

# THE ULTIMATE MUSCLE BUILDING MIND MAP.



Here is a list of the key elements you **MUST** have in place in order to build maximum amounts of muscle mass whilst living with diabetes.



## MINDSET BEFORE ACTIONS.

Why do you want to build stacks of muscle in the first place? To appear significant and impress others? Write down 50 reasons why getting bigger and stronger will improve your quality of life. Trust me on this. The more reasons you can identify the better. From health to looking great naked. These reasons are your driving force to keep you motivated 24/7 365 days a year, especially when times get tough.



## LEARN THE PROCESS.

Place a high value on learning all you can about the human body, diabetes, diet, training and stress management. You might not become a world class expert in these areas. But the more you know the better your muscle building efforts will be. One of the fastest ways to learn is through books and mentors (people who have been there - done it). Trust me, you'll save yourself a lot of time money and effort.



## OBSESS OVER PERFECT BLOOD GLUCOSE CONTROL.

High blood sugar is the enemy to muscle growth and strength. You must make an undying commitment to testing your blood glucose levels and identifying patterns with food, exercise, stress and day-to-day life. If you measure it, you can predict it. Optimal muscle growth occurs in a very narrow range. I talk about this in great detail on my website articles and fitness guides.



## STIMULATE, DON'T ANNIHILATE.

No pain no gain is the most popular saying in fitness. However, it's definitely the most foolish way to go about building muscle. Thinking you have to train balls to the wall all the time will dramatically increase your risk of injury and whole body exhaustion. It's not about how hard you train, it's about how smart you train.



## PREPARE TO MESS UP.

If you stray from a diet, focus on your next meal, not the next day! train, it's about how smart you train.



## DON'T COMPLAIN!

Don't complain about the results you didn't get from the work you didn't do. Building a great looking body involves. 1. Knowing what to do. 2. Being consistent.

**I WANT TO BUILD MUSCLE NOW!**

