if you hit your calorie and macros Monday-Friday and then it all goes to shit at the weekend.

I hope you’re noticing a pattern here. RUTHLESS CONSISTENCY.

Another problem is lifters claim that they can’t eat enough.

I call bullshit again.

If it means enough, you’ll find a way to get those calories in every single day if you’re serious.

5- EXERCISE SELECTION

If you wanna become as jacked as possible, pissing around on machines and cables exclusively will get you nowhere.

Utilise the big heavy basics that will give you the most bang for your buck every time and sprinkle in some added isolation work.

The guy who takes his bench press up to 315lbs for reps will look better than the guy fucking around doing 17 sets of cable flys.

Understand this early on and you’ll go far in the training game.

These simple rules will especially be helpful for beginners/intermediates who are genuinely unsure at times about what they’re doing in the gym.

They also serve as a good reminder to us lifters with experience, that we are still on the right path and not training like a sissy.

Grab your copy of ‘Fluffy to Ripped’

A No Bullshit guide to fat loss ■■

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