

The Vegains Training Guide




VEGAINS

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Stupid Question

Let's start with a stupid question I get all the time: Do I have to be plant-based/vegan to build muscle? No! Being vegan doesn't really have anything to do with building muscle. As long as you get enough calories and protein, your muscles are happy and don't really care where they come from. However, eating plant-based, or mostly plant foods, is certainly healthier and has other countless benefits for the environment and the animals, for example. I cover all of that in [The Vegains Nutrition Guide](#), so check it out as well if you want to thrive on plants. Back to the topic of this e-book: Building muscle. Building muscle is simple, especially at the beginning IF you stick to the principles you will learn in this guide, so let's get started.

My Story

I have always wanted to build muscle and have an aesthetic physique. I tried so many sports, but it always came down to building a better physique so I felt more comfortable in my skin. Simply because I didn't really feel at ease in my skin and with my body. I was a skinny guy who people didn't take seriously, and girls were not interested in me. Even though I felt like a strong guy on the inside, I didn't reflect that from the outside. So I asked myself: What is the best way to build muscle? Weightlifting, of course! I signed up at my local gym and started to lift. I had no clue what I was doing, so I looked around and tried to mimic the exercises people, who were bigger than me, were doing around me. I really spend a lot of time in the gym but with this unstructured training and not understanding the principles of building muscle, I made very little progress and my physique didn't really change at all.

I stumbled upon a plant-based diet because I watched vegan fitness YouTubers who spoke about the benefits of a plant-based diet for building muscle. Many of them challenged their viewers to try it for a month. Long story short, I started my vegan journey selfishly over 4 years ago because I wanted to build muscle. After this month I continued eating plant-based because my acne went away, I felt great, and my performance was on point so why stop? Later, I found out all the other benefits regarding health, animals, and the environment, so there was no going back for me to a diet containing animal products. And why would I have? I felt great. I still hadn't gained any muscles, but now I was motivated like

never before because I wanted to debunk this stupid myth that I got all the time back then that “you can’t build muscle as a vegan”.

So I stopped copying what other people in the gym were doing and dug into the research. I read a lot of books on the subject and studied online courses where I learned the principles of building muscle and how to structure a training plan. From this point on, I gained over 20kg/45lbs of solid muscle mass and am still gaining. For example, I progressed in the squat from only 30kg/65lbs to +140kg/310lbs and in the deadlift from 50kg/110lbs to +170kg/375lbs, because strength correlates with muscle mass as you will learn later. So now I will teach you these basic principles as easily as possible in order for you to know what you are doing and to be able to structure your training that actually makes you stronger and more muscular without wasting another training session.



How do muscles grow?

To produce muscle growth, you have to apply a load of stress greater than what your body or muscles had previously adapted to. How do you do this? The main way is to lift progressively heavier weights. This additional tension on the muscle sets a stimulus which makes the muscle cell repair a little bit bigger than before to be stronger and better adjusted to/

prepared for the heavier weights. Note that this process happens when you rest. While you train your muscles break down and you set the stimulus. This is called the catabolic process and when you come home, rest, and eat food, you switch to the anabolic process. Using progressively heavier weights is crucial for strength, and therefore muscle growth, because it sets a proper muscle stimulus which makes us grow. If we don't progress and just chase the pump, we are mostly only moving glycogen through our muscles, but aren't setting a stimulus that makes us get stronger and grow. That's why this guide will teach you how to progressively overload so you get stronger and more muscular.

Nutrition

Training

Recovery

Continue reading

Let's start with nutrition because there isn't really much to it. We are not talking about a healthy diet but just what is necessary to get in, in order to build muscle. However, if you want a healthy well-balanced diet, I would highly recommend my other eBook, [The Vegains Nutrition Guide](#), to you. To build muscle we need enough calories (the more nutrient dense those calories are, the healthier it is) and enough protein.

The most important thing is that we get enough calories, **because muscles are a luxury product**. Our body isn't really interested in building muscle. Our body is much more interested in keeping us healthy, keeping our organs functioning properly, renewing our cells etc. Not until all that is covered can our body have the capacity to build muscle. That is