



*Old School*  
**New Body**  
PRESENTS...

# Ultimate Muscle-Building Secrets

**GAIN LEAN MUSCLE AND  
DO IT FASTER THAN EVER!**

**SPECIAL REPORT**

**BY STEVE & BECKY HOLMAN**

*Ultimate Muscle-Building Secrets* was written to help you achieve a lean, healthy muscular body, a more youthful appearance and a happier, sexier disposition with sensible tips and strategies. Proceed with the suggestions in this e-book at your own risk.

Photography by Michael Neveux

Copyright © 2012 by Homebody Productions  
All rights reserved.

The material in this document may not be reproduced in whole or in part in any manner or form without prior written consent from the publisher.

**Homebody Productions, P.O. Box 2800, Ventura, CA 93002**

**[www.OldSchoolNewBody.com](http://www.OldSchoolNewBody.com)**  
**Homepage**

# INTRODUCTION

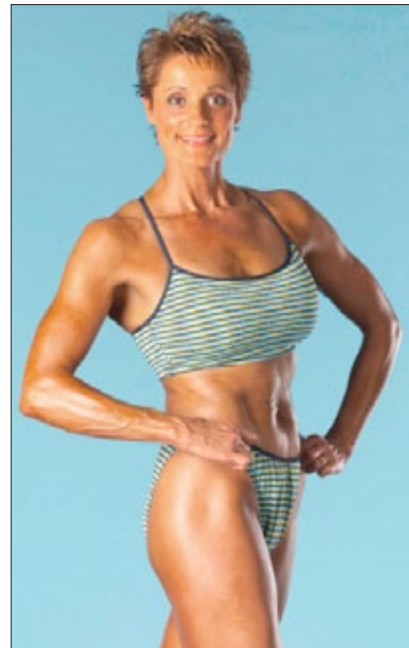
If you've read our e-book *Old School New Body*, you know that muscle is the holy grail of health—or at least in the top three (diet and movement is up there too).

Muscle helps rev your metabolism so you burn more calories, even at rest; it improves insulin sensitivity so you don't need as much of that often dangerous fat-storing, aging hormone; it provides more storage for carbohydrates so fewer turn to fat, at least after you work out intensely; and it simply makes you look and feel better. Oh, did we forget that it can also improve your ability to fight aging? It can!



All of that means that no matter what your age, you want to build more muscle, and that's what this special report is all about. No, it's not a workout guide, but it will provide loads of tips to improve your workouts and get you healthier. Let's get going to get your muscle growing.

—Becky and Steve Holman



# Ultimate Muscle-Building Secrets

- **Leucine** is a key muscle-building amino acid. According to the January '06 issue of *Prevention*, "Recent studies show that leucine can promote muscle building when overall calories are low." One great source is cottage cheese, which has almost 1,500 milligrams per half cup.

- In a new study volunteers who anticipated watching a **funny movie** had 27 percent more endorphins and 87 percent more human growth hormone. Both of those substances enhance the immune system, and GH can help boost fat burning and muscle growth [*Bottom Line Health*, March '07].



- **L-carnitine** is getting high marks as a potent fat-to-muscle supplement, as it helps move fat into the mitochondria of cells for energy production. A recent study showed that having higher levels of muscle carnitine helps preserve glycogen and forces the body to burn more fat for energy. Another study found that it increases anabolic receptors in muscle tissue, an effect that would make muscles more responsive to training. Two to three grams of L-carnitine, spaced throughout the day, can help you get bigger and leaner.

- Nitric oxide supplements can enhance the pump during a workout. Research also suggests that NO can do good things for fat burning too. Most NO precursors are arginine based; however, there may be another pump producer in town—**pycnogenol**. It's a plant extract that appears to enhance NO production too, and studies indicate that it can lower blood pressure. Try taking 100 milligrams with your NO-booster supplement before a workout—weights and/or cardio.

- According to new research, **caffeine** helps block pain-stimulating chemicals. A dose of caffeine, given to subjects in pill form prior to a training session, reduced pain by about 50 percent. Sounds like a good preworkout combo might be coffee and beta-alanine, as the latter loads muscles with carnosine to buffer muscle burn. It should have you pushing into the pain zone on every set for new growth simulation.

- **Eggs** may help you build muscle *and* lose bodyfat without adverse health effects. A study from Pennington Biomedical Research Center in Baton Rouge, Louisiana, found that subjects who ate eggs for breakfast lost twice as much weight as those who didn't have eggs. The scientists said that the protein and fat content of the eggs decreases hunger, reducing the total calories the subjects ate throughout the day. Recent research also shows that eating a few eggs during the week won't adversely affect your heart. Plus, eggs contain plenty of muscle-building properties, like a full complement of amino acids—perfect bodybuilding protein.

- **Water** can increase your strength. Getting adequate hydration prior to a workout enhances nervous system activation, which speeds muscle contraction. Drink eight to 16 ounces of water before you hit the gym.

- **Broccoli** seems to help reduce estrogen in men, boosting testosterone power. The effect is due to a phytonutrient called indole-3-carbinol.

- **Garlic** can help raise testosterone. Animal studies suggest that garlic combined with a high-protein intake can increase that anabolic

---

*Water can increase your strength. Getting adequate hydration prior to a workout enhances nervous system activation, which speeds muscle contraction.*



hormone. Try garlic supplements instead of sabotaging your fresh breath.

- **Glutamine**, a conditionally essential amino acid, appears to do more than bolster the immune system. It can also increase levels of L-leucine—considered the most anabolic essential amino acid—in muscle fibers.

- **Skim milk** may be a perfect base for your postworkout powder. A study from McMaster University in Ontario, Canada, found that drinking skim milk after rigorous weight-training workouts increased lean-mass gain and fat loss.



- **Magnesium**—about 400 milligrams—can help muscles relax to ward off cramps and enhance recovery from workouts. Take it before bed to increase drowsiness. Calcium-magnesium-combo capsules are best.

- **Water** can increase testosterone—if you're dehydrated. A study in the *Journal of Applied Physiology* reported that dehydrated trainees had reduced test levels compared to those who worked out fully hydrated. Apparently, low hydration increases cortisol, which saps testosterone. Drink up before, during and after your training.

- **Niacin**, a B-vitamin, is a known vasodilator. A dose of about 500 milligrams can open blood vessels, which can improve your pump at a workout, not to mention your erectile abilities.

- Bodybuilders know that they need carbs immediately after a workout to help replenish muscle glycogen. They also add protein to get muscle-building amino acids when the anabolic window is open postworkout. You may also want to add **caffeine** to the mix. A group of Australian scientists found that athletes who took in carbs with caffeine immediately after a hard workout got a more than 60 percent increase in glycogen. Caffeine appears to help shuttle glucose into muscle tissue.

## Anabolic Fish Oil

You know that the omega-3 fat in fish is good for your heart, but now there's an anabolic reason to eat fatty fish or take fish oil capsules. Canadian scientists found that omega-3s accelerate protein synthesis and decrease hunger.

That may explain why Nicholas Perricone, M.D., in his book *The Perricone Weight-Loss Diet*, says his anti-inflammatory eating recommendations, which include a liberal intake of omega-3s, reduce bodyfat and preserve muscle: "Physicians have long been puzzled by the following fact:

When people lose a significant amount of bodyweight, 50 percent of it is muscle mass. This loss of muscle mass is responsible for that drawn, aged appearance of those who have lost weight. Yet my patients following the anti-inflammatory diet exhibited none of this loss of muscle mass." Dr. Perricone goes on to explain the connection between inflammation and obesity, and how omega-3 fats can reduce inflammation, which is also linked to cancer and other illnesses.

Here's another quote from his book that will be of interest to bodybuilders: "What steroid users don't know is that omega-3 essential fatty acids can deliver the effects they want—significantly improve athletic performance, helping to make muscle cells stronger and more efficient; actually build muscle and lose bodyfat—without the dangerous side effects. There are even steroidlike substances in the body, like PPARs, that can help achieve those goals when activated by omega-3."

The moral: Whether you're trying to lose fat, gain muscle or both, get plenty of omega-3 fats every day, be it from fish or fish oil capsules or liquid.





- A study reported in *Medicine and Science in Sports and Exercise* finds that getting adequate **sunshine** can increase athletic performance by 10 percent. Apparently, vitamin D works in the body as a steroid hormone that can upregulate your capabilities in the gym or on the playing field. That may be because vitamin D has been linked to testosterone production.

- A cell's mitochondria are its energy factory. So anything you can do or take to improve those powerhouses can give you more energy. **Coenzyme Q10** is just such a nutrient. It increases the ability of the mitochondria to create adenosine triphosphate—ATP—which is like cell jet fuel. Interesting that creatine also plays a role in boosting ATP, so CoQ10 and creatine may be a good preworkout elixir for helping you power up more weight for greater growth stimulation. Start with about 50 milligrams of CoQ10.

- Feeling listless before a workout? Thinking about skipping the gym? Peel and eat an orange. According to the January '11 *Prevention*, research shows that **citrus** stimulates the olfactory nerve inside your nasal cavity, activates the limbic system of your brain and boosts your energy and mood. Plus, the low-glycemic carbs—only about 17 grams—will help fuel and replenish your muscles.

- During digestion protein breaks down into amino acids. If, however, you're trying for specific effects—like building extra muscle tissue with BCAAs—taking them with food can blunt their effectiveness. According to the March '11 *Better Nutrition*, individual amino acids compete for absorption, so it's best to take your muscle-boosting **BCAAs** 30 minutes before or two hours after a meal.

As far as fruits go, **apples** are at the top of the list—low glycemic, high in fiber, 10 grams of carbs. Even so, a recent item in the September '11 *Health* ascribed even more benefits to the crunch fruit: "This well-known doctor deterrent also lowers cholesterol.... New research from the University of Iowa suggests the skin may help build muscle." You read that right—apple peel appears to be anabolic.