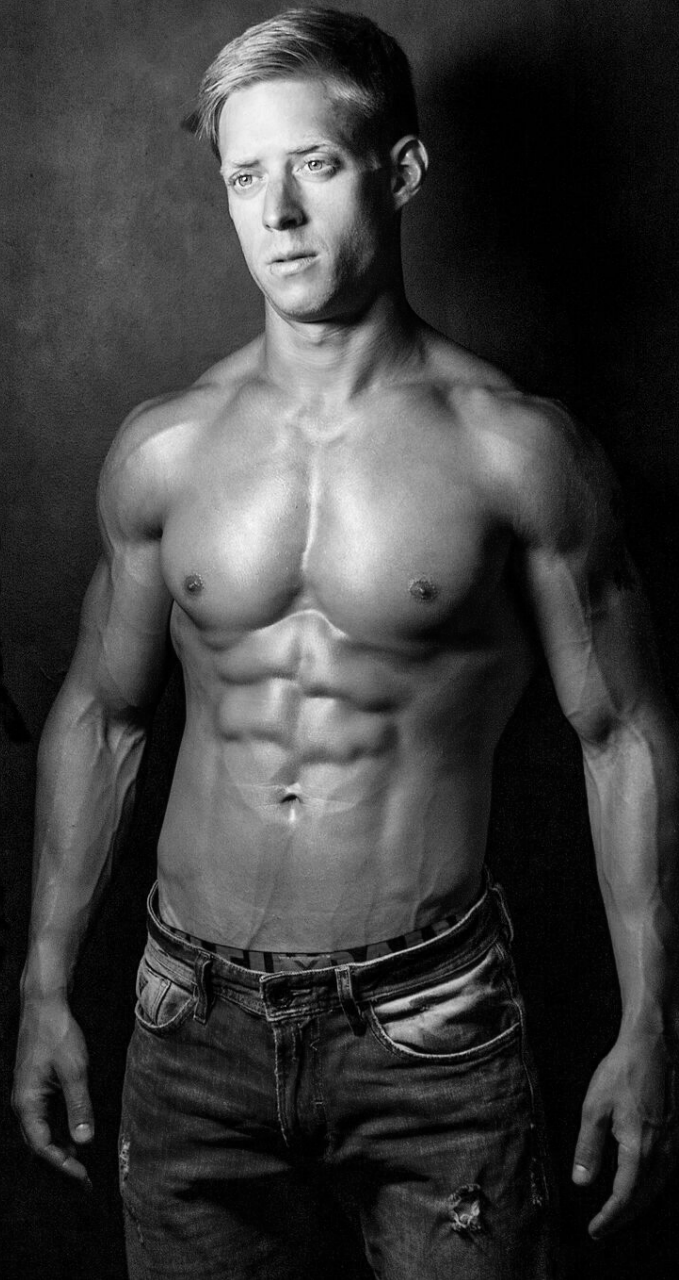


# **Minimalist Muscle**

***More Muscle In Less Time For Busy Guys***

**by Eric Bach**



## **Disclaimer**

This eBook provides information. It does not constitute medical, fitness, dietary or legal advice. Eric Bach and Bach Performance LLC will not assume any liability or be held responsible for any form of injury, personal loss, or illness caused by the utilization of this information.

***You must get your physician's approval before beginning this program.***

Ask your physician for a complete physical examination, especially if you high cholesterol, high blood pressure, are overweight, or have diabetes.

Discuss all dietary changes with your physician or a registered dietician.

This exercise and nutrition program is not a substitute for treatment, meal plans, prescriptions or professional advice made by your physician, dietician or other health care professional.

These recommendations are not medical guidelines to treat, diagnose, or cure any illness. This program is designed for individuals 18 years old and older in good health. All forms of exercise pose some inherent risks. The publishers and editors advise all readers of this eBook to take full responsibility for the risks of exercise and stay within their limits. Ensure all equipment being used is well maintained and in good shape. That means safe barbells, tightened dumbbells, strong collars, and the like

*Do not take risks beyond your level of experience and abilities.*

Don't lift heavy weights if you're alone, injured, fatigued, and inexperienced. Ask for instruction and a spotter for lifts to maximize safety. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop immediately and consult a physician.

## **Disclosure**

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## **Minimalist Muscle FAQs**

### **How long should I take between workouts?**

Take at least one full day between workouts as often as possible. This improves your neural recovery so you can continue pushing weight. This program does well on a Monday, Wednesday, Friday or Monday, Wednesday, Saturday split.

### **Why the range in work percentages?**

The range in percentages during each day provides flexibility if you come in without your A-Game. Aim for the highest work set percentage, but you'll still make gains if you work at the lower work-rate.

### **Do I REALLY Need to Do Squats or Deadlifts?**

Well, yes. But I'm flexible. Pick whatever variation works best for you. For squats, go with front squats, box squats, box squats, or goblet squats.

For deadlifts, use the trap bar, conventional, sumo grip, or dumbbell deadlifts. Whatever variation you pick, do your best to be consistent. You need to build strength and skill in these lifts to build a strong and muscular body.

### **How long do I rest between sets?**

Rest periods are listed in your workouts. I strongly advise you to pay close attention to the rest. They're essential. For big lifts, it's okay to rest a little bit longer, but for lighter, submaximal work keep the rest as is. Shorter rest periods keep your workouts fast moving and help you take advantage of metabolic stress to enhance muscle gains.

### **Do I need to include the Conditioning?**

By keeping conditioning in your training twice per week you'll improve your cardio, which helps increase work capacity during your weight training sessions. Further, having better conditioning helps your body dissipate lactate and the metabolites that send your muscles screaming. By dissipating these metabolites faster, you'll be able to work hard, recover, and continue crushing workouts.

### **How much muscle will I gain in the eCourse?**

The amount of muscle you gain depends on your discipline to eat enough calories, track and improve workouts, and stay consistent for the next few months. If you complain of hard gainer syndrome and don't eat enough calories, then you're in the wrong place. If you're consuming ample calories and consistently getting stronger, you can expect to gain 8-15 lbs of lean muscle.

## **How about additional workouts?**

If you want to do more, great. I've added weekly optional workouts. But keep this mind: Most guys fail because they bite off more than they can chew on a regular basis. Stick to the three major workouts and one optional workout for best results.

## **Conditioning: what do I do?**

Walking, hiking, and light biking are the best low intensity options.

If you want to push the tempo, try complexes, sled pushes, kettlebell swings, hill sprints, and other forms of interval training. Both work well. Do a combination twice per week.

## **What do you recommend for recovery**

After your workout is a perfect time to soft-tissue work and flexibility. At the end of your sessions (time permitting), go over your warm-up as an active cool-down. Then, spend time on the foam roller working on tissue quality. Don't mindlessly "smash" your entire body. Instead, focus on a few trouble areas, such as your calves or t-spine. Hammer trouble spots consistently for 2-3 weeks, then move onto the next spot.