

# HOW TO GET BIG...QUICK!

**More Gym Time = LESS Gainz**




## *Why Training Smarter (Not Longer) Builds More Muscle & Strength*

 **THE BIGGEST TRAINING MISTAKE: THINKING MORE IS BETTER**



Many guys believe that spending **hours in the gym, training every day, or doing endless sets** will lead to more muscle and faster gains.

 **The Truth? Training longer doesn't mean training better.** In fact, **overtraining can slow your progress, cause injuries, and kill your results.**

 **SIGNS YOU'RE TRAINING TOO MUCH & KILLING YOUR GAINS**



- You feel **constantly sore, fatigued, or drained.**
- You're **not getting stronger** or hitting plateaus.
- You struggle with **low energy, poor sleep, or joint pain.**
- You train **5-7 days per week** but see little muscle growth.
- You feel like you're **spending hours in the gym** but not progressing.

 **If you're experiencing any of these, you don't need MORE gym time - you need a better plan.**



**TRAINING SMARTER: THE SECRET TO MAXIMUM GAINS**



### **1 FOCUS ON QUALITY, NOT QUANTITY**

Instead of spending **2+ hours in the gym**, aim for **45-60 minute sessions, 3-4x per week** with intensity & purpose.

- ✓ **More compound lifts, fewer isolation exercises**
- ✓ **Use progressive overload - manipulate all your variables (weight, reps, sets, rest period)**
- ✓ **Prioritise strength, recovery, and execution over volume**

✦ The goal isn't to do more - it's to do **BETTER**. That often involves looking at the level of effort you lift, the execution of your movements & pushing the right variables at the right moments - not all the time. Periodisation is key.

## 2 RECOVERY = MUSCLE GROWTH

Did you know? **Your muscles don't grow in the gym - they grow during recovery.**

- ✓ **Train hard, then recover harder** - this is when muscle is rebuilt.
- ✓ **Sleep 7-9 hours per night** for better strength & testosterone.
- ✓ **Rest days are ESSENTIAL** - overtraining leads to cortisol spikes & stalled progress.

✦ **Skipping recovery doesn't make you hardcore - it makes you weaker over time.**

## 3 OPTIMAL TRAINING FREQUENCY FOR MAX GAINS

- 💡 **Beginner (0-6 months):** 3x per week (full body)
- 💡 **Intermediate (6-24 months):** 4-5x per week (upper/lower or push/pull)
- 💡 **Advanced (2+ years):** 5-6x per week (split training)

✓ **More than 6x per week?** You're likely doing too much and hurting your recovery.



# HOW TO TRAIN SMARTER AT FF

At FF, we don't just give you weights - we give you a plan.

- ✓ **Science-backed training programs** for maximum gains
- ✓ **Coaching on form, programming, and progression**
- ✓ **Recovery guidance** so you don't waste your efforts

💡 **Want to train smarter and get real results?** Join us at FF today and see how **LESS** time in the gym can mean **MORE** gains.

📞 **WhatsApp** - shoot us a message on **07891341128** and we will voice note back with individualised advice