

HOW TO PACK ON HEALTHY MUSCLES

Doctors tell me I have the body of a thirty year old. I know I have the brain of a fifteen year old. If you've got both, you can play baseball.

-Pete Rose



YOU'RE GOING TO HAVE TO EAT MORE THAN YOU EVER THOUGHT POSSIBLE!

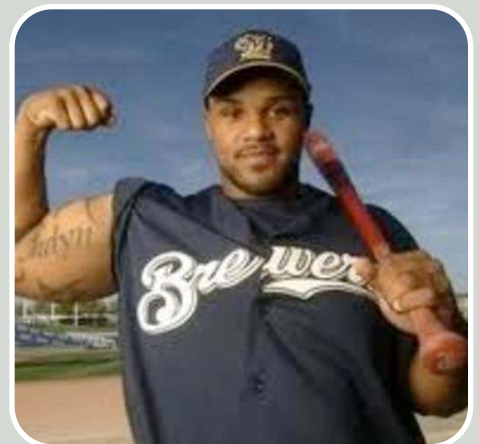
Chances are you're not eating nearly as much as you need to be. That will change!

Growing up, I was always the smallest player on my team. I was naturally skinny and didn't have a lot of height.

I graduated high-school at 5'8 140 pounds. Not a big guy, but had tools.

The thing is on more than one occasion I had been told by professional scouts and college recruiters that I needed to get BIGGER. I needed to add some weight to my frame.

Chances are if you're reading this, you're looking for ways to put on HEALTHY weight to increase you're overall power as well as presence on the field. You want to prove to authorities that you have an athletic build right?



Great!

This PDF will walk you through how you can build healthy muscle that will help you to perform at your highest potential throughout the course of a baseball season.

MIND FRAME

If getting bigger and packing on lean **HEALTHY** muscle is what you want then there are a few things that you need to except.

1. You're probably going to have to eat more than your normally do.
2. There is **nothing** you can do about your height which is fine because at the end of the day, scouts are looking for guys that can compete.....not for Calvin Klein models or basketball players.
3. Don't worry about getting **too** bulky. Chances are you won't.
4. You're probably going to have to eat more than your normally do. (Did I say that one already?) :)

You will need patience as well. Gaining healthy weight that stays is a process. Your eating habits have to change, your stomach has to stretch out so that you can increase your daily calorie intake and so on- but if you put in the effort, there is no reason why you can't gain weight and build muscle.

DIET

Depending on your age, how fast your metabolism is, and your weight, you could be eating six, seven, to eight meals a day. If you have a long way to go, you're going to have to eat meals when you're not hungry. You're going to have to force yourself to eat when all you want to do is lay in bed and watch the MLB network. You're also going to have to spend a little bit more money on food than usual.

GETTING STARTED

You need to stretch out that stomach. Before finally packing on about 25 pounds of lean muscle, I had a fairly small appetite. A peanut butter sandwich or a bowl of cereal could hold me over for 5-6 hours even while being active. I had to train my stomach muscles to intake all the extra food similar to training my leg muscles to be able to withstand excess weight during squats.

Your diet is king. When you're trying to get bigger, you have to discipline yourself to NOT skip a meal. Occasionally missing a work out is fine simply because your body does it's rebuilding on it's off days. However, if you start slacking on your meals and fall short on your calorie goals, your growth will be hindered. It's about building momentum and keeping it until you get the results you want.

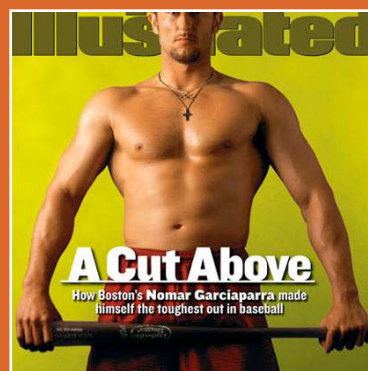
Chances are you're probably overestimating how much you are eating. I spent my entire high-school career thinking that I was eating enough and that the reason why I wasn't gaining weight was just because of my body type. I was taking protein shakes and eating peanut butter.....little did I know that I was only about half way from my future calorie goals.

A great way to begin tracking your calorie goals is to use an online program like DailyBurn.com.

Keep track of every morsel of food that you eat and make sure to input the correct portions.

The plan of attack will be to develop simple staples of foods that you can eat throughout the week coupled with specific static weigh-lifting. You will eat foods that have a high-calorie and protein intake while following this up with static lifts such as squats, lunges, bench press, pull ups, and down right rows to stimulate natural growth hormones.

STRETCH THAT STOMACH!!



Don't over-estimate!

You're probably way overestimating how much you are eating. I spent my entire high-school career thinking that I was eating enough and that the reason why i wasn't gaining weight was just because of my body type.

THE CALORIE MONSTER!



Easy peasy!

Chances are if you're like me, being skinny is a very easy thing to do.

HOW MANY CALORIES SHOULD YOU EAT?

This is the “age old” question that I get asked the most within the Art of Baseball community. To answer it simply, you should eat enough calories to stimulate weight gains but not too much to build fat.

Chances are if you're like me, being skinny is a very easy thing to do. Combine that with 30 + baseball games a year and packing on too much fat is almost impossible.

For most of you players, your calorie intake goal will be in the range of around 3,000-3,500 with 4,000 being a possible prospect for some. Some professional trainers advocate multiplying your current weight by 18.

EX: My high-school weight was 140

$$140 \times 18 = 2,520 \text{ calories}$$

You may have to play around with the formula depending on your own body chemistry as well as how active you are. Playing multiple sports will most definitely require more.

FAIL SAFE

There is nothing wrong with overcompensating. Chances are, in the beginning it may take time to see what your required calorie intake will be so going beyond what is required at least initially will help take time of the learning curve. If results are dismal, add in a few hundred extra calories to be safe.

YOUR BMR

While trying to regulate your calorie intake, you will also need to be made aware of what your BMR(basic metabolic rate) is.

What is this?

It's essentially your stand still calories. The calories you burn just by breathing. If you wan't to quantify what your BMR go to BMRcalculator.com.

This number is based on your height, weight, and age. As you age, your metabolism slows down, hence your BMR will start to decrease. So, as you get older, it's tougher to eat the same things you used to and remain the same weight.

This number is based sole upon your height, age and weight. As you get older, your metabolic rate begins to decrease, therefore your BMR will begin to decrease as well. You can't get away with eating cheese cake every night for ever;)

BMR FORMULA

English BMR Formula
Men:

BMR = $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

Once you've calculated your BMR (mine is 1656.15 cal/day for example), you have an idea of where your starting point is located.

To determine roughly how many calories you'll burn with extra curricular activities, simply multiply your BMR by a certain number based on how active you are.

They call this the **Harris Benedict Equation**, and here are the two equations you're going to look at most closely:

- Light exercise/sports 1-3 days/week: Cal. Calculation = $\text{BMR} \times 1.375$

-Moderate exercise/sports 3-5 days/week: Cal. Calculation = $\text{BMR} \times 1.55$

Take your personal BMR and multiply it by the appropriate number depending on your life-style to determine how many calories you burn on a given day while being active.

Secondly, take that number, and add and extra 500 calories to it as a minimum amount of calories you need to eat in order to build muscle and size, and then adjust accordingly after a week to see if your weight has gone up.



What's your
BMR?

YOUR BASEBALL NUTRITION

Alright guys so I hope you're hungry! Our plan of attack for packing on healthy muscle begins with eating the right foods!

Where're going to be eating foods that are un-processed and un-refined!

PROTEIN

Protein serves as a major building block for the development of muscles during “off-days” as the recovery process is initiated. As a baseball player, protein needs to be an important element in your daily diet as you start to experience more and more gains.

The general consensus for the amount of protein an athlete should take is to aim for atleast 1 1/2 grams of protein per pound. Ex: When I was in high-school I weighed 145 so I would take in roughly 217 grams of protein throughout the day.

Same with calorie intake, it's better to err on the side of “more” than less.

Here are some great examples of quality protein:

- 🍳 Organic free range chicken (both lean meats and eggs)
- 🍳 Organic ground beef(Trader Joe's has the best brand and high quality lean meats)
- 🍳 Pork
- 🍳 Lamb
- 🍳 Duck
- 🍳 Salmon
- 🍳 Soy
- 🍳 Tuna

CARBOHYDRATES

Carbs work as the overall fuel that keeps your body running. There are two types of carbs. Good carbs and bad carbs. Good carbs for the most part, come from veggies and fresh fruits.

As you store the carbs, it gets converted into sugar in your system, which works as an energy source for your organs, brain and muscles. The excess sugar(glucose) then is converted into glycogen and is stored in the liver and muscles as an energy “reserve” This glycogen is your body's “go to” source of energy before it refers to stored fat.

QUALITY CARBS

Essentially all veggies(corn is not a vegetable) and fruits serve as a great source of vegetables.

FATS

Despite what you may have heard about fats, they're actually good for you! As long as you're eating the good stuff.

An example of good fats are:

- 🍷 Avocados
- 🍷 Almonds
- 🍷 Olive Oil
- 🍷 Walnuts
- 🍷 Almond butter

These foods are high in polyunsaturated and mono-saturated fats. These are the good kind!

SUGAR

One thing you'll learn very quick is that I'm not a big fan of sugar but at the same time, when you're young and active, sugar can be a good thing especially for the baseball player that is struggling to gain weight.

Now I don't mean sugars from junk food and candy bars but I mean sugar from bread and pasta.

Not a lot of people know that when you eat foods like pastas, it gets converted into sugar which becomes stored as fat if not burned quickly enough.

FOOD STAPLES & TOOLS

Spaghetti, meat and sauce can be your go to meals- A lot of pasta, a large jar of pasta sauce, and a whole lot of grass fed ground beef from Trader Joe's can literally be your staple of the week. This meal alone will pack enough protein, carbs, and calories. Not the healthiest meal. So don't consider it a permanent thing.

Get a blender- Another great way of making sure you hit your calorie goals is to make your own CHEAP calorie shakes. You can easily find a healthy mix of calories, carbs, and protein with a simple mix of protein powder, a banana, and a few strawberries for taste. You can also add some oats or sunflower seeds for aided protein. Yum!

Brown Rice and Bread- Bunches of carbs and calories! Plus it's cheap! Done deal!

Whole Organic Milk- Whole milk is a great source of good fats, protein, and calories. It's also pretty inexpensive for the most part. Easy peasy.

Peanut Butter- Literally goes on anything and everything! I ate this by the spoonful! Calories, proteins, fats! Done!

Creatine- I've experimented with creatine. It works. I guarantee that you'll experience gains. The only thing is a great portion of the weight you build will be water weight and will mostly disappear during the season. But it's great for increasing the quality of your work outs. If you're able to fork out an extra \$40 bucks, it's worth a try. Make sure you drink tons of water to keep your system clean.

BUILDING HEALTHY MUSCLE

Okay, so now that we have an idea of what tools you may need as well as what your go-to staple foods may be, let's explore some healthy ways you can start packing on muscle while keeping your body functioning at it's highest level while keeping costs as low as possible.

This is essentially what the Healthy Bulk up diet consists of and is similar to how I was able to gain almost 25 pounds of lean muscle by the time i was a Jr in College.

Good Proteins- Protein shakes, grass fed ground beef, grilled chicken, steak, almond butter, organic whole milk, and fish.

Good Carbs- Most nutritionists will say that no "good carbs" come from grains. I tend to agree. Stick with sweet potatoes and steel cut oats for the most part to give your digestive system and liver a break.

Veggies and Fruits- Part of every meal and as a snack throughout the day to provide energy.

Even though the goal is to gain muscle, we don't want to do this at the expense of our health. Mixing in high calorie carbs to hit our calorie goals, while mixing in good proteins from fish and grilled chicken and beef isn't as hard as you think.

Here was what my daily meal plan resembled.

7am- Breakfast shake: 8oz Whole Milk, banana, 30g of whey protein powder, frozen strawberries, 1,5 cups of oats.

11am- Almond butter on apples as a quick snack

2pm- Grilled chicken with brown rice and asparagus

4pm- 2 Almond butter sandwiches on flaxseed bread(you can substitute for whole wheat as well)

6pm- Another shake- same as breakfast(**post workout or baseball practice**)

8pm- steak, salad, and brown rice

10pm- Optional third shake for the day.

IMPORTANT TIPS

Make sure you get a blender! Finding a great mix of carbs, calories and proteins can easily give you 800 calories per serving. 3 servings throughout the day will more than half-way get you to your daily calorie goals.

If you're still struggling with calories, add more almond/peanut butter sandwiches or just plain 'ol almonds/walnuts for snacking throughout the day.

If you're lactose intolerant you can substitute the milk with half-calorie Orange juice which has half the sugar but still tastes great!

Practice preparing a few high calorie meals. While away for college, I ate the same thing over and over and over and over again. I didn't mind eating the same foods a lot because I knew it was making me a better baseball player.

Chicken, brown rice, and asparagus

Steak, salad, and sweet potatoes

Grass fed beef, zucchini & squash, and sweet potatoes

Salmon, asparagus, and tofu

Olive oil shots- One tablespoon of olive oil is about 120 calories. 6 of those a day = 720 calories. Boom! It's not the easiest thing to throw down your throat but then again.....how bad do you want it!

Carry raw almonds everywhere with you!- Keep a bag of almonds in your baseball bag or backpack. A handful of almonds is close to 200 calories. Winning.

Buy your protein in Bulk- I recommend buying your protein in BULK! You'll get the most bang for your buck from an online vendor. Pick out a good product and order the big 5 pound tub. You'll be more inclined to use it! Vitacost has the cheapest shipping.

Eat within 30 minutes of your workout!! I can't stress this enough! You help kick start the recovery process by eating a high calorie meal with a ratio of protein to carbs of 1:2 or 1:3. This means 30 grams of protein with 60-90 grams of carbs.

TRAINING

I'm not going to go into detail into training to gain weight simply because there are realistically a handful of exercises that you can do that will help **stimulate growth so long as you don't miss a meal!**

Squats- Why are squats so effective? Because by doing them, your body automatically releases growth hormones. In the beginning, I would recommend doing squats 3 times a week until you start to see a plateau in strength.

I recommend doing 5 sets of 5-6 reps @ 50-75% of your max weight

I guarantee you that you will **GAIN WEIGHT** if you stay consistent with squats and a consistent diet of high calorie meals! Make sure your squat is complete. A 90 degree angle!

Single arm upright rows- This is a simple back and bicep exercise that will help ignite muscle growth within the upper body. Nothing Fancy.

5 sets of 6-7 reps @ 60% of your max

Bench Press- Similar to squats, bench pressing is another static lift that is great for promoting muscle growth.

One thing I would like to mention is to keep a close eye on your throwing shoulder. If you EVER feel pain in your shoulder or elbow from doing any workout...STOP!

While bench pressing, I never went pass a 90 degree angle with my shoulder as I let the weight go down just to be safe.

I recommend doing 5 sets of 5-6 reps @ 50-75% of your max weight.

Whatever you overall training is, make sure you incorporate these three lifts into your work out and you'll see yourself filling out your jersey in no time!!!!

STATIC IS THE BEST!



Do work!

I guarantee you that you will **GAIN WEIGHT** if you stay consistent with squats and a consistent diet of high calorie meals!