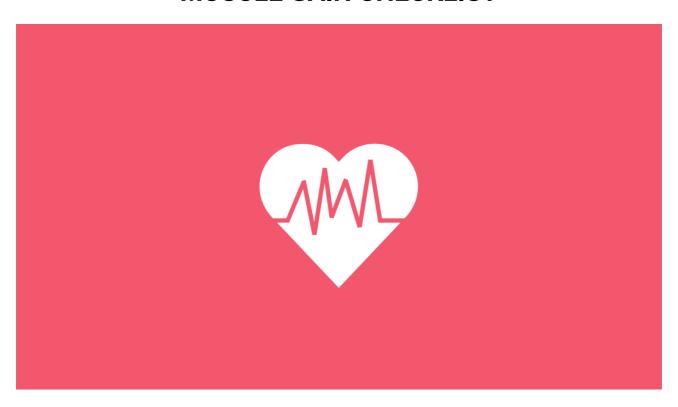
## **MUSCLE GAIN CHECKLIST**



Lift heav	y in the o	gym 3-6x	week
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- High protein diet (1g/1b/day)
- Caloric surplus (BW(1bs) \*16-18)
- Progressive overload
- Sleep minimum 7hrs/night