

# Your **10** Pounds in **1**-MONTH **MUSCLE** **PLAN**



**From The Man Who Brought You  
*No Nonsense Muscle Building and  
Maximize Your Muscle***

**BY VINCE  
DEL MONTE**  
*aka The Skinny Guy Savior*

[www.vincedelmontefitness.com](http://www.vincedelmontefitness.com)

# **Gaining 10 pounds of pure muscle is significant, and doing it in only four weeks isn't exactly a long period of time to successfully achieve this goal.**

But don't fool yourself: It is possible, as long as your commitment and consistency in the kitchen is as honest and intense as your effort in the gym.

Will you gain ten pounds of dry muscle mass? Probably not but you can certainly gain up to ten pounds of lean muscle mass, which consists of dry muscle, glycogen and water weight, also known as fat free mass.

Essentially the ten pounds this report promises will be everything but fat. I consider this muscle and some fitness professionals like to stress it's lean muscle to be precisely accurate and differentiate.

**Simply put, *lean muscle, muscle, muscle mass*, whatever you want to call it – looks hot, sexy and good on every body!**

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**Why do you want it? Here are some quick no nonsense reasons:**

**1. Muscle is a metabolic marker that tricks your body into thinking it's younger.**

The more muscle you have, the younger you look. Don't believe me? Find a muscular 75-year old guy at your gym. I guarantee he looks like he's in his 50s.

**2. Muscle burns fat.** Muscle increases the amount of calories you burn throughout the day. Whether it's 1 calorie or 1000 calories (another academic debate I don't get into), it burns more calories than being fat. Your take home message: You're an idiot if you don't want muscle on your body.

**3. Muscle increases the quality of your life.** Weight training increases your tendon, ligament and joint strength and prevents you from being weak and frail and looking like a pushover.

**4. Muscle gives you confidence.**

The only problem with muscle is that it's like a drug. Once you get some, you want more and more. I use my muscle to serve and inspire other people, not just to glorify my body and fall in love with myself. Use your muscle to inspire others as well.

**5. Muscle tells the world that you are in control and you get what you want.** Standing out tells people that you are a hard worker, focused and driven.

**6. Muscle makes you look hot naked.** Do I really need to elaborate? Life is too short to



On vacation for my recent 30th birthday in Punta Cana!

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look sloppy and average. Fact is, if you want a hot spouse, then you better buff up because likes attract likes. Rarely will you see a super ripped guy with an overweight girl and vice versa. This isn't superficial; this is just how we're all wired. Everyone wants to trade up in life. No one wants to trade down, so build a body that is an appealing trade up. If you're already married (like I am), keep the flame hot in your marriage by looking your best. I train just as hard (probably harder) now that I'm married compared to when I was single. I want my wife to be proud of what she's got. She does the same for me. We have sex seven times a day because of this. Just kidding but we definitely have a lot of fun together.

We could go on for a while, and if none of those reasons connected with you or sold you, I have no idea why you're even reading this report!



1 day before I proposed to my fiancée on November 26th - the day of my 30th Birthday. Pretty cool present I gave myself eh?



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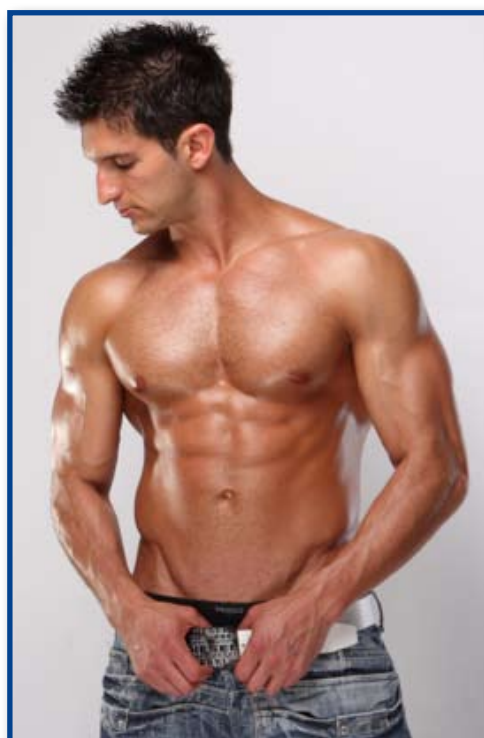
## The “Skinny Vinny” Transformation

When I transformed my body from May 2002 – October 2002, I went from a scrawny 149 pounds to 190 pounds in 24-weeks. My gain in weight was lean muscle, not dry muscle as you could suspect.

In the first month alone I gained 21 pounds and then gained the additional 20 pounds over the course of the next 5 months.



**BEFORE**



**AFTER**

**Side Note:** Throughout this report I will refer to you as a bodybuilder because my definition of a bodybuilder is anybody who wishes to do two things:

1. Build Muscle.
2. Burn Fat.

If those are your goals, you're a bodybuilder. Seeing yourself as bodybuilder might, in fact, indirectly increase the rate that you gain ten pounds of muscle.



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## Is This The Program I Followed To Transform My Body?

No. That is found in my best-selling book *No Nonsense Muscle Building*, which you can pick up at <http://www.VinceDelMonteFitness.com> and it includes my entire 6-month program plus an additional 6-months of advanced training.

What I have for you today is a scientifically engineered meal plan and training plan to ensure you pack on 10 pounds of muscle in one month's time.

If I can't help you gain one pound of muscle, I don't expect you trust me in helping you gain 20, 30, 40 or even 50 pounds of muscle.

I don't believe that ten pounds of muscle is a lofty goal, but if you follow the wrong information then it certainly can. Let's get started.

### The Tale Of The Scale & How To Gain Ground

It takes a substantial amount of calories to add 10 pounds of muscle: 20-22 per pound of bodyweight per day, or about 3,600 daily calories for a 180-pound man.

There are dozens of formulas to calculate this but I consider the formula above "The Easy Method" and it proves to be a very useful starting point. Be aware, as any formula calculator is just an educated guess and starting point. You might have to remove or add calories based on how your body responds next week so don't lose sleep over the "accuracy" of this method. It's a solid formula to get you started. Let's continue.

Eating the right amount of calories is only one piece of the puzzle; the second piece requires you to get the proper balance of protein, carbohydrates and even fat.

In the "Gain 10 Pounds" sample nutrition plan below, you'll see that on training days



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you'll eat about 2 grams of protein per pound of bodyweight daily (360 grams for a 180-pounder), which is double my typical minimum recommendation.

## Why The Increase In Protein?

The reason for this bump in protein on training days relates to the fact that you're hammering your muscles in the gym, and you therefore need to have a large amount of protein to recover and promote hypertrophy (muscle growth).

Research backs this theory up stating that by providing your muscles with sufficient amino acids from protein promotes muscle growth, even in the absence of training. So supplying your muscles with extra protein in addition to following the "Gain 10 Pounds" training plan, gives your muscles no other option but to push growth to the next level.

## What About Carbohydrates?

So you understand the importance of protein, but how about carbohydrates? I suggest you take in more than 2 grams of carbs per pound of bodyweight per day (that's more than 260 grams for the 180-pound guy).

Carbohydrates not only provide your muscles with the fuel they need to conquer the intense training session, but will also help them stay full and large.

## What About Fats?

Even fat plays a critical role in your "Gain 10 Pounds" plan, including saturated fat in moderate amounts. Fat is vital for boosting muscle growth because it enhances testosterone production. Healthy fats from avocados, mixed nuts, natural peanut butter and olive oil will promote muscle recovery, muscle growth and joint recovery. They are also an easy form of hitting your goal calories.

Shoot for 0.5 gram of dietary fat (90 grams for the 180-pounder) per pound of bodyweight per day.

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## The Double Up On Breakfast Strategy

You'll find your greatest amount of will power comes in the morning when you're fresh and ready to attack the day, starting with your "Gain 10 Pounds" meal plan. This is one reason why you'll notice that every day of the mass-gain meal plan consists of two breakfasts.

The second reason is that the morning is the most catabolic time of the day (next to the post workout period) and the double breakfast will ensure your body hits that anabolic switch to ensure you're not breaking down your own muscle tissue for energy.

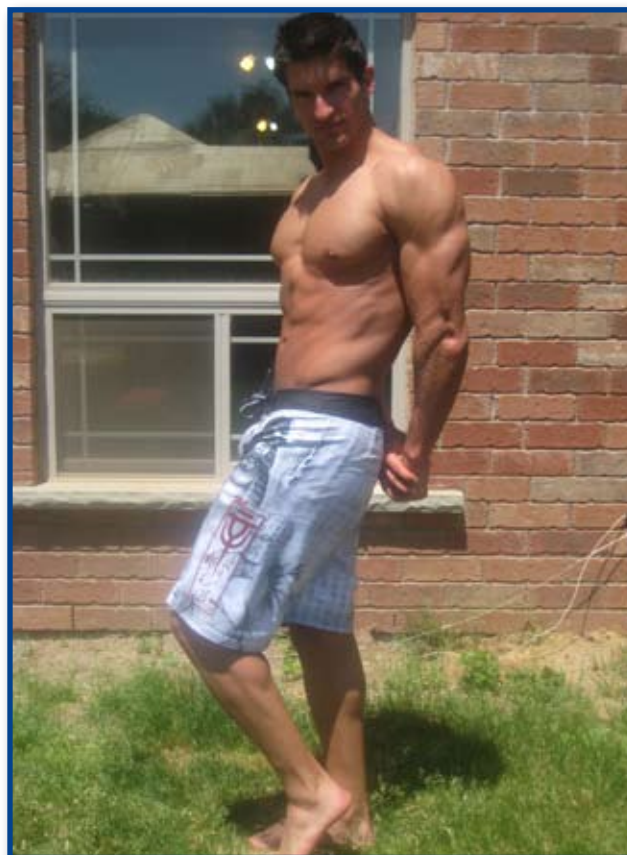
The first breakfast consists of fast-absorbing protein and carbohydrates and should be eaten within minutes of waking up to prevent further breakdown of muscle for fuel; which occurs while you sleep.

A little while later (you can prepare this immediately after you finish your first breakfast), you'll eat a second breakfast that supplies slower-digesting carbs for long-lasting fuel and nutrient supply.

## Sleep Deep While You Snooze

Since bodybuilding is 50% training and 50% nutrition, what room does that leave for recovery? Apparently not much. But it would be a mistake – a huge mistake – to underestimate the role of recovery; the most critical element of which is sleep, in the bodybuilding process.

Deep sleep induces a cascade of



I'll admit... I'm not the best poser! This is 7-days before the World Fitness Model Championships in June 2008. I placed 3rd in my category of about 16 guys.





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hormonal effects that are essential to muscular recovery and growth. In fact, muscular development (and fat loss) from weight training depends on sufficient amounts of sleep.

The most crucial role of deep sleep on recovery and continual muscle growth comes from the accompanying release of growth hormone from the anterior pituitary, which creates an optimal environment for enhancing anabolism and suppressing catabolism.

I recommend a minimum of eight hours of sleep a night and the more sleep you can get before midnight, the better. That means it's better to sleep from 10pm to 6pm, rather than midnight to 8am.

There is mixed research to support this theory, but I can personally testify that I get better quality sleep when I put my head down before midnight. See for yourself.

Take note of the pre-bedtime supplements that are known to synergistically promote muscular development and growth hormone while you sleep. Now that you know all this, and after applying it, you should sleep better and grow faster.

### Lower Calories On Rest Days

Makes sense right? Since you are not training on these days you are not burning as many carbohydrates and calories as you do on your training days.

Drop your calories to 17-20 per pound of bodyweight (3,400 calories per day for the 180-pounder using a multiple of 19) and take in only 1 gram of carbohydrates per pound of bodyweight.

Protein stays the same or close to 2 grams per pound, and fat can rise slightly higher to 0.75 grams (135 grams for the 180-pounder), which puts an emphasis on healthy fats for joint recovery and muscle recovery.



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## Cardio For A Healthy Heart

To build 10-pounds of muscle in one month, it's key to slow down your metabolism so that your body can maximize the calories for growth.

Most forms of cardio can lead to muscle stripping and wasting and put your body into a catabolic state where your body uses muscle for fuel. Not good.

I recommend cutting out any form of intense activity that will compromise your mass-eating efforts this month or else you're going to have to eat even more than the meal plan prescribe.

For heart health, maintain no more than ten minutes of pre workout cardio as a warm up and no more than ten minutes of post workout cardio for a cool down. That's 20-minutes four times a week and will certainly not make you the fittest guy in the gym but it'll be steps towards becoming the most muscular guy in the gym.

Each week you should be measuring your body fat and weight and should be gaining at least 2.5 pounds of muscle each week.

If you're gaining fat instead of muscle, do not change your weight training plan or meal plan; just bump the cardio to 15 minutes pre and post workout for a total of 30 minutes each session. No more than 20-minutes pre and post workout (40-minutes total) should be remotely necessary.

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## Measure and Monitor Your Progress

There are a number of ways to do this:

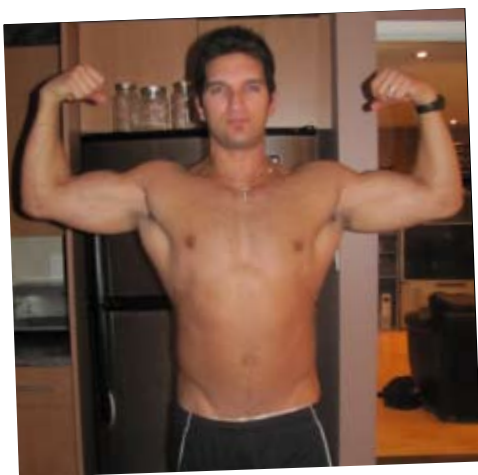
**1. Get a training diary.** You can build a \$3 mini notebook and record your meals and workouts. Attempting the “Gain 10” program without a training diary is like trying to save \$10,000 without looking at your bank statements to monitor what’s going in and out.



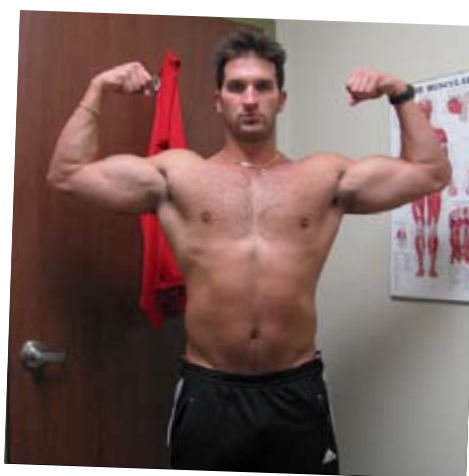
**2. Take your body fat and scale weight at the same time each week by the same person to standardize and compare accurately.**

**3. Analyze your results each week.** If it’s working, don’t change a thing. If you’re not on track, look at your training diary for where you could improve next week.

**4. Take before and after pictures.** It’ll be neat to see where you gained the ten pounds. Did you gain more in your legs? Upper body? Arms? Who knows until you check the pictures? This feedback will give you valuable info on how to tweak your program.



**Before** 214 lbs in Nov 2010.



**After** 220 lbs - 21 days later!

P.S. For more info on this transformation,  
check out <http://www.21DayFastMassBuilding.com>

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## Gain 10-Supplement Stack

During my first “Skinny Vinny” transformation, I only used a small handful of supplements that are not mandatory but strongly recommended. Supplements will not make or break your results but they will certainly give you a little push and might even put you over the top.

The following products should be less than a \$100 investment combined so you’re not going to have to break the bank to achieve your goals

**When you add all this up:** the perfect combination of training, diet, supplements and sleep, you get 10 pounds of hard-earned muscle after just one month!

### Gain 10 Pounds Workout Meal Plan Workout Day - 4000 Calories

Meal 1	Breakfast
	Mix together: 6 oz ground turkey 5 oz egg whites 2 large whole eggs Veggies and hot sauce 1 large whole-grain bagel Veggies and hot sauce
Meal 2	Mid Morning Snack
	6 oz. chicken breast 1 1/2 cups brown rice 1 cup of greens
Meal 3	Lunch
	Sandwich: 6 oz. round steak, chopped



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## **Gain 10 Pounds Workout Meal Plan** **Workout Day - 4000 Calories** (cont.)

<b>Meal 3</b>	<b>Lunch (cont.)</b>
	whole wheat bun red onions and veggies
<b>Meal 4:</b>	<b>Pre Workout</b>
	6 oz white fish 2 cups of brown rice
<b>Meal 5:</b>	<b>Post Workout</b>
	2 scoops of Iso-Smooth Protein 5 chocolate chip rice cakes 1 banana
<b>Meal 6:</b>	<b>Dinner</b>
	6 oz salmon 8 oz baked potato
<b>Meal 7:</b>	<b>Bedtime Snack</b>
	2 scoops of Iso-Smooth Protein 1 1/2 cups of oatmeal

## **Gain 10 Pounds Workout Meal Plan** **Non Workout Day - 3000 Calories**

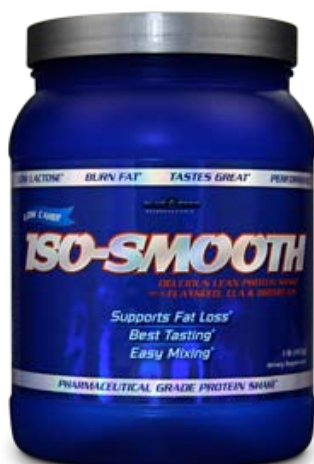
<b>Meal 1</b>	<b>Breakfast</b>
	1/2 cup of oatmeal 1 cup of low fat cottage cheese 1 large fruit
<b>Meal 2</b>	<b>Mid Morning Snack</b>
	1 cup of fruit 2 scoops of Iso-Smooth Protein

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## **Gain 10 Pounds Workout Meal Plan** **Non Workout Day - 3000 Calories** (cont.)

Meal 3	Lunch
	Sandwich: 6 oz. lean roast beef 2 slices fat-free cheese 1 large whole grain bagel condiments of your choice
Meal 4:	Snack
	5 oz. can of tuna w 2 tbsp fat-free mayo 1 large whole-grain bun 1 medium sized fruit
Meal 5:	Dinner
	6 oz. chicken thigh, skinless 2 cups of whole wheat pasta 1 cup of tomato sauce parmesan cheese
Meal 6:	Bedtime Snack
	2 scoops of Iso-Smooth Protein 2 cups of low fat milk

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■ **Protein Powder.** Research shows that taking fast-digesting protein before and after workouts boosts muscle growth more effectively than whole food because it enters the blood stream faster.

I use Iso-Smooth from Blue Star Nutritionals because it consists of four different forms of protein: whey, casein, egg and milk. This delivers different rates of protein into your muscles and saves you from buying four different tubs of protein powder.



Another time to use protein powder is first thing in the morning so you can prevent catabolism (a muscle wasting state) following hours of fasting. Males should get 30-40 grams per shake and female should get 15-25 grams per shake.



■ **Creatine Powder.** This thoroughbred supplement has been proven effective via hundreds of research studies at boosting muscle growth better than almost any other supplement manufactured. Take 3-5 grams with breakfast and 3-5 grams with your pre-and post workout shakes.



■ **BCAAs.** Branched-chain amino acids are composed of the aminos isoleucine, leucine and valine and are critical for kick starting muscle growth. Anytime you take a protein shake, I suggest you add 5-10 grams of BCAAs.

■ **Fish Oil.** Fish oil provides the essential omega-3 fatty acids eicosapentaenoic acid and docosahexaenoic acid, which not only provide numerous health benefits, it also help reduce inflammation (training creates a lot of



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inflammation) and protect your joints. Take 2-3 grams of fish oil with 2-3 meals a day or take all of your fish oil at once, before bedtime.

To get a discount on any of the supplement I use, please use the coupon code “maximize” and you can purchase any of the above products at <http://www.BlueStarNutritionals.com>, which is a high-end supplement company I put my trust in for safe and pure products that work.



# Your 10 Pounds in 1-Month Muscle Plan

## GAIN 10 POUNDS WORKOUT

### DAY 1: Back and Abs

BODY PART	EXERCISE	SETS	REPS
Back	Deadlift	4	12-10-8-6*
	Reverse Grip Lat Pulldown	3	15-12-10*
	T-Bar Row	4	15-12-10-8*
	One-Arm Dumbbell Row	2	12-15 per arm
	Back Extensions	4	8-15
Abs	Kneeling Cable Crunch	4	20
	Double Crunch	4	20-25

\*Add a 20% drop set and continue until failure. Rest 60-90 seconds between all sets.

### DAY 2: Chest and Triceps

BODY PART	EXERCISE	SETS	REPS
Chest	Pec-Deck Fly	4	enough to pump up/warm up
	Parallel Bar Dips	3	failure (strive for 10-15)
	Incline Barbell Press	4	15-12-10-8*
	Flat Dumbbell Press	2	12-15 per arm
Triceps	Lying EZ Bar Skull Crushers	3	15-12-10*
	Close-Grip Bench Press	3	15-12-10*
	Rope Pressdown	3	8-15

\*Add a 20% drop set and continue until failure. Rest 60-90 seconds between all sets.

### DAY 3: Legs and Calves

BODY PART	EXERCISE	SETS	REPS
Legs	Leg Extension	3	until legs are pumped up
	Wide Stance Squats	4	10-10-8-8*
	Leg press	3	15-12-12*
	Romanian Deadlift	4	15-12-12-10*
	Lying leg Curl	4	8-15
	Walking Lunges	2	12 per leg

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## DAY 3: Legs and Calves (cont.)

BODY PART	EXERCISE	SETS	REPS
Calves	Seated Calf Press	4	20-30
	Donkey Calf Press	4	20-30

\*Add a 20% drop set and continue until failure. Rest 60-90 seconds between all sets.

## DAY 4: Shoulders and Biceps

BODY PART	EXERCISE	SETS	REPS
Shoulders	Seated Lateral Raise	3	until delts are pumped up
	Seated Dumbbell Press	4	15-12-10-8*
	Upright Row	4	15-12-12-12*
	Bent Over Lateral Raise	4	8-15
	Standing Lateral Raises	2	20
Biceps	Machine Preacher Curl	3	until bi's are pumped up
	Seated EZ Bar Preacher Curl	4	10-10-8-8*
	Incline Bicep Curls	3	10-10-10*

\*Add a 20% drop set and continue until failure. Rest 60-90 seconds between all sets.



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## About The Author:



Hi, this is Vince DelMonte and I am the author of No Nonsense Muscle Building, the number one rated bodybuilding program on the Internet (as per Clickbank.com). I am also the author of the best-selling ab and fat loss program, Your Six Pack Quest and the top bodybuilding audio program, Ultimate Muscle Advantage.

For the past few years I've been considered the world's top "Skinny Guy Expert" and have more than 20,000 customers in over 100 different countries.

I have an Honours Kinesiology degree from the University of Western Ontario, I'm one of the most sought out fitness professionals in my area, a regular contributor to Men's Fitness Magazine, and I'm on the Advisory Team for Maximum Fitness Magazine.

I'm also a regular contributor to dozens of online and offline magazines. In 2005,

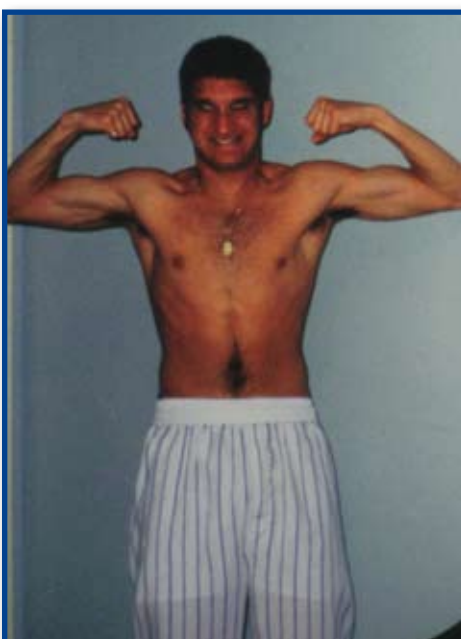


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I ventured into the fitness modeling world and won the Canadian Fitness Model Championships.

My own Skinny Vinny transformation has been featured on Bodybuilding.com and in Maximum Fitness Magazine.

If you stay with me I can promise that I will not let you down, and in a few short months you'll have a brand new body, a brand new outlook and a brand new life.



**BEFORE:** When I was taking massive amounts of supplements and blindly following what the magazines told me to do, I was an embarrassingly scrawny 149 pound and my nickname was "Skinny Vinny".



**AFTER:** I discovered the truth I shot up to an impressive 190 pounds of rock-solid, ripped muscle mass in under 6 months...and became a national champion fitness model!



**Now:** I'm a solid 210 lbs and 10% body fat... and I'm going to show you how to build 10, 20, 30 and even 50 lbs of rock hard muscle (without getting fat in the process)!

Currently my book, No Nonsense Muscle Building has helped over 20,000 thousand of skinny guys and gals, in over 100 different countries, defeat their skinny genetics without drugs, supplements and training less than before.

Yes, I want to sculpt my body and turn heads now!

I practice what I preach, which is why you see me without my shirt on, unlike many other authors who talk about building muscle and getting ripped but are hypocrites



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and just looking to make an easy buck with rehashed hype.

If you stay with my I can promise that I will not let you down and in a few short months you'll have a brand new body, a brand new outlook and a brand new life.

P.S. Join my [Facebook Fan Page](#) and hook yourself up with 3 additional free gifts!



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Visit my You Tube Channel: <http://www.youtube.com/vincedelmonte>

