

How our diet and type of training influences gaining muscle.

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Goal

My goal is to show that diet and type of exercise is important for gaining muscle and create diet and training plan for a week. Make video with recipe for protein shake.



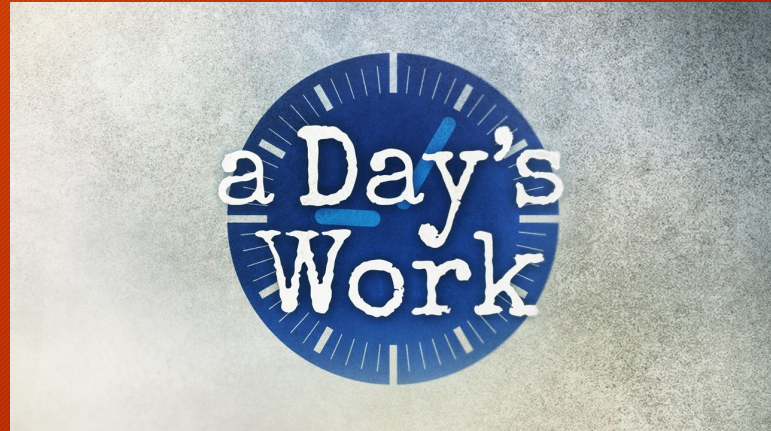
Why I chose this project

I chose this project since I'm interested in going to the gym and eating healthy. I wanted to choose a project that will match my passion to make my work more interesting. I want to show people that its good idea to start eating healthy and show advantages connected with it.



Day of my work

I visited gym where I'm attending and asked trainer about exercises that we should do. How we should plan our training and how much rest do we need between exercises. I also asked about influence of regeneration our body. Finally I made some notes and went to home to make research about gym diet.



Why diet and type of exercise is important for gaining muscle

When we don't get enough proteins it is impossible to gain muscle mass.

If we don't get enough carbohydrates we don't have energy for training so it will be less effective

To build muscle mass, we need to exceed our caloric deficit.

When we are not eating enough calories we will not get our effects erased.

When we overtrain our muscles they are not rebuilding properly. We can get injured and slow down the muscle process.

When we have enough regeneration our muscles will use their potential for creating new tissues.

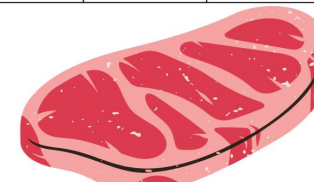
If we use too light weights our muscles will not be fully affected by a training

My product diet plan

Week diet

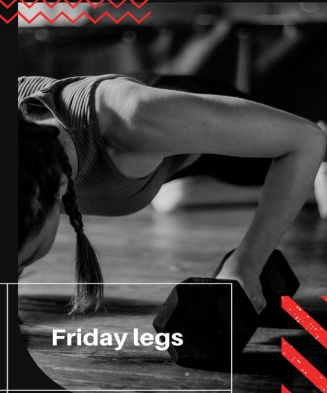


Poniedziałek	Wtorek	Środa	Czwartek	Piątek	Sobota	Niedziela
1 oatmeal sachet 250ml of milk	scrambled eggs from 3 eggs 3 loaves of bread one tomato	2 pancakes with sweet cottage cheese and jam	omelet with bacon and onion 2 loaves of bread	1 oatmeal sachet 250ml of milk	scrambled eggs from 3 eggs 3 loaves of bread one tomato	omelet with ham cheese 3 loaves of bread
2x sandwich with ham and tomatoes	salad with peanuts mango and garlic dip	2x sandwich with cottage cheese	sausages with bread with salad tomato onion	2x sandwich with ham and tomatoes	salad with chicken and peanuts and garlic dip	cesar salad
chicken with rice and mango	pasta with tomato sauce and bazylia	sweet potatoes with	pasta with cottage cheese and fried onion	fish with fries and salad with garlic	sweet potatoes with	mashed potatoes with grilled pork and grilled vegetables
protein shake	protein shake	protein shake	protein shake	protein shake	protein shake	protein shake
milk with cereals	mozzarella with basil and tomato	smoked salmon with olives, arugula, and red onion	scrambled eggs with bread	cottage cheese with chives and bread	milk with cereals	smoked salmon with olives, arugula, and red onion



My product exercise plan

GYM TRAINING PLAN

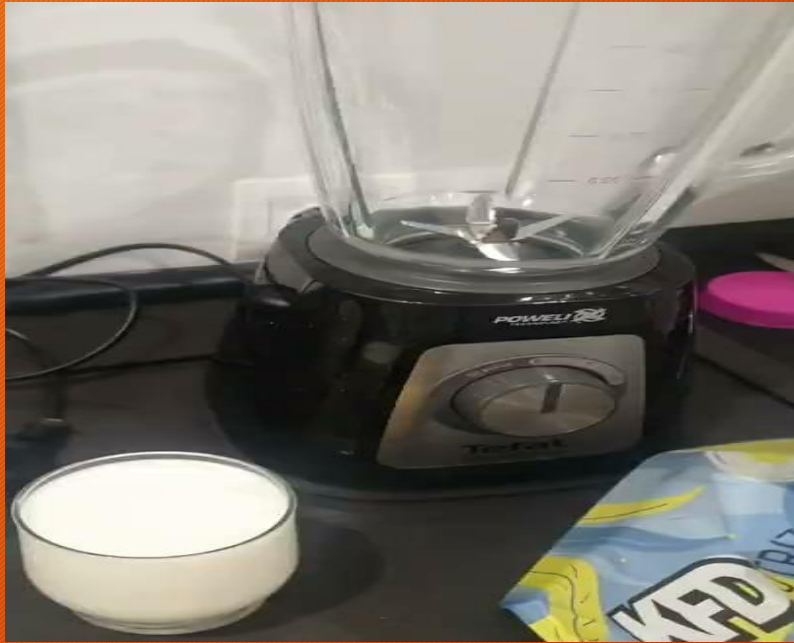


TRAINING TIME 1,5 HOUR

Monday chest triceps	Tuesday back	Thursday shoulders biceps	Friday legs
treadmill 500 m	gym bike 1km	treadmill 500m	gym bike 1km
bench press 4x8	pull ups 4x your limit	seated shoulder press 4x8	squats 4x8
flat-bench flys 4x8	straight arm pulldown 4x8	front raise 4x12	legs press 4x8
dumbbell incline press 4x8	seated cable row 4x8	barbell standing press 4x8	leg extension 4x8
dips 4x your limit	bent over row 4x8	chin ups 4x8	dumbbells step out 4x8
lying triceps extension 4x8	iso lat pull down 4x8	dumbbell hammer curl 4x8	forward lunge 4x8
push down 4x8	hyper extention 4x your limit	biceps curls 4x12	calf raises 4x8

REST TIME BETWEEN EXERICES 1
MINUTE

My product video of making protein shake



What skills I used

searching skills
my own knowledge



What was the hardest part of my project

making video

making training plan

finding not boring diet



Bibliography

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my own knowledge