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Hi, today I'm gonna talk about the 6 most important rules to follow if you want to break through plateaus as a hard gainer.

Rule # 1 – Consistency In Meal-Eating Patterns

Rule number 1, it's called rule number one because it the most important, is actually consistency in meal-eating patterns. One time I had a kid coming out who said "F&%k, I pigged out" and I asked "What did you have?" - "A bowl of peanuts." And I went "WTF, are you kidding me?" It takes a lot more than that to grow.

I've been at this since 1978, so almost four decades. Over the years, what I've found to be the single most important factor, after training of course, is consistency of meal-eating patterns. You have to think of a baby. A baby grows because he eats frequently. There are some people in the industry who will say that it stimulates insulin too much, blah blah blah but who have they produced anyway, so... Would you go to a virgin sex therapist for sex advice?

So, what I found is if you're only trying to gain size and you can time it properly, one thing that works really well is two breakfasts before the first meal. It's not practical for everybody, but let's say you're a university student and you're a skinny bastard who wants to gain size and can afford it, it will make a world of difference. But for the common person who works and have obligations, what I've found really works for me was to go from six to seven meals a day. It made a huge difference

When I started lifting weights, I was 52 kg. After years of dedication, I got up to 87 kg. Took me almost 20 years to get there, actually it took me 18 years to have success at muscle-gaining so it's a long process. But around '82, I could never pass 87 kilos. Took me two years, zero progress. And then, talking to Milos Sarcev, he told me "You know, just have that extra meal a day." Funny enough, Stan Efferding told me that it helped him too to had an extra meal a day.

But it's just like training: you can't go from one set per bodypart to thirty sets per bodypart overnight, you have to gradually increase it. But once I went from six to seven meals a day, I went from 87 to 97 kg in another 6 years. So that makes about 1.5 kg a year, right? But, I did it. And I found that every time I skipped seven meals a day, I would lose weight.

So you guys have access to technology like the iPhone, so what you do is you take pictures of all your meals and record the time as a note under it. One thing though, is don't freak out if it takes you three to four months to get into the habit, but it'll become second nature over time. But if you ask me what is the most important thing I've discovered in the last thirty-nine years for gaining mass is the seven-meals rule. That is crucial for gaining size. And please, before you ask the question, yes post-workout shakes are a meal. Ok, let's make that clear.

Of course what you eat during a workout can count as a meal too. You can consider that a meal if you're taking in enough amino acids and branched chains (BCAA). See how that is good for you.

Rule # 2 – Use Micro-Loads

Rule number two is micro-loads. *"I know, he's repeating himself about the kaizen principle."* Yeah, I'm repeating myself because you guys are not doing it. And repetition is good. So get [platemates](#), [pace weights](#), [micro plates](#) from Rogue, whatever you need to increase the weight slowly. If you're a hard gainer, probably that curling a pair of twenty-five pounds is hard for you. So going from twenty-five to thirty is way too much of an increase. But if you use magnet to go from twenty-five to twenty-six pounds, etc, eventually you'll be curling a lot of weight. If you can curl a pair of ninety pounds with strict form, f&%k you're gonna be really big. But using the same weight yields the same results. You need to coax muscle into growth.

Rule # 3 – Figure Out Your Rate Of Progress With a Training Diary

Rule number 3, figure out your force-velocity curve as far as how fast you're gaining size. Often you hit a plateau. Maybe you change your workout not often enough, maybe you change it too often. But you have to find out your formula. In my Advanced Strength Program Design course, I show you exactly how to find it out for yourself. There is a lot of other tricks that go beyond the scope of this video but if you don't record your weights, it's going to be really hard to see if you make progress or not. So have an accurate training diary.

Rule # 4 – Use Adaptogenic Herbs

Rule number four: use adaptogenic herbs. What are adaptogenic herbs? They are herbs that help homeostasis. Basically the way they work is they increase testosterone, or they decrease cortisol or they do both. The same raw material that makes testosterone can also be used for cortisol.

The reason why in the scientific community adaptogenic herbs don't get a good review is because the studies are actually too long. So because I have access to a lot of blood work and saliva work through athletes, I played around a lot with that and what I found is that those herbs work, but only for about eight days. Your body gets bored with them. What is the physiology behind that, what gene do they act on I don't know. But someone with three hundred in testosterone, if you change their adaptogenic herbs every day, you can get them over the summer, so sixteen weeks, up to eleven hundred. That's appreciable.

The reason those studies don't back those herbs up is they try the same herb for sixteen weeks and sometimes the dosage is too low or they don't have a standardized exact. But if you have access to quality adaptogenic herbs and you change them often, you'll be hornier than a three-balled billy goat, trust me.

Rule # 5 – increase Quality and Quantity of Rest

Now, rule number five, we're talking about rest. The quality of the rest you have is über-important. There is some sub-components to this, for example how much f&\$%*k screen time do you have? You want to grow and you're committed to it? Don't watch a screen three hours before going to bed.

One of the reasons people today are so f&\$%*k skinny and don't make the gains they used to twenty years ago is too much screen time. People live off Facebook. Go to an airport, no one reads anymore, they're posting. If you decrease screen time and start to read, you'll probably earn more as you have to learn more to earn more. Let's say you want TV, you got to watch an "Homeland" episode. Or you want to make use of your Netflix subscription. Well do yourself a favor, make sure you watch it in total darkness. That alone will make you more melatonin which helps with sleep.

But if you're watching UFC's Ultimate Hits ten minutes before your bed, f&\$k your nervous system will be wired, don't expect high quality sleep. And as Nelson Vergel has stated before, the single most important factor for high testosterone is quality of sleep. So if your sleep is shitty, you don't grow. It's very simple. Makes sense?

People say: "Well f&@k, I don't have the time to rest" Well, there is such a thing as what we call "*accelerated resting*." How can you rest faster than normal? Simple: meditation. If there is one thing I wish I'd learn at a very young age, it's meditation.

With meditation, your sleep requirement actually goes down. But don't pay three grand to learn to meditate and get your "special" mantra. It's complete bullshit and fraud in my opinion. A phys ed teacher in Montreal showed to his students, which averaged eight to ten years old that they could get into a meditative state by just repeating the word onion. Meditation comes from emptying your mind and focusing your attention on something. Maybe onion makes you laugh, so you could just use love. Repeat it for 30 minutes.

Of course your mind is going to drift, but as Tim Ferriss says, you have to learn to get rid of the monkey mind. Maybe the first time you'll only have the monkey mind for one minute out of twenty minutes. There you go, just get better at it. I can meditate anywhere. I can actually meditate at the gun range. That's because I've trained myself for years. I put my seatbelt on at the airport and I'm in a meditative state.

I've found that people ask me so many times how can I work so many hours? Meditation is my secret. I only learnt it five years ago and if there is something I keep telling myself is I wish I'd learn meditation earlier. Meditation will make you grow. But it's like anything else: you have to learn it, and you have to do it.

Rule # 6 – Alternate Training Cycles Between Squats & Deadlifts

Last point is that, a lot of skinny guys have the glute development of a snake and the spinal erectors the size of linguinis. If you want to gain size, get that into your head: one cycle you train

and boost your squat, one cycle you boost your deadlift. If you alternate between boosting squats and deadlifts, you're gonna grow more because these are the most anabolic exercises and they have an irradiation effect on all the other muscles in the body.

You want bigger arms? Deadlift. Want even bigger arms? Squat more. Want a boost in arm development? Squat and deadlift. Don't overdo it, but if you concentrate for two or three weeks at the time to boost one of those lifts both of your squats and deadlift will go up but there is far more muscle mass in a well-developed knee than there is in a well-developed biceps.

But what you will find is that people who concentrate on those lifts, if they decide to do a workout cycle on arms, their arms grow like weed. The stronger your lower back is, during an arm exercise, the less neural drive goes to the lower back and glutes and go straight to the arms. So if you have a stronger lower back and glutes, you can actually impulse more drive to your arms. Nice, right?

So, apply those six rules, on a consistent basis and I promise your muscle gains will accelerate. Thank you for listening, and PLEASE leave your comments, that's how I get the site to be better.

Besides world dominance, one of my goals is to have the best strength resource site in the world. But I need your help. So give me your advice on how we can be better, I would highly appreciate it.

Thank you for listening and GROWWW

Coach Charles R. Poliquin