Nutrition

Best Ways To Stimulate Growth Hormones For Mass

1. Glutamine gets it done
   Glutamine is the most abundant amino acid in our body and is important in the recovery process after a strenuous workout session. Take 2 g before and after your postworkout meal for GH spike.

2. Eat a high glycemix index carbs before training
   Oatmeal and yams are the best carbs choices for your pre workout meal, as they are digested slowly and peomote the release of small to moderate amount of insulin. High glycemix index carbs, such as sugar, fruits and rice cakes promote surges in insulin that inhibit the release of GH.

3. Eat right postworkout meal
   Fast acting carbs such as fruit juices, mashed potatoes and carbs drinks should be paired with easy-to-absorb protein sources like whey protein to increase GH output in .the first hour after intense training

4. Train heavy
   Exercise is an effective method of releasing GH. Train with heavy weights and maximum intensity on all your lifts to kick start your GH into high gear.

5. Stick to basics
   Compound multijoints exercises like squats , bench press and leg press (in which you utilize the heaviest poundages) are superior to leg extension, dumbbell flyes, leg curls when it comes to releasing GH

6. Rest between sets
   Rest 1-2 minutes is an ideal length of time , with greater GH releases occurring on the shorter end of that range.

7. More sets for more GH release
   Training to failure for multiple sets are necessary for more GH release. Make sure you are lifting heavy and working har in each exercise to maximize gains.

8. Go for the herbal blast
   A combination of 334 mg of Mahuang (2-4 caps) and 150-200mg of caffeine (1-2 cup of coffee) prior to a workout act as a stimulant to increase the force of muscle contractions while boosting norepinephrine (NE) can help you train harder, spares glycogen and may help you increase GH if you don't overtrain. Training too hard and too frequent (overtraining) increases cortisol excessively which suppresses IGF 1 and limits effects of increased GH.