

TO SUM UP...

These are the evidence-based and scientific facts about building muscle mass. **No gimmicks.**

- Adjust caloric intake to consume excess calories, focusing on high-quality protein.
- Focus and supplement with leucine, not just a general mix of branched-chain amino acids.
- Focus on muscle failure, not reps.
- Give your strength training session 100 percent effort and increase volume incrementally, while also including recovery time.

There you have it, we've gone back to the basics and reviewed the facts you need to get your client to his or her next goal.