

HOW TO GET BIG...QUICK!

YOUR GENETICS AREN'T THE PROBLEM - YOUR PLAN IS




Why Smart Training & Nutrition Will Get You Results (No Matter Your DNA)

THE BIGGEST EXCUSE THAT KEEPS YOU WEAK & SMALL



Too many guys blame **"bad genetics"** for their lack of progress in the gym.

 **The Truth? Genetics are just a small part of the equation.** The real problem isn't your DNA—it's your training, nutrition, and recovery.

 **Strong, lean, and muscular physiques aren't built by genetics—they're built by smart programming, consistency, and effort.**

5 REASONS YOU'RE NOT GAINING MUSCLE (AND HOW TO FIX IT)



1 YOU'RE NOT EATING ENOUGH (OR THE RIGHT FOODS)

You can't build muscle without **fuelling your body**. If you're not growing, you're probably **not eating enough**.

- ✓ **Protein Goal:** Eat **0.8-1g** of protein per pound of body weight.
- ✓ **Calorie Surplus for Growth:** Aim for **200-500** extra calories per day.
- ✓ **Nutrient Timing:** Eat **protein & carbs** post-workout to maximize recovery.

 **FIX IT:** Stop under-eating. Track your food & fuel your gains.

2 YOU'RE TRAINING TOO MUCH OR TOO LITTLE

Are you doing **too many high-rep "pump" workouts**? Or hitting the gym **7 days a week with no recovery**? Both are killing your gains.

- ✓ **Train 3-5x** per week with intensity.
- ✓ **Prioritize progressive overload**—not just more reps.
- ✓ **Limit workout time** to **45-75** minutes for optimal recovery.

 **FIX IT:** Train smarter, not longer. Stick to **proven muscle-building plans**.

3 YOU'RE NOT LIFTING HEAVY ENOUGH (OR WITH INTENSITY)

Lifting **light weights for high reps won't build serious muscle**. You need to **challenge your muscles** to force them to grow.

- ✓ **Focus on big lifts:** Squats, Deadlifts, Bench Press, Rows, and Pull-Ups.
- ✓ **Aim for progressive overload:** Add weight, reps, or intensity every session.
- ✓ **Push yourself to near failure** - don't stop when it starts to burn.

🚩 **FIX IT:** Train with real intensity. If it feels easy, you're wasting time.

4 YOU'RE IGNORING RECOVERY (WHERE MUSCLE GROWS)

Your muscles **don't grow in the gym—they grow while you rest**.

- ✓ **Sleep 7-9 hours per night**—growth hormone peaks at night.
- ✓ **Take at least 1-2 rest days per week**—no recovery = no gains.
- ✓ **Use active recovery (mobility, stretching, walking).**

🚩 **FIX IT:** Stop grinding non-stop - **rest, eat, and recover properly**.

5 YOU'RE CHASING SUPPLEMENTS INSTEAD OF SOLID TRAINING

💧 *Fat burners, test boosters, and mass gainers won't fix a bad plan.*

- ✓ **Only 3 supplements are worth it:**

- **Protein Powder** (if needed to hit protein goals)
- **Creatine Monohydrate** (for strength & endurance)
- **Electrolytes** (for hydration & muscle performance)

🚩 **FIX IT:** Train hard, eat right, sleep well - **then think about supplements**.



BUILD MUSCLE WITH A SMART PLAN, NOT EXCUSES



At **FF**, we don't believe in excuses - just real, science-backed strategies for getting bigger, stronger, and leaner.

- ✓ **Proven training programs designed for real muscle growth**
- ✓ **Expert coaching on lifting technique, nutrition & recovery**
- ✓ **A gym built for progress - without gimmicks or wasted effort**

🔥 **Stop blaming genetics. Start training smarter.** Join us at **FF** and get on a real plan that delivers results.

📞 **WhatsApp** - reach out today for your personalised plan