

# STRENGTH & MUSCLE GAIN



## Playbook



GOAL:	Build muscle and get stronger.
IDEAL FOR:	<ul style="list-style-type: none"><li>● Members lifting without seeing results</li><li>● Anyone wanting visible muscle tone</li><li>● Those ready to train progressively</li><li>● Members looking to boost metabolism long-term</li></ul>

## PHYSIOLOGICAL FOCUS (THE WHY)

Muscle hypertrophy requires specific stress + recovery + fuel.

### ADAPTION TARGETS:

- Increased muscle fiber
- Higher resting metabolic rate
- Increased bone density

### STRENGTH TRAINING ALSO IMPROVES:

- Insulin sensitivity
- Hormonal balance
- Joint integrity

## EXPECTED OUTCOMES (4-8 WKS)

- Strength increases in 2–3 weeks
- Muscle definition in 6–8 weeks
- Improved posture and joint stability
- Higher confidence under load

## WEEKLY STRUCTURE [6 SESSIONS/WK + REST]

STRENGTH	2 x per week (class or 1:1 with a personal trainer) Foundational lifts, progressive loading
TRAIN   strength	2 x per week Progressive overload and repetition exposure
TRAIN   cardio, BAGS, or ROAD	1 x per week Supports recovery and conditioning
YOGA   recover or active recovery in OPEN GYM/recovery lounge	1 x per week Nervous system reset, mobility and flexibility work
Complete rest day	1 x per week Rest is non-negotiable — growth happens between sessions.
Optional Personal Training Session	1-2 x per week Strength + mobility integration

## FUEL & NUTRITION GUIDELINES

You cannot build muscle without fuel. Training hard + eating too little = stalled progress.

- Slight calorie surplus
- Protein: ~0.7–0.9g per lb lean mass
- Carbs to support training quality
- Post-training nutrition within 90 minutes

**NEXT STEPS:**

**Book your classes in the App & schedule your Personal Training Orientation. [Fill out the form linked here](#), and a member of the EBF Personal Training team will contact you shortly!**