

**The 30 Day**

**Build Muscle Challenge**

**Weekly Challenges**

# 30 Day Build Muscle Challenge

**"Everything You Need To Gain 10 lbs in 1 Month"**

**"Everything You Need To Gain 10 lbs in 1 Month"**

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Welcome to the 30 Day Build Muscle Challenge Weekly Challenges. These challenges are for anyone who wants fast results and wants to build the body of a **BEAST**.

**Fact:** To build the body of a **BEAST**, you have to build the lifestyle, habits and mindset of a **BEAST**

In all honesty, the only difference between you and those guys who are "Jacked" and **Certified BEASTS** in their own right is that they do certain things and think a certain way than you do when it comes to building muscle.

This 30 Day Build Muscle Challenge was specifically designed to help you build those habits and the mindset of a **BEAST**.

## Quick Rules and Guide lines

So before we begin, here are some quick rules to help you get the most out of these Weekly Challenges.

### 1. You Need to Follow Every Step of Every Challenge.

Remember, this 30 Day Build Muscle Challenge is all about building your muscle building habits and your muscle building mindset. So **when you move on from week to week, you have to continue to build those habits that you've developed from previous weeks.**

These habits and mindset challenges are NOT just one shot deals that you just do for one week and then stop doing them because the week is over. You won't see life-changing results that way. You have to live by these habits continuously.

Don't worry, **if you take on this 30 Day Build Muscle Challenge with 100% effort and energy these habits and mindsets will eventually become INSTINCT and AUTOMATIC**, you'll do these things without even thinking about it.

Remember, it takes a certain lifestyle to build the **body of a BEAST**. And to build life changing muscle takes a lifestyle change and these challenges will help you build the Habits and Mindset to create that lifestyle so your body has no choice but to build muscle.

### 2. Don't Move Onto Another Challenge Before You've Completely Finished the Previous Challenges

This 30 Day Build Muscle Challenge is all about building the right Muscle Building foundation by learning and applying the fundamentals. **You should look at EVERY challenge as CRITICAL to your success.**

You haven't gotten the results you wanted up until this point because you lacked the foundation. You lacked the knowledge and application of the fundamentals.

**So by skipping a challenge or even parts of a challenge you're only sabotaging yourself.**

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You need to successfully apply the fundamentals FIRST, that is the only way you will succeed.

Every BEAST in the gym applies the fundamentals and if you choose not to then you're only cheating yourself out of the body you truly want.

### **3. Give 110% on Every Task, in Every Challenge, EVERY WEEK!!!**

You're only going to get out of this challenge what you put into it.

I'm gonna be straight up with you, **if you put in HALF ASSED effort then expect HALF ASSED results. It's just that simple.**

But if you put in a STRONG, ROCK-SOLID effort, then guess what STRONG, ROCK-SOLID results will be waiting for you at the end of these 30 days and beyond.

It's all up to you. Which kind of results you want?

The ball is in your court.

Good Luck. I look forward to guiding you through this journey.

Rich

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## WEEK 1 – Building Your Food Habits

**CHALLENGE:** Buy, Cook and Prepare your Food in Bulk and **Never** Let Your Stomach Go Hungry For 1 Week.

### Habits You Will Build:

1. **Never Letting Your Stomach Go Hungry** - the number one habit you should look to build from this challenge is to never, EVVVERRRR let your stomach go hungry.

This is huge because most guys don't eat enough, that's why they don't gain weight and build the muscle they want.

If you build the habit of never letting your stomach go hungry **you will literally be surprised at how easy it is to truly build the muscle you want.** Remember, to your body your muscles are very "expensive" and guess what, calories is the "currency".

**Thus the more calories you consume, the more muscles you can "buy".**

2. **Buying Food in Bulk** - in order to cook and prepare your meals in advance you're going to have to buy in bulk. For example, I don't buy a dozen eggs anymore. I go to BJ's and buy a carton of **5 DOZEN** eggs at one time. (If I didn't I'd be going to the grocery store AT LEAST every other day)

For starters it's MUCH cheaper to buy large quantities of food in bulk. And second it's a necessity if you want to **surround yourself with food.** If you want to get big you have to buy in bulk. PERIOD!!!



3. **Cooking and Preparing ALL Your Meals in Advance** - in order to never let



your stomach go hungry you need to **be surrounded by food.** If you're not surrounding yourself with food, you'll find it very difficult to consume the food you have to when you it's time to eat.

You have to get into the habit of cooking your meals in advance. Unless you enjoy being in the kitchen all day every day, you need to do this. Ever see a guy who was super BIG, I'll bet you 9 times out of 10 they're walking around with their

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next (few) meals in their bag, in a container or somewhere nearby.

This is a habit that just comes with building life-changing muscle and building the body of a BEAST. You have to prepare your food in advance.

## Step by Step What You Have to Do:

### 1. Pick a day to buy all the food you will need for one week (or at LEAST THE NEXT 3 DAYS)

#### a. Make a list first

- i. You always want to go to the grocery store with a list that way you go to the grocery store with a game plan.
- ii. I'm pretty certain you don't want to spend any more time at the grocery store than you have to so the easiest way to get in and out is and to remember everything you need is to make a list of the things you need a head of time.

#### b. Go to the grocery store

- i. If you can, I recommend going to a wholesale store like BJ's or Costco because it's cheaper to buy things in bulk at these places.

#### c. Tip: Don't go when you're hungry

- i. This is a big mistake that even I fall into sometimes. NEVER go grocery shopping on an empty stomach or when you're feeling hungry. Because I can almost guarantee you that you'll walk out with something that you probably shouldn't be walking out with.

### 2. Pick a day where you will prepare and cook your food

- a. Get all the ingredients and start cooking - it may take longer than you like the first time, but once you get the routine down you'll be surprised how much great tasting food you can make very quickly.
- b. When you're finished cooking put all your meals together and put them in the fridge or the freezer.
- c. If you've done this correctly, then you should have all your meals cooked and stored for (AT LEAST) the next three days. This makes it extremely easy for you to take your food to work, to class, where ever you go and not have to worry about cooking all day long.

### 3. EAT and NEVER let your stomach go hungry for 1 whole week- It's real simple from this point, all you have to do is eat, Eat and EAT. The key here is to eat each meal before you actually get hungry. When you feel your stomach slowly starting to get empty, then it's time for another meal.

**Note For Breakfast:** Remember the goal is to never let your stomach go hungry. Which means as soon as you get up in the morning, the first thing on your mind should be devouring your breakfast for the day. So every morning

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within 15 minutes of you "waking up" you should be eating your first meal of the day.

- a. **FYI** : believe it or not, but as I'm writing this section I'm preparing my meals for the next 3 days. The more you do it the easier it becomes (and this comes from someone who doesn't enjoy cooking all that much)
- b. **TIP**: Me personally I only cook food for three days at a time. The main reason is because I don't have enough room in my freezer to freeze all my meals for seven whole days. Which means **I pretty much only cook food twice a week** (3 days at a time)

## This Week:

- |   |
|---|
| <b>1. Complete Your Week 1 Challenge Worksheet</b> (Provided on the page Below) |
| <b>2. Follow Week 1 of your 30 Day Build Muscle Challenge Workout Plan</b>      |
| <b>3. Follow Your Build Muscle Challenge 3700 Calorie Diet Plan</b>             |
| <b>4. Complete your Body Progress Worksheet at the end of the week</b>          |

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## Week 1 Challenge Worksheet

Week 1 Tasks	
Task Completed	Task
<input type="checkbox"/>	<p><b>1. Pick a day to buy all the food you will need for 1 week (or at LEAST THE NEXT 3 DAYS)</b></p> <p>Day : _____</p>
<input type="checkbox"/>	<p><b>2. Pick a day(s) where you will prepare and cook your food</b></p> <p>Day(s) you will prepare all your food this week</p> <p>_____</p>
<input type="checkbox"/>	<p><b>3. EAT and never let your stomach go hungry for 1 whole week</b></p> <p><input type="checkbox"/> Day 1 <input type="checkbox"/> Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7</p> <p>*As you complete this task everyday check it off</p>



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## WEEK 2 – Building your EATING Habits and your Hunger Mindset

**CHALLENGE:** Eat a Meal Every 2.5 Hours and Track When You Eat ALL Your Meals

### Habits This Will Build:

1. **Always Thinking About Your Next Meal** – when you're building muscle you ALWAYS want to be thinking about your next meal. Think of your body like a machine and food as your fuel. Once there's a shortage of fuel (calories) your body will stop building muscle. That is why you need to provide your body with a constant stream of nutrients throughout the day.
2. **Don't Wait til You're Hungry to Eat** – you kind of got a head start on this from last week. But this week is where we're going to hammer this habit home. Most guys who struggle to build muscle and gain weight wait until their stomach is on EMPTY to start eating again. Remember the way to fast muscle gains is to provide your body with a constant stream of nutrients BEFORE it begins starving for it.

So this challenge will help you to **destroy your old habit of waiting til you're hungry to eat**, and build the new habit of "Constantly Eating".

### Mindset This Will Build:

1. **Avoid Hunger Like the PLAGUE!!!**

You have to develop the mindset that **hunger is BAD**, because in reality it is bad for your transformation goals. You have to view hunger as a first class ticket to becoming or even remaining skinny.

Imagine your body is a car driving up a hill, at the top of this hill is the body you've always wanted and at the bottom is the skinny, frail and weak body you're trying to move away from.

As soon as you start to feel hungry imagine that car (your body) slowly sliding backward down that hill moving further away from the top (the body of your dreams) and closer to the body you're trying to avoid (a skinny guy physique)

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But on the flip side, every time you finish one of your meals picture that car (your body) REVVING it's engine as it begins blazing a trail closer to the top (the body you've always dreamed of)

This is the mindset you must have. You don't have to use this example, whatever images you picture in your head is fine as long as it motivates you to **avoid hunger like the plague**.

## Step by Step What You Have to Do:

1. **Put Yourself On a Timer** – this part is pretty easy, just set your watch or your cell phone to sound an alarm **2 ½ hours** after you eat breakfast.

After you complete **EVERY** meal, set your timer for another **2 ½ hours** and eat a meal as soon as the timer sounds.

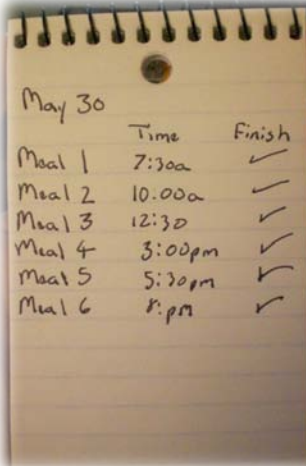
**[My Experience with this challenge]** – When you first try this, it's going to be **tough**. While I was testing this challenge out for myself I was **\*SHOCKED\*** at how tough it was in the beginning.

But after a week I got so used to eating every 2 ½ hours I almost didn't need the timer, I knew it was time to eat by the way my stomach felt.

**Helpful TIP:** Set your alarm for **2 hours and 15 min.** that way when the alarm sounds you have 15 minutes to finish up whatever you're doing and prepare your meal so that you're ready to chow down at the 2 ½ hour mark.



2. **Create a Meal Journal** – nothing fancy, this could be a composition book or a notepad you carry around with you throughout the day. And it's real simple, write down: **When did you eat each your meal and if you finished it.**



- For every minute after 2 ½ hours that you don't eat something I want you to visualize your body eating away at your muscles. Because that's exactly what's happening the longer you postpone the next meal.

**\*\*\* If you complete this week's challenge correctly the feeling of hunger should start to feel strange to you by**

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**the end of the week** since your stomach has rarely been empty, which is a VERY VERY good thing.

It means your body is getting used to a steady stream of nutrients throughout the day, which is the key ingredient to fast muscle gains.

**NOTE:** Don't be discouraged if you can't consume ALL your meals at first. Your body has to adjust and adapt to your increase in calories. If this is the case, **just make sure you're consuming more and more food each day** until you're able to reach the amount you should be consuming in order to pass Week's challenge.

**Don't forget in order to complete this week's challenge you still need to complete ALL of the following TASKS:**

## Week 1 Challenges

1. Pick a day to buy all the food you will need for one week (or at LEAST THE NEXT 3 DAYS) and go food shopping
2. Pick a day where you will prepare and cook your food
3. EAT and never let your stomach go hungry for 1 whole week

## This Week:

- |   |
|---|
| <b>1. Complete Your Week 2 Challenge Worksheet</b> (Provided on the page Below) |
| <b>2. Follow Week 2 of your 30 Day Build Muscle Challenge Workout Plan</b>      |
| <b>3. Follow Your Build Muscle Challenge 3700 Calorie Diet Plan</b>             |
| <b>4. Complete your Body Progress Worksheet at the end of the week</b>          |

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## Week 2 Challenge Worksheet

Week 2 Tasks	
Task Completed	Task
<input type="checkbox"/>	<b>1. Put Yourself On a 2 ½ hr Timer for Each Meal</b>  <input type="checkbox"/> Day 1 <input type="checkbox"/> Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7  *As you complete this task everyday check it off
<input type="checkbox"/>	<b>2. Create a Meal Journal (Write down when you ate each meal &amp; if you finished each meal)</b>  <input type="checkbox"/> Day 1 <input type="checkbox"/> Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7  *As you complete this task everyday check it off

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## WEEK 3 – Building Your Workout Habits

**CHALLENGE:** Time Your Weight Training to Finish in Under an Hour

### Habits This Will Build:

1. **Get in, Workout and Get out!** - This week's challenge will help you build a habit of treating your workouts like a jewelry heist.

**You get in. You do your thing. Then you get the hell out!**

Remember after a certain point, the longer you stay in the gym weight training, the more you're sabotaging your results.

This challenge will also help you:

- a. Stay focused on completing your workout ASAP
- b. Avoid "lollygagging" and joking around while you're working out
- c. Avoid cheating yourself by resting too long during your workout.
- d. Break the habit of "staying a little longer in the gym to work out a little extra" way of thinking and help you see better results.

### Mindset This Will Build

1. **The Longer You Stay, the Longer You PAY!** - When you're in the gym your mind should be set on "the longer I stay here the less muscle I'll build here". Remember, you have to stress your muscles with an intense workout **quickly** (before your Cortisol levels get high and start eating away at your muscles)

**IMAGINE:** In exactly 1 hour after you start your workout, the gym is going to explode so you better get your workout in and get outta there.

You could imagine whatever you want all that matters is that you have an imaginary clock in your head as you're working out, and the more that clock ticks the quicker you need to get the workout over with as soon as possible.

**NOTE:** At the end of this challenge, you should have a serious **sense of urgency** every time you go to the gym. Just like a jewel heist remember, get in, do your thing and get out!

### Step by Step What You Have to Do:

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1. **Take a stopwatch of some sort to the gym EVERYTIME you workout** - if you do not have a stopwatch, get a stopwatch! You can find a cheap sports watch with a timer or stopwatch function for less than 15 bucks (All I did was hop on Amazon.com and searched for "digital watch")

Right before you start your first exercise set your alarm to sound in 1 hour

**TIP:** Start the stopwatch right before you start your first exercise.

2. **Try your ABSOLUTE best to get through your workout within the 60 minutes** – this means you DON'T:
  - a. Lollygag
  - b. Joke around with your friends
  - c. Rest longer than you're supposed to
  - d. Go at a snail's pace

I want you to **treat your workout like you're getting paid to finish on time** (less than 60 minutes)

**TIP:** If you have to wait for a machine or set of weights because someone else is using it. Just move on to the next exercise and come back to that one, because remember the clock is "ticking".

Every minute you're still working out past the 1 hr. mark I want you to PINCH yourself. Then look at your muscles and imagine your body slowly eating away at all the hard work you've been putting in.... because that's exactly what's happening!

Write down the time you started your workout and the time you ended your workout (right before you started the first set to the second you finished your last set)

This is a great challenge, because you really have to be **disciplined with your rest periods** and your **sense of urgency** at the gym.

## Key things to keep in mind:

Don't worry if you go over 60 minutes in the beginning. The goal is to constantly improve your time with every workout so eventually you can finish your workout before the alarm sounds at the 60 minute mark. **So as long as you continue to improve your time with every workout then you've passed this challenge.**

\*\*\*Cardio is not included in this. Which means the goal is for you to FINISH your weight training within 60 minutes, if you have to do cardio at the end of one of these workouts, do not include cardio within your 60 minute time frame.

Don't forget in order to complete this week's challenge you still need to be:

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## Week 1 Challenges

1. Pick a day to buy all the food you will need for one week (or at LEAST THE NEXT 3 DAYS) and go food shopping
2. Pick a day where you will prepare and cook your food
3. EAT and never let your stomach go hungry for 1 whole week

## Week 2 Challenges

1. Put yourself on a timer – Eat every 2.5 hours
2. For every meal write when you ate your meal and if you finished it

## Week 3 Challenges

1. Take a stopwatch of some sort to the gym EVERYTIME you workout
2. Try your ABSOLUTE best to get through your workout within the 60 minutes
3. Write down the time your started your workout and the time you ended your workout

## This Week:

**1. Complete Your Week 3 Challenge Worksheet (Provided on the page Below)**

**2. Follow Week 3 of your 30 Day Build Muscle Challenge Workout Plan**

**3. Follow Your Build Muscle Challenge 3700 Calorie Diet Plan**

**4. Complete your Body Progress Worksheet at the end of the week**



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## Week 3 Challenge Worksheet

Week 3 Tasks	
Task Completed	Task
<input type="checkbox"/>	<p><b>1. Take a stopwatch of some sort to the gym EVERYTIME you workout</b></p> <p><input type="checkbox"/> Day 1 <input type="checkbox"/> Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7</p> <p>*As you complete this task everyday check it off</p>
<input type="checkbox"/>	<p><b>2. Try your ABSOLUTE best to get through your workout within the 60 minutes</b></p> <p><input type="checkbox"/> Day 1 <input type="checkbox"/> Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7</p> <p>*As you complete this task everyday check it off</p>
<input type="checkbox"/>	<p><b>3. Write down the time you started your workout and the time you ended your workout</b></p> <p><input type="checkbox"/> Day 1 <input type="checkbox"/> Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7</p> <p>*As you complete this task everyday check it off</p>



### WEEK 4 – Building your Muscle Building Knowledge

**CHALLENGE:** Subscribe to popular muscle building blogs and websites and read my recommended articles.

#### Habits This Will Build:

1. **Listening to Experts Who've Gone Through What You're Going Through** - you have to get into the habit of listening to experts. But not just any experts, ideally experts who have gone through exactly what you're going through right now.

This is important because this will help you build your muscle building knowledge. You'll learn how your body works and what makes it TICK and what is needed to see the changes you want from people who've already figured it out.

It is also important, because it'll get you into the habit of NOT taking advice from everyone else. Because guess what, your body is not like everyone else's, us naturally skinny guys, hardgainers and guys who naturally struggle to build muscle have to do things a little bit different.

**FUNNY example:** Could you imagine if Shaq went to Kobe and asked him "I want to score a lot of points in these games just like you, teach me how you do it Kobe?"

Of course Kobe is going to show him how he dribbles past defenders, spins around guys, penetrates the defense, and shoots three pointers from behind the arc.

Now can you imagine Shaq doing all the things Kobe does to score points in a basketball game? Can you imagine Shaq shooting three pointers or (trying to) dribble past defenders like Kobe?

"Heck No!!!" (If you're a fan of basketball you understand why that would be a HORRIFIC sight)

But that's exactly what you're doing when you follow muscle building advice from someone whose body is built differently from yours. You're like Shaq shooting a three pointer. YIKES!

2. **Constantly Learning New Things That Can Increase Your Results and Make Your Life Easier** -You want to build a habit of constantly learning new things about how your body works and what things you can do to see the results you want.

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You literally want to become a sponge when it comes to muscle building. Just look at all the guys who have BEASTLY bodies in the gym, they didn't just go in there one day and said I want to workout and get BIG.

They took the time to learn what exercises they should do, how to do them with proper form, what foods they should eat, and what workouts will get them the results they want and so on.

And that's what I want you to get in the habit of **CONSTANTLY EXPANDING YOUR MUSCLE BUILDING KNOWLEDGE.**

The good news is you've already started this process by taking the 30 Day Build Muscle Challenge, I just want you to keep it going!

## Mindset This Will Build:

1. **You'll Only Grow As Much As You Know** - I want you to think about Muscle Building Knowledge as you do about food.

Now that you've gone through the first couple of weeks of this challenge you already know **you're limited to how much you can GROW** based on how much you EAT, the same is true about how much you KNOW.

The truth is you'll only grow as much as you know. Just imagine how much you're going to grow after following this 30 Day Build Muscle Challenge and learning everything in this guide.

Now imagine if you hadn't stumbled onto this guide how much you would have grown then. A lot less I'm guessing.

Do you think "Arnold", Ronnie Coleman or Jay Cutler or any professional bodybuilder got the way they did without learning new tricks, strategies and methods.

No, of course not.

So I want you to think of your mind as a sponge. The smaller the sponge, the less water (muscle gains) you can wring out of it. But the bigger the sponge (the more muscle building knowledge you have) the more water (muscle gains) you can wring out of it.

So I want you to build the mindset that **you have to consistently soak up more muscle building knowledge in order to "ring out" and produce more muscle gains.**

## Step by Step What You Have to Do:

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**"Everything You Need To Gain 10 lbs in 1 Month"**

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1. **Read my "MUST READ" muscle building articles** - these articles have been hand-picked by yours truly. These articles have given me plenty of "ah ha" moments, and helped me expand my muscle building knowledge. And I want them to do the same for you.

- a. You don't have to read them all in one sitting, but to complete this challenge you have to read all of them.

**Go to:** <http://www.buildmusclechallenge.com/recommended-muscle-building-articles> to read my list of "MUST READ" muscle building articles.

2. **Visit and subscribe to my "MUST READ" muscle building sites and blogs** - this way; you don't have to go out seeking ways to build your muscle building knowledge. It'll be all sent to you, so you can devour it with ease.

**Go to:** <http://www.buildmusclechallenge.com/recommended-muscle-building-blogs-and-sites> to visit and subscribe to my list of "MUST READ" muscle building sites and blogs

3. **Once a day for 15 minutes (minimum), pop on and read something about muscle building that interests you** - Time isn't the real factor here it's what you do in those 15 minutes that count. This shouldn't be just 15 minutes going through the pages of these websites and blogs.

In these 15 minutes you should have enough time to read at least one or two thorough muscle building articles, blog posts or videos.

Remember, you can do more than 15 minutes, and in most cases you probably will (which is very good) for this task, just note that 15 minutes is the minimum.

**Don't forget in order to complete this week's challenge you still need to complete ALL of the following TASKS:**

## Week 1 Challenges

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2. Pick a day where you will prepare and cook your food
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## Week 2 Challenges

1. Put yourself on a timer – Eat every 2.5 hours
2. For every meal write when you ate your meal and if you finished it

## Week 3 Challenges

1. Take a stopwatch of some sort to the gym EVERYTIME you workout

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2. Try your ABSOLUTE best to get through your workout within the 60 minutes
3. Every minute you're still working out past the 1 hr. mark I want you to PINCH yourself.
4. Write down how long it took you to go through your entire workout
5. Write down the time you started your workout and the time you ended your workout

## Week 4 Challenges

1. Read my "MUST READ" muscle building articles
2. Visit and subscribe to my "MUST READ" muscle building sites and blogs
3. Once a day for 15 minutes (minimum), pop on and read something about muscle building that interests you

## This Week:

- |   |
|---|
| <b>1. Complete Your Week 4 Challenge Worksheet</b> (Provided on the page Below) |
| <b>2. Follow Week 4 of your 30 Day Build Muscle Challenge Workout Plan</b>      |
| <b>3. Follow Your Build Muscle Challenge 3700 Calorie Diet Plan</b>             |
| <b>4. Complete your Body Progress Worksheet at the end of the week</b>          |

# 30 Day Build Muscle Challenge

**"Everything You Need To Gain 10 lbs in 1 Month"**

**"Everything You Need To Gain 10 lbs in 1 Month"**

## Week 4 Challenge Worksheet

Week 4 Tasks	
Task Completed	Task
<input type="checkbox"/>	1. Read my "MUST READ" muscle building articles
<input type="checkbox"/>	2. Visit and subscribe to my "MUST READ" muscle building sites and blogs
<input type="checkbox"/>	3. Once a day for 15 minutes (minimum), pop on and read something about muscle building that interests you  <input type="checkbox"/> Day 1 <input type="checkbox"/> Day 2 <input type="checkbox"/> Day 3 <input type="checkbox"/> Day 4 <input type="checkbox"/> Day 5 <input type="checkbox"/> Day 6 <input type="checkbox"/> Day 7  *As you complete this task everyday check it off

# 30 Day Build Muscle Challenge

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## Week 5 BONUS CHALLENGE:

### CHALLENGE: RAID-A-Bufferet!!!

Not only is this your reward for making it this far but this is also essential to your muscle gains.

### Habits This Will Build:

1. **Constantly Expanding Your Stomach and Your Appetite** - remember, the more calories you can consume each day, the more muscle you will gain and raiding a buffet is a great way to stretch your stomach, increase your appetite and increase the amount of food you can consume.

**Who do you think will gain more muscle....**"Someone who can only consume 4000 calories or the guy who can consume 5000 calories a day?"

That's right, the guy who can consume more calories each day will gain more muscle. And raiding a buffet is a great way of doing it (consuming more calories).

2. **Reward Yourself with LOTS of Great Tasting Food So You Don't Go INSANE-** After a grueling period of eating and tasting basically the same things over and over and over again you will start to go insane.

I don't care how good the food tasted in the beginning. If you eat too much of it, it will eventually drive you nuts!!!

**For example**, when I was bulking up during my first and second transformation I loved eating eggs in the morning and tuna fish in the afternoon.

But after doing this for weeks on end, just the sight of eggs and the smell of tuna fish literally made me want to BARF. And that's exactly why you need to give your taste buds a break and have something to look forward to (like raiding a buffet)

### Step by Step What You Have to Do:

This by far might be the most enjoyable challenge of all.

1. **This week, find a buffet you'd like to go to.**
2. **Pick a day within this week to go if possible**

**TIPS:** I personally like to RAID-A-Bufferet on the day I worked out a body part that I'd like to grow a little bit more muscle than the rest.

# 30 Day Build Muscle Challenge

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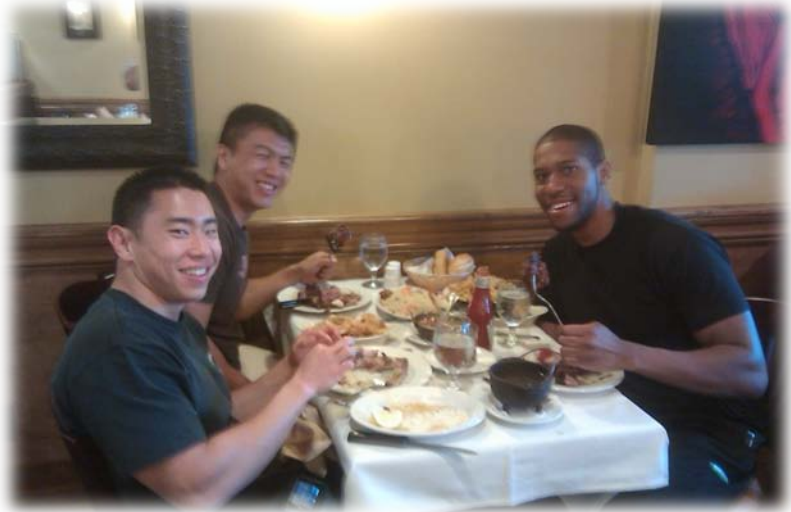
**"Everything You Need To Gain 10 lbs in 1 Month"**

**For example** - if you feel you're lacking in shoulders, if possible RAID-A-Bufferet on the day you workout your shoulders. All those extra calories will help you add more muscle and this is especially true for whatever muscle group you workout that day.

3. **At least once a week RAID-A-Bufferet:** one time for our RAID-A-Bufferet day Jimmy, our good friend Tim and myself went to a **Brazilian Rodizio** (all you can eat Meat Buffet) where we devoured EVERYTHING in sight....  
**(the pic below)**

**TIP:** Just keep in mind that it doesn't have to be a buffet.

**For example:** Another time Jimmy and I went to Boston market, where we bought a **Meal for Four** and devoured it between the two of us. So in essence, we both had a meal for two.



**Funny story:** I'm not going to lie that meal was tough, I finished my half, but Jimmy made it all the way until he had about two spoonfuls of mashed potatoes left and couldn't finish it... All that food and it was two spoonfuls of Mashed Potatoes that did him in.

"Yes I still let him hear about it to this very day."

**In order to complete this challenge all you have to do is have one RAID-A-Bufferet day where you devour everything in sight for 1 meal.**

So remember, when you're building muscle, you always want to throw in a RAID-A-Bufferet day to:

- treat yourself for sticking with your diet and training all week
- push the limits of your stomach, so it can hold more food
- increase your appetite
- prevent you from going insane, while you're eating for gains and make your diet, a lot more bearable.

**Don't forget in order to complete this week's challenge you still need to complete ALL of the following TASKS:**

Week 1 Challenges



# 30 Day Build Muscle Challenge

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1. Pick a day to buy all the food you will need for one week (or at LEAST THE NEXT 3 DAYS) and go food shopping
2. Pick a day where you will prepare and cook your food
3. EAT and never let your stomach go hungry for 1 whole week

## Week 2 Challenges

1. Put yourself on a timer – Eat every 2.5 hours
2. For every meal write when you ate your meal and if you finished it

## Week 3 Challenges

1. Take a stopwatch of some sort to the gym EVERYTIME you workout
2. Try your ABSOLUTE best to get through your workout within the 60 minutes
3. Every minute you're still working out past the 1 hr. mark I want you to PINCH yourself.
4. Write down how long it took you to go through your entire workout
5. Write down the time your started your workout and the time you ended your workout

## Week 4 Challenges

1. Once a day for 15 minutes (minimum), pop on and read something about muscle building that interests you from at least one of the sources you've subscribed to in Week

## Week 5 Challenges

1. RAID-A-Bufferet!!!

## This Week:

- |   |
|---|
| <b>1. Complete Your Week 5 Challenge Worksheet</b> (Provided on the page Below) |
| <b>2. Follow Week 5 of your 30 Day Build Muscle Challenge Workout Plan</b>      |
| <b>3. Follow Your Build Muscle Challenge 3700 Calorie Diet Plan</b>             |
| <b>4. Complete your Body Progress Worksheet at the end of the week</b>          |



# 30 Day Build Muscle Challenge

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## Week 5 Challenge Worksheet

Week 5 Tasks	
Task Completed	Task
<input type="checkbox"/>	1. RAID-A-BUFFET!!!

# 30 Day Build Muscle Challenge

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## Conclusion....

Well congratulations on making it this far.

If you're reading this then that means that you completed your 30 Day Build Muscle Challenge and hopefully (if you pushed yourself and completed the challenges) you've added some muscle and moved the scale in the right direction (up).

I made this Challenge because I know competition usually brings out the best in people.

And with the 30 Day Build Muscle Challenge, it was designed for your old self (the skinny guy, who made excuses, didn't quite know what he was doing) to compete with your stronger self (the confident, strong willed, NEVER take NO for answer guy that you want to become)

Hopefully by completing your 30 Day Build Muscle Challenge you've taken a huge leap in becoming that guy. And if you can look at yourself in the mirror after this Challenge is over and you can firmly say:

**"Yes, I gave it my all and I'm closer to that dream body and ULTIMATE confidence than ever before"**

Then keep reading....

Remember the 30 Day Build Muscle Challenge is designed to help you gain your next 10 -15 lbs of muscle. But if you feel you're ready for a more advanced training designed to **COMPLETELY TRANSFORM your body** so you can quickly build the life changing, head turning, girls staring masculine physique you've always wanted then go to:

<http://www.buildmusclechallenge.com/advanced-challenge>

Now that you've completed your 30 Day Build Muscle Challenge don't forget to:

### **Step 1: Send Me YOUR RESULTS!**

**So now that you've finished your 30 Day Build Muscle Challenge, let me know what kind of results you've gotten.**

(Hint Hint, Wink Wink – "I may start running a 30 Day Build Muscle Challenge contest to reward the guys who stuck with the program, gave it their all and got the best results")

To send your results:

Send an email to [Richard@buildmusclechallenge.com](mailto:Richard@buildmusclechallenge.com) in the **subject line** put: **"30 Day Build Muscle Challenge Results"**

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Be sure to include:

- Your name, your city & state
- Before Photo
- After Photo
- A quick blurb about yourself
  - Please note your before weight and after weight
- What you liked most about the program

If you send in your results I'll definitely find a way to reward you and give you the recognition you deserve for sticking with the program and GETTING RESULTS.

**(It's too early to tell right now, but a 30 Day Build Muscle Challenge Wall of Fame keeps popping into my head :)**

## **Step 3: Let's Make it Better**

Can you do me a huge favor?

I really want to know what you think of the 30 Day Build Muscle Challenge. And I want you to help me make it even better, if you do I'll gladly put you on my early notification list to the **90 Day Transformation Challenge** when it becomes available:

Simply go to: <http://www.buildmusclechallenge.com/30-day-survey> to fill out my quick and easy survey.

It'll help me out a lot.

### Affiliate Disclosure

To my loyal subscribers, readers and friends: I believe in making my website and business practices completely transparent and full disclosure. Unlike many other website owners, and as my trusting subscriber, reader and/or customer I'll always be completely upfront about my business.

In this special report I have recommend products and services, other than my own, and with those recommendations I may receive a commission on referred sales. This commission not only allows me to create Special Reports like this one but these commissions are also used to pay for things like my webmaster, my video team, newsletter delivery, website design and other business expenses. This allows me to continue helping you with information I provide on my free blog, free newsletter, free you tube videos and free teleseminars.

I know there is alot of hoopla and empty promises made by alot of products and product owners out there. But rest assured the only products I will ever recommend are products that I 100% believe in and use myself. So if you see me make a recommendation that means you should be excited because it's something really special that will help you reach your goal and impact your life for the better.

If I haven't used it first hand, found it to be of exceptional quality, and believe it will undoubtedly help you achieve your goals faster, I don't and won't recommend it. Period.

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It makes absolutely no sense for me to recommend crappy products to you because it's my reputation and my name that would be tarnished for weeks, months, if not years if I did.

And I would never jeopardize the trust that you have placed in me to help you reach your goal for any type of commission. I will always keep your best interest in mind and put you first before making a profit because I know how it feels when others don't.

Thank you for being a loyal reader and subscriber and for your continued support.

Your friend and coach,

Richard Knight