ULTIMATE WEIGHT LOSS AND MUSCLE BUILDING GUIDE

By Charles M Sanchez

CALORIC DEFICIT

For weight loss, consume fewer calories than you burn. A moderate deficit of 500 calories per day is a safe start.

PROTEIN RICH DIET

Increase your protein intake to support muscle growth and repair. Aim for lean sources like chicken, fish, tofu, legumes, and low-fat dairy.

ADEQUATE REST

Ensure sufficient sleep and recovery time. Muscles grow during rest periods, not just during workouts.

STRENGTH TRAINING

Focus on compound exercises (like squats, deadlifts, and bench presses) at least 3 times a week to build and maintain muscle mass.

STAY HYDRATED

Drink plenty of water throughout the day. Proper hydration is essential for metabolism and overall health.

CHMFIT COACHING

If you want a tailored approach to achieve your goals with workouts and nutrition, apply for a FREE coaching call at the link in this title.

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