


your guide to

BUILDING MUSCLE



A woman with long brown hair tied in a ponytail is shown from the back, wearing a black sports bra and shorts. She is holding a silver handle of a cable machine in a gym. The background is slightly blurred, showing other gym equipment and bright overhead lights.

This guide is for women who want to build muscle, feel strong and finally achieve the physique they want.

If you:

- Feel "skinny fat" and want more shape and definition
- Have been doing lots of cardio but aren't seeing the results you want
- Want to feel strong, confident and capable in your body

This guide is for you!

LET'S GET CLEAR

Building muscle takes time, effort and hard work. It requires patience. Done right, it is the most rewarding phase you will go through in your journey.

growth **DOES** require

- Progressive overload
- Clean food
- A calorie surplus
- High protein intake
- Consistent sleep & recovery
- Patience + adherence

growth **DOES NOT** require

- Eating enormous amounts of food
- Eating lots of processed foods
- Lifting dangerously heavy from day one
- Hours in the gym every day
- 40 supplements
- Every session to be perfect

UNDERSTANDING CALORIES

A calorie is simply a unit of energy

Your body uses calories to:

- breathe
- move
- think
- train
- recover

Muscle is built when you consistently give your body enough fuel and stimulus to grow over time. IE. progressive overload + adequate nutrition



CALORIE SURPLUS EXPLAINED

Muscle growth doesn't come from:

- eating as much as possible
- ego lifting
- doing endless hours in the gym

IT COMES FROM:

Lifting with progressive overload and eating enough food & protein to support growth.

EATING MORE *VS* EATING SMART

Two meals can have the same calories but very different effects

1000 calories of **fast food/processed food** and 1000 calories of **wholesome, nutritious** food are not the same thing.

Eating more doesn't automatically build muscle – what you eat matters just as much as how much you eat. Poor quality food leads to water retention, sluggish workouts and poor recovery. Nutritious, whole foods fuel your training, support muscle repair and help you build lean, quality muscle.

THE IMPORTANCE OF PROTEIN



Protein :

- Keeps you fuller for longer
- Supports muscle growth
- Supports hormones
- Good for hair, skin and nails

In a gaining phase, protein is non-negotiable.

Here is how to calculate how much protein is necessary for YOUR body :

Bodyweight (in kg) x 2.2 = protein goal

70kg x 2.2 = 154g protein

TRAINING FOR GROWTH

WEIGHT TRAINING

Muscle is built through resistance training, not cardio. Gym sessions are what builds the muscle, without them muscle growth doesn't take place. Lifting weights with progressive overload is what builds muscle. 3-5 sessions a week is a good amount. Simple is best – it doesn't have to be complicated.

DAILY MOVEMENT

Daily steps are still important in a gaining phase.

NEAT (Non-Exercise Activity Thermogenesis) refers to your daily activity, walking, cleaning, shopping, living your life.

Although we don't need to hit high steps during a gaining phase, from a health standpoint, we should still aim for 8-10k daily. This also keeps any body fat at bay while you are building muscle.

WHAT IS PROGRESSIVE OVERLOAD?

For our muscles to grow, they must consistently be challenged. We do this through PROGRESSIVE OVERLOAD.

HOW WE DO THIS:

- Add more weight.
- Do more reps with the same weight

Track your lifts each session so you know what to beat. Increase the difficulty by even a tiny amount each week. Ideally, combining great nutrition with smart, consistent training.

the growth training formula

- ✓ Lift weights
- ✓ Progress weekly
- ✓ Eat in a surplus
- ✓ Maintain good steps
- ✓ Recover properly

REST + RECOVERY

A **VERY** overlooked part of building muscle and fitness in general.

When you lift weights, you are actually creating tiny micro-tears in your muscle fibres. This is completely normal – it's the whole point. But the muscle doesn't grow in the gym. It grows when you rest.

After training, your body uses protein and sleep to repair those micro-tears, building the fibres back slightly bigger and stronger than before. Skip the recovery and you interrupt that process entirely – meaning all that hard work in the gym goes to waste.

This is why rest days are not lazy days. They are the days your body is actually doing the work of building muscle. Training and recovery are equally important parts of the process – you cannot have one without the other.

WHEN YOU SLEEP WELL:

- You lift heavier
- You have more energy
- You recover faster
- You're less sore

Which means better sessions → better results.



TRAINING *without* RESTING

Training breaks the body down.
Recovery is when it rebuilds

WITHOUT RECOVERY:

- Muscle doesn't grow
- Performance drops
- Injury risk increases

BETTER SLEEP = BETTER WORKOUTS

SLEEP HABITS *to implement*

Aim for 7-9 hours of sleep

Keep a consistent bedtime

Limit screens 60-90 min before bed

Eat enough protein + calories

Take minimum 2 rest days per week





CONSISTENCY *over* PERFECTION

Your Body Responds to Patterns, Not Single Days

One “off” day doesn’t change your body.

But what you do most of the time does.

TRYING TO BE PERFECT LEADS TO:

- All-or-nothing thinking
- Guilt when you miss a workout
- Quitting after one bad day

CONSISTENCY LETS YOU:

- Miss a day and still stay on track
- Adapt instead of giving up

4 DAY GYM PLAN

UPPER BODY (A)

Lat Pull Down (3 x 8-10)

Machine Chest Press (3 x 8-10)

Low Cable Row (3 x 8-10)

DB Lateral Raises (3 x 12-15)

Machine Tricep Dips (3 x 12-15)

Bicep Incline Curl (3 x 12-15)

Leg Raises (3 x 12-15)

LOWER BODY (A)

Lying Hamstring Curl (3 x 8-10)

Machine Leg Press (3 x 8-10)

DB RDL (3 x 8-10)

Quad Extension (3 x 8-10)

Seated Calf Raise (3 x 12-15)

Crunches (3 x 12-15)

UPPER BODY (B)

Machine Row (3 x 8-10)

Machine Pec Fly (3 x 8-10)

DB Shoulder Press (3 x 8-10)

Cable Rear Delt Fly (3 x 12-15)

Overhead Tricep Extension (3 x 12-15)

Hammer Curls (3 x 12-15)

Decline Crunch (3 x 12-15)

LOWER BODY (B)

Abductor Machine (3 x 8-10)

Hip Thrust Machine (3 x 8-10)

Seated Hamstring Curl (3 x 8-10)

Bulgarian Split Squat (3 x 8-10)

Cable Kickback (3 x 12-15)

Rope Ab Crunch (3 x 12-15)

BUILD YOUR PLATE

Veg

2 fist full sized portions

Protein

Aim for 25-30g protein per meal



Carbs

$\frac{1}{4}$ or $\frac{1}{3}$ of your plate

Fats

1-2 thumb sized portions per meal