





# Wrestling Nutrition Report

## Three Tiers/Ten Steps to Building Muscle

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The following is a progressive nutritional plan designed to help young athletes gain muscle and get the most out of their workouts. It is broken into tiers so that the steps can be incorporated gradually and effectively. Athletes should start at tier one, and move onto tier two only once tier one has evolved from a chore to a habit, which should take about two weeks. Once you have incorporated all ten steps, you will be well on your way to gaining muscle mass rapidly.

Reminder: Incorporate the tiers gradually. Attempting to take on all ten steps at once will prove overwhelming.

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## Tier 1: Bare essentials

These are the ground floor of building muscle. Anyone should be able to incorporate these steps and experience significant gains.

### **1) Drink Water.**

Boost your metabolism, overall health and increase the efficiency of virtually all bodily processes by keeping yourself hydrated.

### **2) Eat Three Full Meals a Day.**

The most difficult part of gaining muscle is eating enough calories. Start out by making sure you eat at least three significant meals (not snacks) a day. Pre-preparing sandwiches or wraps can make this a lot easier.

### **3) Get Minimum 8 hours of sleep a night.**

Your body grows, repairs, and even develops motor skills while it is asleep, not during exercise. The key to developing physically and mentally is getting sufficient sleep at regular intervals.

### **4) Take a Protein/Carb Supplement after all workouts.**

In the 45 minute period after a workout, your body is ready to take its available nutrients and apply them to repairing damaged tissue. Even sugars and complex carbohydrates are not stored as fat during this period, rather they are applied directly to the processes of building muscle. Studies have shown that people who lifted and supplemented experienced roughly 600% more muscular growth than those who performed the same workout without supplementation.

## Tier 2: Motivated

After the first tier is automatic, begin incorporating the next three steps. They will help keep your body anabolic (muscle building), for more of the day and as well as help you recover quicker.

### **5) Eat a high Protein Snack Everyday.**

Nuts, eggs, milk, yogurt etc....should be added to your daily regimen. This will be essential when working towards step #10

### **6) Take vitamins (A, E and C).**

These vitamins are essential to recovery.

# Wrestling Nutrition Report

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## 7) Include lean protein in every meal.

With the exception of the time around workouts, an ideal diet would be based around fruits, vegetables and lean protein. The best way to handle the logistics of this step is to cook extra portions of protein on a nightly basis, and have them ready the following day.

## Tier 3: Fanatic

If you are committed to gaining as much muscle as possible, incorporating these final few steps will ensure you did nearly everything in your power.

## 8) Take creatine

Once considered an unknown, creatine is now a proven supplement which has endured long term testing. ***Creating should not be taken when weight loss is trying to be accomplished.***

## 9) Eat six meals a day

By spreading your calories over six meals, you will keep your metabolism moving and your anabolic activity to a maximum.

## 10) Eat one gram of protein per pound of bodyweight per day

This one step will assure that you are following many of the previous steps. It has been a standard amongst professional bodybuilders for decades.