

Nerd Fitness - Bulk Like the Hulk Axioms

1) Believe you can be bigger.

Many people your size have put on weight. They can do it. You can do it. Think BIGGER.

2) Work compound movements in the gym.

Go for the most "bang for the buck" exercises: Squats, Deadlifts, Overhead Presses, Push-ups, Pull-ups, Rows, Dips

3) Eat more. Track more.

You need to consume more calories, of course, but you need to quantifiably know that you're eating more. This can be simple (track meals in a week or increase portion sizes/amounts) or complex (macro/calorie counting). Get numbers!

4) If you aren't gaining weight, you aren't eating enough.

When in doubt, eat more. You will not get too bulky. Every few weeks, look in the mirror and step on the scale. Don't see any changes? Train heavy, eat MORE!

5) Don't try fat loss and muscle gain at the same time.

These goals are in opposite directions. Don't ride two horses with one saddle. If you need to lose weight/fat first, do that first. Then, build muscle.

6) Dial back on cardio.

Excessive cardio is not conducive to muscle and weight gain. Train heavy, go for walks.

7) Shakes are your friend.

Shakes should not replace meals, but can be a way to get in more calories during the day. They're especially good post-workout. Use wholesome ingredients like milk or water, protein powder, some frozen fruit, almond butter, olive oil, or other high calorie ingredients. Try different recipes.

8) Recovery is essential.

Sleep well and sleep a lot. Learn de-stressing techniques.

9) Consistency is the key.

One big meal doesn't make you big, just like one workout doesn't make you fit. It takes consistency and time. Find a rhythm and routine you can live with consistently

The Nerd Fitness "Get Bigger" Shopping List

This is certainly not an exhaustive list, but it should get you started!

- Green = Great to eat by most people (eat a variety!)**
- Yellow = Moderation when eating. Some people may not tolerate these.**
- Red = Less healthy, not the best choice**

Protein

#1 priority. Include in every meal.

- Eggs - cheap and nutritious
- Chicken breast
- Chicken thighs - like chicken breast, with more fat/calories
- Ground meat - any type
- Canned Tuna - cheap!
- Salmon/other fish
- Bacon/Sausage - high in calories, but consume in moderation
- Whey protein powder - excellent addition to shakes

Fruits/Vegetables

Eat a variety. Include in nearly every meal.

- Bananas
- Oranges
- Apples
- Blueberries
- Broccoli
- Cauliflower
- Spinach
- Peppers
- Garlic and Onions - excellent to add to any meal for added flavor

Starchy Carbs

Include in meals after a workout.

- Sweet potatoes/ Potatoes
- Quinoa
- Beans
- Squash
- Oatmeal
- Rice
- Pasta - refined and not preferred, but inexpensive

Fats

Calorically dense! Cook with them! Eat several times a day.

- Olive oil
- Coconut oil
- Mixed Nuts
- Avocado
- Almond butter/peanut butter
- Grass-fed butter

Dairy

Proceed with caution. You may or may not be able to tolerate some dairy well.

- Almond Milk
- Whole Milk
- Greek Yogurt
- Cottage Cheese
- Cheese