

The 30 Day

Build Muscle Challenge

Quick Start Guide

30 Day Build Muscle Challenge

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

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Before beginning any new exercise, nutrition or dietary supplement program you should consult a physician first. The information presented herein is not meant to treat or prevent any disease or to provide the reader with medical advice. If you are looking for specific medical advice then you should obtain this information from a licensed health-care practitioner.

Although exercise is beneficial and this program has been created to progress beginners to advanced and elite training levels there is still the risk of injury.

If you experience any strain or pain while training, stop and immediately consult your family doctor or medical practitioner.

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The individual results obtained from the use of this program will vary from person to person and we make no guarantee as to the degree of results that you will personally achieve.

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Your Quick Start Guide

This is a quick start guide to help you get on track and hit the ground running, when it comes to completing your 30 Day Build Muscle Challenge.

Step 1: Read Your 30 Day Build Muscle Challenge Training Guide from Cover to Cover FIRST

It's very important that you do not skip around and jump ahead to certain sections that may interest you. Because if you do, I can almost guarantee that you'll miss something very crucial to your success. If you do skip around then odds are you'll either miss an explanation of what you're doing wrong or some tips and tricks you'll need to succeed.

Inside your training guide, you'll be given instructions on **"How to Get The Most Results From This Training Guide"**, be sure you follow those instructions.

Make sure you read the ENTIRE training guide FIRST before diving into the Weekly Challenges or Workout Plan

Do Not Go Beyond This Page Until You Have Completed Step 1

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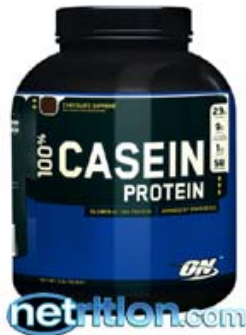
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[**READ THIS ONLY IF:** You've Read Through the ENTIRE Training Guide portion of your 30 Day Build Muscle Challenge AND You're Ready to Start Week 1]

1. **Stock Up** – Your first step to taking on your 30 Day Build Muscle Challenge is to “stock up” and get all your necessary equipment. Feel free to use your own brands (you're in no way obligated to use the following supplements) these are just the ones I researched and feel most comfortable using.

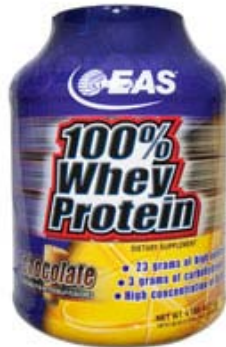
a. Recommended Supplements

i. Casein Protein



<http://www.buildmusclechallenge.com/recommends/on-casein-protein>

ii. Whey Protein



<http://www.buildmusclechallenge.com/recommends/eas-whey>

iii. Weight Gainer

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<http://www.buildmusclechallenge.com/recommends/cytogainer>

Why I go with Netrition.com? - There are tons of places to get these supplements and if you already have a place that you go to get your supplements than you can get them there.

I just want to share with you, who I go with and why. If I can't find the supplement I'm looking for in my local Vitamin Shoppe or if I want a specific brand, I always go to Netrition.com and the reason why is because their prices are pretty good, but also, they have great customer service.

How Netrition.com saved me A LOT of \$\$\$ - back a few years ago when I placed my first order, I selected two day shipping, hoping that it would get to my house faster. It cost about five extra bucks more than the regular ground shipping so I said "what the heck".

A few hours later I got a call from a Netrition.com customer service rep.

She told me that because they were based in New York and the fact that I live in New York, getting two day air shipping on my order was unnecessary.

In fact, she said it would get there faster if I just go with ground shipping (which saved me a couple of extra bucks) and I wouldn't have known that unless the customer service rep had called.

Come to think about it, I probably would have spent the extra bucks ordering two day air shipping on all of my orders unnecessarily if that customer service rep didn't call me. Which saved me a lot of money in the long run now that I think about it. So if you're looking to buy your supplements online then Netrition.com is a great way to go.

b. Get Your Log Book(s)

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Track your workouts - you'll definitely need a log book to check your workout progress. You'll want to take this logbook with you every single time you go to the gym. So you can jot down how many reps you completed and how much weight you used for each set.

Track your weight progress - in the long run its best if you get a separate logbook to track your weight progress. You can use the last few pages of your workout log book to keep track of your weight progress as well.

Simply find the middle of the book fold that page and a half and use the first half for your workouts in the second half for your weight progress.

But to keep your 30 Day Build Muscle Challenge as simple as possible you can use the Body Progress Tracking Worksheet I provided for you.

2. Get your Measuring tools

- a. **Scale** (preferably one with a body fat calculator) - this is by far one of the most essential measuring tools that you should get.

Ideally you should get one with a body fat calculator so it's real easy for you to track your body fat as well while you're on this challenge.

- b. **MyoTape** – I really like this tool better than a regular tape measure because it is easy to use especially when it comes to measuring your body parts (legs, chest, arms) and your waistline.

<http://www.buildmusclechallenge.com/recommends/myotape>

3. Print out Key Pages

- a. **Your Weekly Challenges** - make sure you print out every challenge as you come across them, put them on your wall, on your refrigerator or near your mirror. Basically place them where ever you need to so that your eyeballs **MUST** pass over your weekly tasks multiple times a day.
- b. **Your Body Progress Worksheet** – this worksheet will help make it super simple for you to track your body progress as you're going through your 30 Day Build Muscle Challenge. Print this worksheet out and place it next to the scale and your other measuring tools so you can track your progress from week to week.
- c. **Your Workout Plan** - you also should look to print out your workout plan, you can take it to the gym, begin to formulate a plan to how you're going to best attack it before you even head to the gym.

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- d. **Your Diet Plan** - you most definitely want to print out your diet plan. Food should constantly be on your mind and printing out your diet plan and putting it in a place where it's always on your mind will help reinforce the fact that YOU HAVE TO CONSTANTLY EAT.
4. **Weigh In** - Before you start your 30 Day Build Muscle Challenge you need to weigh in. Remember, you won't know how far you've gone until you know where you started.
 - a. **So right before you begin your challenge** - Make your first entry into your **Body Progress Worksheet** and jot down all your key measurements:
 - Write down the date
 - Jot down your weight
 - Your waist line measurement
 - Your key body parts
5. **Take Your Before Photo** - This is huge. You definitely want to take your before photo because you don't know how drastic this transformation is going to be. (And trust me, if you follow this challenge to the "T" you'll see a NOTICEABLE difference)

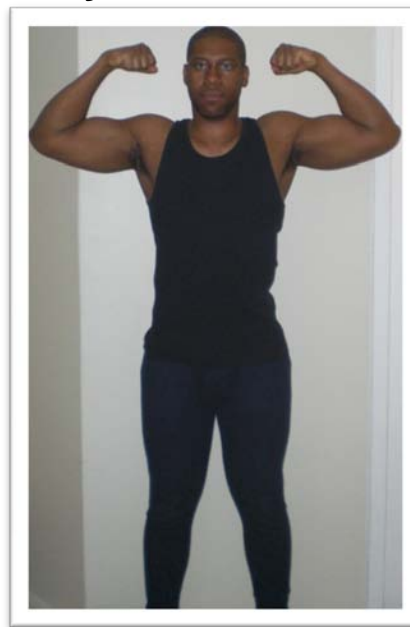
I remember when I first started out I was so scared to take my before photo because I didn't know if all of this would work or not. But thank God I did because I didn't notice how drastic my change was until I dug up that before photo.

Take a look for yourself here is **my before and after photos after a few weeks** of following the same rules and principles I've been teaching you.

My "Before" Pic



My "AFTER" Pic



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6. **START WEEK 1** of your 30 Day Build Muscle Challenge Workout Plan and **WEEK 1** of your 30 Day Build Muscle Challenge Weekly Challenges – Once you've completed ALL the previous steps in this quickstart guide now it's time to roll up your sleeves and build the muscle and confidence you've always dreamed of.

You Ready?

Let's Go!!!!

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