

NUTRITION

Eating a balance diet is the most important part of weight/muscle gain.



CALORIES: A calorie is a unit of energy.

The United States government states that the average man needs 2,700 kcal per day and the average woman needs 2,200 kcal per day (Brazier, 2017).

Macronutrients: a type of food (e.g. fat, protein, carbohydrate) required in large amounts in the diet (May, 2021).

INCREASE YOUR CALORIES IF YOU WANT THE GAINS.

WEIGHT TRAINING

Progression Overload: gradually increase the weight, frequency, or number of repetitions in your strength training routine (Peterson et al., 2010).

Example:

Week 1: 10 reps @ 100lbs
10 reps @ 100lbs
10 reps @ 100lbs
Total: 300lbs

Week 2: 11 reps @ 110lbs
10 reps @ 100lbs
10 reps @ 100lbs
Total: 310lbs

TRAIN WITH INTENSITY AND PURPOSE.



MALE COLLEGIATE ATHLETES WEIGHT GAIN FOR FOOTBALL



References

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