

Muscle Up Challenge

Cardio Exercise Recommendations

Cardio exercise enhances blood flow, aids recovery, and promotes overall cardiovascular health, supporting muscle growth indirectly.

1. **Steady State Cardio:**

- Consistent moderate-intensity exercise for extended periods.
- Example: 30-minute brisk walk or jog at a steady pace.

2. **Interval Training:**

- Alternating between high-intensity bursts and low-intensity recovery periods.
- Example: 20-second sprints followed by 40 seconds of walking, repeated for 15 minutes.

3. **Tempo Training:**

- Maintaining a moderate intensity with controlled speed or resistance.
- Example: 30 minutes of cycling at a consistent speed with resistance adjustments to maintain effort.

4. **Low Intensity Cardio:**

- Light exercise performed at a comfortable intensity.
- Example: 45 minutes of leisurely swimming or gentle cycling.

IMPORTANT - RULE OF SPECIFICITY

When you are trying to grow muscle, you will get the most out of it when you prioritize your muscle-building exercises over your cardio exercises. Do not sacrifice lifting time for cardio during this challenge.

If you only have time to do one type of activity - MUSCLE UP!

Muscle Up Challenge

Protein Guidelines – Using Dr. Stuart Phillips’ recommendations.

1.6 grams of protein per kg of body weight

.7 grams of protein per lb of body weight

High Protein Sources

- **Chicken Breast:**
 - Serving Size: 3 ounces (85 grams)
 - Protein Content: Approximately 26 grams per serving
- **Greek Yogurt (Non-fat, Plain):**
 - Serving Size: 1 cup (240 milliliters)
 - Protein Content: Approximately 23 grams per serving
- **Cottage Cheese (Low-fat):**
 - Serving Size: 1/2 cup (113 grams)
 - Protein Content: Approximately 14 grams per serving
- **Tuna (Canned, in Water):**
 - Serving Size: 3 ounces (85 grams)
 - Protein Content: Approximately 20 grams per serving
- **Tofu (Firm):**
 - Serving Size: 1/2 cup (126 grams)
 - Protein Content: Approximately 10 grams per serving
- **Egg Whites:**
 - Serving Size: 3 large egg whites
 - Protein Content: Approximately 18 grams per serving
- **Salmon:**
 - Serving Size: 3 ounces (85 grams)
 - Protein Content: Approximately 21 grams per serving

Muscle Up Challenge

Protein Guidelines Continued...

- **Turkey Breast:**
 - Serving Size: 3 ounces (85 grams)
 - Protein Content: Approximately 26 grams per serving
- **Lean Beef (Top Sirloin):**
 - Serving Size: 3 ounces (85 grams)
 - Protein Content: Approximately 26 grams per serving
- **Quinoa:**
 - Serving Size: 1 cup cooked (185 grams)
 - Protein Content: Approximately 8 grams per serving
- **Milk (Skim):**
 - Serving Size: 1 cup (240 milliliters)
 - Protein Content: Approximately 8 grams per serving
- **Whey Protein Powder:**
 - Serving Size: 1 scoop (about 30 grams)
 - Protein Content: Approximately 20-25 grams per serving, depending on the brand and type of whey protein
- **Beef (Ground, 90% Lean):**
 - Serving Size: 3 ounces (85 grams)
 - Protein Content: Approximately 21 grams per serving
- **Shrimp:**
 - Serving Size: 3 ounces (85 grams)
 - Protein Content: Approximately 18 grams per serving
- **Pork Loin (Lean):**
 - Serving Size: 3 ounces (85 grams)
 - Protein Content: Approximately 22 grams per serving

Muscle Up Challenge

Protein Guidelines Continued...

- **Black Beans (Cooked):**
 - Serving Size: 1 cup (172 grams)
 - Protein Content: Approximately 15 grams per serving
- **Edamame:**
 - Serving Size: 1 cup (155 grams)
 - Protein Content: Approximately 17 grams per serving
- **Tempeh:**
 - Serving Size: 3 ounces (85 grams)
 - Protein Content: Approximately 15 grams per serving
- **Lentils (Cooked):**
 - Serving Size: 1 cup (198 grams)
 - Protein Content: Approximately 18 grams per serving
- **Chickpeas (Cooked):**
 - Serving Size: 1 cup (164 grams)
 - Protein Content: Approximately 15 grams per serving
- **Pumpkin Seeds:**
 - Serving Size: 1 ounce (28 grams)
 - Protein Content: Approximately 9 grams per serving
- **Hemp Seeds:**
 - Serving Size: 3 tablespoons (30 grams)
 - Protein Content: Approximately 10 grams per serving
- **Green Peas (Cooked):**
 - Serving Size: 1 cup (160 grams)
 - Protein Content: Approximately 9 grams per serving

Muscle Up Challenge

Build Your Daily Protein Plan

	BREAKY	LUNCH	DINNER	SNACK
MON
TUE
WED
THU
FRI
SAT
SUN

Muscle Up Challenge

How to Create A Regular Sleep-Wake Cycle

For muscle growth, it's recommended to aim for 7-9 hours of sleep per night. Sleep is crucial for muscle growth because during sleep, the body releases growth hormone, which is essential for repairing and building muscle tissue. Additionally, sleep allows for proper recovery from workouts by reducing inflammation and restoring energy levels. Lack of sleep can disrupt hormone levels, increase cortisol (stress hormone) levels, and impair muscle recovery, ultimately hindering muscle growth and performance. Therefore, adequate sleep is vital for optimizing muscle growth and overall athletic performance.

Simple steps to build a regular and consistent sleep-wake cycle:

- Establish a consistent bedtime and wake-up time:
 - Choose a sleep-wake cycle that allows for 7-9 hours of sleep per night.
 - Stick to the times, even on weekends, to regulate your internal clock.
- Create a relaxing bedtime routine:
 - Develop calming activities to do before bed, such as reading, taking a warm bath, or practicing relaxation techniques.
 - Avoid stimulating activities like watching TV or scrolling your phone.
- Optimize your sleep environment and make it comfy and soothing.
- Limit caffeine and alcohol intake especially in the evening.