

SIMPLE HABITS FOR BUILDING MUSCLE

Most guys who try to build muscle will fail. Not because gaining muscle is hard. They'll fail because they'll *make it* hard by trying to learn and do too much at once. It's "all or nothing" at its worst and leads to a high rate of failure.

But here at Scrawny To Brawny our guys enjoy an amazingly high success rate. That's because we understand how successful change happens.

If you want to build a muscular, athletic body and maybe even change your life, we strongly recommend you do the same thing our clients do.

So here's a list of proven Brawny habits and behaviors that will help you gain muscle and become an all-around successful guy.

What do you do with them?

Simple: first, read through them and choose one habit to follow for the next 14 days or so. Pick whichever seems easiest to you.

Once you choose, ask yourself the following question:

"On a scale of 1-10, how confident am I that I can do this habit every day for the next 14 days?"

If the answer is a 9 or a 10, you can get started on that habit.

But if your answer is anything less than a 9, either choose a different habit or make your habit easier until you're really confident you can do it. For example, instead of working out 4 days per week...could you do 3? Or 2? Or even 1 day a week?

It may feel weird, but give yourself permission to make it easier and easier on yourself until you're at least a 9 or a 10 on the confidence scale.

Then do it.

Remember: this is about being honest with yourself. Forget about what you think you should be able to do. What **can** you do *right now*?

In our experience, the guys who try to do too much at once fall on their ass and never truly get the body or lives they want.

But the guys who start with one quick, easy habit? They go on to build muscle, become more successful, and live better lives.

Now it's your turn.

BRAWNY HABIT: Drink 3 Super Shakes

BRAWNY HABIT: Work Out Four Days Per Week

BRAWNY HABIT: Take Fish Oil and a Multivitamin

BRAWNY HABIT: Take 10 Grams of Creatine

BRAWNY HABIT: Drink a Post-Workout Shake

BRAWNY HABIT: Eat Two Palms of Protein With Every Meal

BRAWNY HABIT: Get At Least 7 Hours of Sleep

BRAWNY HABIT: Eat Three Fists of Vegetables With Every Meal

BRAWNY HABIT: Keep a Workout Journal

BRAWNY HABIT: Do 15 Minutes of Mobility Work

These 10 habits should give you a great start on the muscle-building process. But remember the rules. Don't try to pile them all on at once. Begin by choosing only one habit that you're confident you can do for 14 days. Then do it, adding new habits only after you've mastered the first one.

And here's another key tip: As you adopt each new habit, you have our permission to leave everything else the same. Sure, if you're feeling particularly ambitious one day and you want to try a few new things, that's cool.

However, take our word. You can't do it all at once, every day.

But the good news is you don't have to.

Instead, pick one proven Brawny behavior to start with.

The same way you'd learn math, or learn to talk, or learn *anything*, you're going to learn how to build muscle.

Get going.