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Is it possible to gain muscle by doing CrossFit? The simple answer to that question is, yes, it is. How can that be wrong? Training with weights using high intensity and focusing on heavy barbell movements, how does CrossFit prescribe? But the real question people want to know is can you look like a bodybuilder while learning CrossFit? Hypertrophy and CrossFit are not enemies of People watching CrossFit games on ESPN and see both men and women looking jaded. Rich Penning, Jason Khalip, Sam Briggs, list can be found. All of them look like amateur level physique competitors. People want everything to be black and white. The notion you can train for aesthetics, strength, or function is discrete - and it's just not. In fact, they can all complement each other perfectly. In my opinion, if you spend a good amount of time in the gym, you should at least look like you are picking up. Before the haters start flooding my email inbox, if your only goal is to compete in bodybuilding or physique show traditional periodic hypertrophy programs will still be the best choice. But for those of you who want to look like you pick up and perform as an athlete, that's how it's done. Part 1: Nutrition is the most important part of building muscles and looking like a bodybuilder with CrossFit nutrition training. For the purposes of this article, we're going to focus on getting muscle. In my opinion, this is the biggest obstacle for a person who wants to be an aesthetic CrossFitter. If you want to build muscle, then you have to be in excess of calories. What I'm going to say may be a little unpopular in the CrossFit community, but that's ok. The Paleo Diet is not the best approach for a CrossFit athlete who also wants to focus on muscle building (or even someone who wants to accomplish the best, but this is a separate article). Getting most of the calories out of protein and fat won't be enough to build muscle. So, your first step is to find out how many calories your body needs to maintain your current weight and go from there. Remember that in the end, calories in versus calories from is what will determine your body composition. If you want to build muscle, then you need to eat big. To find our calorie intake service we must first figure out our basal metabolic rate (BMR). BMR is the total amount of energy (calories) your body requires just to maintain normal daily functions, including digestion, circulation, respiration, temperature regulation, cellular design, and any other process in your body. BMR is the total amount of energy you use for your body's basic functions alone. It doesn't include physical activity, so it's not something that applies to our daily lives, but, it's Point. How to find your BMR and calorie content there are a hundred different formulas for determining BMR, but I have through field observations that are simply multiplying by the numbers below yields results within 5% of any formula. I prefer simplicity. Men: BMR (body weight in pounds x 8-10) women: BMR (body weight in pounds x 7-9) The next step is to multiply by the activity multiplier. This will take into account your daily activities to determine your calorie maintenance, which is what we are looking for. Again there are many forms of activity multipliers, but this is what we found to work best in my gym. Activity Factor Multiplier: BMR x 1.3-1.4: Slightly active (active a few days a week, exercise 1-3 days) BMR x 1.5-1.6: Moderately Active (where most people are on, Train 3-5 days a week and active lifestyle) BMR x 1.7-1.8: Very active (training is difficult for a particular sport or goal 5-6 hours per week, can be a hard-working, a) BMR x 1.9-2.2: Extremely active (training for endurance or hard-charging athlete, can be a hard-charging athlete, who spends 10 or more hours of training per week and/or a lot of activity outside of training, may even require more calories than this depending on metabolic ability) Now we just take that number and add calories to create a calcium surplus. Start small with a surplus and go from there. Add between 250-500 calories and see how your body reacts. If you don't gain weight or a small amount (up to 1/2 pound per week) add more calories if you gain too much weight (more than 2 pounds per week) reduce your calories. Here's how I recommend splitting my calorie intake into macronutrients: Protein: Eat between 0.8g-1.2g protein per pound of body weight. For more information on protein intake check out my article here. Fat: Eat between 20-35% of total calorie intake from fat. The total amount will depend on how many carbohydrates you prefer. Carbohydrates: Fill the rest of your carbohydrate calories. Make sure you get between 25-45g of fiber per day. Part 2: Training training to be functionally fit and muscular seems a lot harder than it is. For a CrossFit athlete who wants to focus on muscle, aerobic conditioning will need to go on a backburner for a while. Days of doing four or five metcons a week and running three miles a day are over - for now. You can focus on building muscle for a certain period of time and then return to a more balanced program later, but with extra muscles. If this starts to sound a lot like periodization, don't worry. Periodization is just a fancy word for planning. Now we are going to plan to build muscle mass while maintaining other aspects of your fitness. Muscle building will require a few changes from the typical crossFit training Short Metcons: When you target muscle, you want to favor a shorter training duration with higher intensity. Anything longer than fifteen minutes will run against the goal. You can still metcon to maintain conditioning, conditioning, keep it brief. Include programming: Random learning should be limited. Go to the strength training program. It doesn't matter which one is as long as it is progressive. Add some help work: The best program for hypertrophy will be built around basic movement connections with accessory work in a variety of multi-faceted, multi-stage fashions to ensure maximum stimulation of all muscle fibers. Concluding Muscle Building with CrossFit Training may not be as difficult as originally thought. Skip the paleo diet and start eating as you want to build muscle. Add more strength and limit long air conditioning sessions. With a few small changes in your nutrition and learning, you'll be on your way to looking jaded at the right time. Photo 1 and sidebar images courtesy of CrossFit, Inc. Photo 2 courtesy of Shutterstock. Photo 3 courtesy of Jorge Huerta Photography. Rest and recovery I can not overestimate that muscle growth requires rest. At a minimum, you should fully relax in the gym 2 days a week. You should be directed to get 8 hours of sleep per night, and if possible, getting some naps in. Compensation leads to the addition of muscle tissue. In other words, rest and muscle. That doesn't mean you have to lie on the couch all day at weekends. Active stretching, a few push-ups, some air squats, some strip curls, striped pull-apart, or a band of triceps extension won't hurt you. Just try to keep it on light strips that allow excess blood flow to the muscles. Note that there is a clear distinction between muscle failure and blood flow. Just get the pump with some light strips if you have to do something. Notes on specific movementsNeckNeck Training is completely optional. I highly recommend no weights for neck training if you have never trained your neck. Just doing 50 reps yes/no/maybe will do the trick. Neck training is often overlooked as it is not a sexy thing to learn. However, you should consider how valuable neck health is, and further how great the pain is when you have a damaged neck. Specifically, people who spend a lot of time sitting at a table, driving a vehicle, or those in combat sports benefit greatly from neck training. For a working person, it improves posture. For those who drive or drive in vehicles for work (semi/police/fire/etc),you should consider traffic accidents and whiplash. Neck training will help prevent these injuries. Combat athletes - I think it's obvious. Even if you meet none of these categories, you probably crossfitter, and you'll probably do kippling handstand push-ups. It is a matter of time before you have a serious neck injury if you continue this movement without neck training. It's important to note that if you jack up your neck, there's nothing modern medicine can do to fix it outside of fusion, and it doesn't fix anything. Recommended preparation: 25 Prison Plate raises 50 No's - 100 maybes - 50 No's and 25 Prison Plate lifts-start light with prison numbers up. If you've never done it before, start with yes in your place. -Ek training is slow and controlled. CalvesThis is also optional learning. However, I can attest to how direct calf training affects athletic performance and recovery. About a year ago, when 1000 window steps at the time was all the rage, people were doing it and like a week after that, they couldn't walk. I did it, and felt fine, literally not sore. The only training attributed that set me apart from anyone else was direct calf training. Russian ShrugsThese are very similar to hard foot deadlifts with a shrug at the top. You want your feet right around, but you only need to go below the knee. I generally end up between the middle and 3/4 shins. Focus on the huge one at the top - give it a full pause:01 in the position of shrugging. You will feel it for a few days once you get heavy enough. TemposTempos is the best friend of hypertrophy. But you don't have to do just the pace as you send your body a strange signal to move slowly. We don't want this, hence the reason you only have 1 tempo set per day of training. As TempoGenerally reads, the first tempo number always indicates a downward movement. In this program, the first number points to the first movement of the bar no matter what. Here are a few examples of pace: Weighted Dip Tempo 30X0: (3) 3 seconds down / (0) no rest in the bottom / (x) Blast up / (0) wait not seconds until the next repDeadlifts X030: (X) Blast up / (0) wait not seconds at the top / (3) :03 decent / (0) wait no time until the next repLower Body #1A. Squats 85% x 1, 70% x AMAP, plus 50% setB. Solid Foot Deadlift 85% x 1, 70% x AMAP, plus 50% setC. Hip Pulls, 350 Method. Split Squats 8 sets of 8, Tempo 31X0 as heavy as possibleE. The calf raises 5 sets to get 100 reps (use loaded heavy rods on 25 plates)Upper body #1A. Bench Tap 85% x 1, 75% x AMAP, plus 50% setB. Slope benches Push 350 MethodC. The Barbell Row 2x8 followed by a 2x12, Tempo X130, as heavy as possible. Weighted Pull-UPS 5 sets of AMAP - Try to get heavier and get more reps each weekE. Barbell Curl 350 MethodF. Lying Barbell Triceps Extensions 350 methodBonus: Push-UPS, 8 sets of ME Reps - Tempo 31X0 (Rest :30 between sets) Lower body #2A. Front squats 85% x 1, 70% x AMAP, plus 50% setB. Deadlifts, 8 sets 8, Tempo X030 C. Lunge (walking or on-site) 5 sets of 10-20, Weight Barbell Load. Russian shrugs (straight leg DL shrug 350 methodE. Neck, optionalUpper Body #2A. Overhead press 85% x 1, 75% x AMAP, plus 50% setB. Weighted Dip, 8 sets 8, Tempo 30X0C. Dumbbell Bent Over Row, 350 Method D. Chin-UPS 5 sets AMURAPE. Dumb Courle 350 MethodF. Lying Dumb Triceps Extensions 350 MethodBonus: Ring Of Row, 8 Sets of ME Reps - Tempo X130 - (Rest :30 Between Sets) Sets) crossfit hypertrophy program pdf

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